

The Official Newspaper  
of the City of Heppner and the County of Morrow

**Heppner**

**GAZETTE-TIMES**

U.S.P.S. 240-420

Morrow County's Home-Owned Weekly Newspaper

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All News and Advertising Deadline is Monday at 5 p.m.  
For Advertising: advertising deadline is Monday at 5 p.m. Cost for a display ad is \$5.25 per column inch. Cost for classified ad is 50¢ per word. Cost for Card of Thanks is \$10 up to 100 words. Cost for a classified display ad is \$6.05 per column inch.  
For Public/Legal Notices: public/legal notices deadline is Monday at 5 p.m. Dates for publication must be specified. Affidavits must be requested at the time of submission. Affidavits require three weeks to process after last date of publication (a sooner return date must be specified if required).  
For Obituaries: Obituaries are published in the Heppner GT at no charge and are edited to meet news guidelines. Families wishing to include information not included in the guidelines or who wish to have the obituary written in a certain way must purchase advertising space for the obituary.  
For Letters to the Editor: Letters to the Editor MUST be signed by the author. The Heppner GT will not publish unsigned letters. All letters MUST include the author's address and phone number for use by the GT office. The GT reserves the right to edit letters. The GT is not responsible for accuracy of statements made in letters. Any letters expressing thanks will be placed in the classifieds under "Card of Thanks" at a cost of \$10.

# Friends Helping Friends to host virtual walk/run this year

Friends Helping Friends has announced that they will be hosting a virtual run/walk event this year instead of their annual St. Patrick's Day Remembrance Walk/5K Run. Friends Helping Friends has hosted a run/walk on the morning of Heppner's St. Patrick's Day celebration since 2009. Everyone is invited to enjoy the spring weather and venture outdoors for the virtual walk. Participants are asked to take pictures and share on the Heppner St. Patrick's Day Remembrance Walk/5k Run Facebook site.

This event is free, however, those who wish to make a donation to the funds that stay in the community, are asked to make checks payable to Friends Helping Friends (FHF) and mail c/o Kathi Dickenson, PO Box 566, Heppner, OR 97836. Funds donated are used for local health care needs and past years recipients include: Morrow County Health District, South Morrow County Fire and EMS, St. Patrick's Apartments and many more.

This year the committee has voted to make a donation to Pioneer Memorial

Therapy Services to assist with purchasing upgraded equipment for their new building. Pioneer Memorial Therapy Services is a private therapy clinic that is partially owned and operated by the local therapists who have returned to their roots to serve the community they grew up in.

Shelley McCabe (Rietmann), DPT, Krystal Seitz (Nairns), OT, and Regi Lazinka (Seitz), SLP work together to serve a variety of ages and needs in their outpatient clinic. They contract with Morrow County Health District and Morrow and Hermiston School districts to provide services at Pioneer Memorial Hospital, Home Health and Hospice, and local schools. Shelley, Krystal and Regi appreciate the support from the community and Friends Helping Friends as they remodel a new building. The donation from Friends Helping Friends will allow them to purchase new equipment to expand pediatric services and upgrade existing services as they move their office into the Hope Lutheran Church located on Alfalfa and Cowins Street in Heppner.

Friends Helping Friends has also chosen



Kathi Dickenson (left) presents check to Shelley McCabe. Also pictured are Regi Lazinka and Krystal Switzerland.



Sandy Matthews (left) presents a check to George Nairns.

Willow Creek Terrace Assisted Living as a recipient of a Pot of Gold to assist with activities. This has been a difficult year for the elderly population and Friends Helping Friends hope to spark some joy and fun with goodies and activities for the residents at Willow Creek Terrace.

Everyone with Friends Helping Friends and Pioneer Memorial Therapy Services looks forward to seeing some walkers and runners around town throughout the next week. The walk can be completed at anytime and anywhere and don't forget to post pictures! Happy St. Patrick's Day.

# Josie Keyes fights cancer

Heppner graduate, Josie (Proctor) Keyes, recently was diagnosed with breast cancer and underwent a mastectomy. Following this surgery, her doctors found a more serious esophageal cancer. Josie will be headed to OHSU, in Portland, for esophageal cancer treatment.



Josie Keyes amazing girls, Clover and Canyon. Josie and her family live in Sisters, OR, and Josie grew up in Heppner where she still has family," said Julie (Proctor) Baker. Those interested in

sending support to Josie and family can do so by donating to the GoFundMe set up at <https://gofund.me/d50fd2dd>. To send a check directly to Josie, please contact Julie Baker at 541-377-0432 for additional information.

# Heideman graduates from US Navy boot camp



Jake Heideman, a 2020 Ione High School graduate, recently finished US Navy Boot Camp. Jacob Loren Heideman, age 19, of Ione, graduated from United States Navy boot camp at the Navy's only Recruit Training Command located in Great Lakes, IL on January 29, 2021.

SA Heideman successfully completed the intensive basic training as one of 65 recruits in Training

continue his A-school training in fire control, learning the critical skills to manage all weapon's electrical systems on destroyers for the next 12 months.

Heideman is the son of Deacon and Erin Heideman of Ione.

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