

~ Letters to the Editor ~

The Heppner Gazette Times will print all letters to the Editor with the following criteria met: letters submitted to the newspaper will need to have the name of the sender along with a legible signature. We are also requesting that you provide your address and a phone number where you can be reached. The address and phone number will only be used for verification and will not be printed in the newspaper. Letters may not be libelous. The GT reserves the right to edit. 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 \$15. Email to editor@rapidsolve.net or upload to Heppner.net.

Continue Supporting Local Health Care in Morrow County

In rural and frontier communities' Health Districts and Critical Access Hospitals provide a cornerstone for health and business. People are healthier when they have available access to different health care services addressing the community's needs and just as important to better health is they are secure and reliable. Healthy communities thrive and grow when health care is available locally such as medical, dental, mental, social, and supportive community services. This foundation and community network create opportunities for attracting local business development leading to good paying jobs, new residents from recruitment of a workforce to meet hiring needs, providing community social connectedness to family, neighbors and friends, strong schools, and a network of volunteer community and civic organizations. These are some of the community benefits of Health Districts and Critical Access Hospitals in rural and frontier communities. Multiple components make up the Morrow County Health District - Pioneer Memorial Hospital (designated a Critical Access Hospital with an emergency department due to the distance from other health care, and an extended care nursing facility) available 24 hours a day and seven days a week to provide personal, highly skilled care to residents and visitors to Morrow County, invaluable home health and hospice service allowing people who live in Morrow County to recuperate from disease or disability and receive end of life care in their home, primary and immediate care clinics in Boardman, Heppner, Irrigon, and Ione. County residents and visitors have emergency care services 24 hours a day, seven days a week, whenever help is needed. Morrow County Health District providing over 200 local county jobs is a valuable community partner and anchor to help assure local health-related services remain in our communities. The district's partnership provides support in community care such as food resources to residents who are in need, AED medical devices to schools, maternal and child health, and school-based health care. Morrow County Health District partners with Morrow County School District, Ione School District, Morrow County Public Health Department, Community Counseling Solutions, Advantage Dental, Blue Mountain Early Learning Hub, CAPECO, Eastern Oregon Coordinated Care Organization, OSU SNAP-Ed, Good Shepherd Health Care Education and Willow Creek Terrace Assisted Living, and others to create a health safety net to improve the quality of life for us all who live and work in Morrow County. There is an upcoming operating levy requesting renewal support for five years to the Morrow County Health District. The amount being requested is \$.39 per \$1,000 assessed property

value. This financial support remains at the same level as it has been for the last 15 years and is the lowest of the Health Districts in Eastern Oregon, a very good value for county residents. Please join the support of Morrow County Health District to continue providing and improving local patient and community health services to meet the needs of the people in our communities. Let's WORK TOGETHER to continue to build more local health care services in our communities. VOTE YES for a healthier Morrow County on November 7, 2023. Thank you, Diane Kilkenny R.N. Heppner

Vote YES for Affordable Healthcare Services!

At one time or another we, or someone we love, has needed healthcare services. Some of those times were routine, and thankfully non-emergent, like a visit to our hometown Doctor, Nurse Practitioner or Physician's Assistant, or a blood draw for lab work first thing in the morning before we can eat, or X-rays, CT scan or ultrasound, or home health care support in some of our life-changing situations. Sometimes it's emergent, life-threatening, and we are glad to know someone is on the way to help as soon as possible! Sometimes it's a heart-wrenching need for supportive hospice care for a dying loved one.

In times like these we in Morrow County are blessed with local care options from people we personally know. Local care is just that, care in our own communities, when we need it, by people who work as a team to care for us. For decades the Morrow County Health District has provided that care, and still does, every day and night, for those of us in need. At one level or another, that care is provided to every resident of Morrow County through the support of 2 tax levies, one a permanent, fixed rate, and one a supplemental levy of \$0.39 per thousand voted on every 5 years. The \$1.00 per thousand Combined rate is the lowest of any healthcare district in Eastern Oregon.

I am asking for your YES vote on the supplemental levy on November 7th to continue these services and, in fact, build on them in the future.

In my opinion, it is sad that a very vocal minority wishes to take those services away from each of us in our own communities. Their current target is our healthcare system described above. If you remember their past target was our local school system and bond, even though we had planned then, and have seen come to pass, over \$2 BILLION of investment in the county in the last year. I urge you to DISAGREE with their constantly negative rhetoric and actions and their social media personal attacks by VOTING YES on supporting the services provided by the Morrow County Health District. It is time for all of us to speak up with our vote for the POSITIVES in our county. I ask you to VOTE YES!

John Murray, RPh
Heppner

I voted YES on Measure 25-97

As a resident of Morrow County and a Morrow County Health District (MCHD) healthcare professional, I find a great deal of value in the services MCHD provides to our communities. From a personal standpoint, I find comfort in knowing that if I should have a health emergency, EMS is there to provide lifesaving measures. I am thankful that I can receive preventative health care close to home. I appreciate that if I am sick, I have a clinic close by to receive urgent medical attention. I also see the benefits professionally every single day that people county-wide receive from MCHD's programs including Pioneer Memorial Home Health and Hospice, EMS, the clinics, and the hospital. I voted YES on Measure 25-97 to renew MCHD's Operating Levy. I would urge you to do the same. Rural healthcare is already such a challenge in many ways. A loss of these funds would be devastating to Morrow County residents including the potential loss of services and/or very significant cutbacks.

Tiffany La Hue, RN,
MCHD, and
resident of Irrigon, OR.

Enemies

Seems to me a big part of life is trying to figure out who your friends are. Better yet, figuring out who your enemies are might be a bit more useful. I've learned there are a few "clues" you'll find to help you determine who your adversaries are. For instance, if they point at you and shout "off with his head!"that's a pretty good clue that you might want to add them to your Bad Guy list.

But how do you know if they're serious? Maybe they're just blowing off steam or had a bad day. Looking at the company they keep would be helpful. People who have gotten together and written up a charter that states their goal is the total annihilation of a whole country, well, this is a definite red flag in the friend department. Avoid these people.

Now if someone ruins your economy, ruins your

borders, ruins your military, makes underhanded deals with, and accepts bribes from your enemies.... he just might be your enemy too. The word "treason" comes to mind here.

Once you've determined who your enemies are, it would be good to consider how you're going to deal with them. And while there are a few "dos" concerning the best treatment of gad guys (Gunsmoke has some great ideas), there's also a pretty good list of don'ts. Here are a few:

Don't give them your weapons. Don't give them money so they can buy more weapons of their own. Don't sell them your land. Don't depend on them for important stuff such as fuel or life-saving medications. Don't owe them money. Don't believe silly stories about why they're flying things over your head. Don't let them teach your kids. Oh...and do NOT let them build nukes.

Sometimes, enemies are really good at posing as your friends. They speak of tolerance and inclusiveness while creating intolerance and division. It's best to watch what these folks do rather than what they say. Sometimes, these people might even encourage you to hate your neighbors simply because they carry a Bible or a Torah. Or they might accuse you of being "haters" because you disagree with them. Do NOT fall into this trap.

By the way, Jews are not our enemy. But they killed Jesus, didn't they? No.... you and I killed Jesus. It was our sin that sent him to the cross. Nobody is innocent on that account.

So, what do we do with our enemies? Is self-defense, ok? Should we protect our families and our country? I believe so. The disciples carried swords. Why? Pretty sure they weren't just for deer hunting. But Jesus said to love our enemies and "pray for those who persecute you". That's the hard part. But we need to remember who the real enemy is, and his defeat is coming soon. Stay tuned.

"For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world, and against the spiritual forces of evil in the heavenly realms."

Ephesians 6:12
Susie Crosby
Prineville, OR

Falling back into winter Nov. 5th

Daylight Saving Time (DST) ends on November 5th, 2022. It is important to remember to set your clocks back one hour on this day, typically in the early morning. This shift, known as "falling back," allows us to adjust to the change in seasons as we transition

into winter. By setting our clocks back, we effectively gain an extra hour of sleep and adjust to the shorter daylight hours. So, don't forget to turn your clocks back one hour on November 5th and embrace the arrival of winter.

BIRTHRIGHT

Birthright of Morrow County will be having a 3-year anniversary dinner with a speaker on Sunday, November 5, 2023 at 5:00 pm. The dinner will be held at St. Patrick's Parish Hall. The meal will be homemade lasagna, salad, garlic bread, brownies and ice cream. Tickets are \$20.00 per person or \$35.00 a couple. If you have questions or would like to purchase tickets, please call us at 541-676-0530. You can purchase tickets in advance or pay at the door. Please come out and support us!

Heppner Cross Country



(Left) Lily Nichols (Right) Grady Greenwood holding their District 2A cross country championship medals. -Contributed Photo

-Continued from PAGE ONE - Time: 19:39.0 - Heppner
Results for the Heppner Girls 2A District:
1st place: Lily Nichols - Time: 18:45.5 - Heppner
10th place: Arianna Worden - Time: 19:59.0 - Heppner
14th place: Riley Archer - Time: 20:41.3 - Heppner
26th place: Brooklyn Hendricks - Time: 21:20.2 - Heppner
30th place: Hailey McDaniel - Time: 21:35.3 - Heppner
40th place: Irelynn Kollman - Time: 22:56.3 - Heppner

Results for the Heppner Boys District 2A:
1st place - Grady Greenwood - Time: 15:55.4 - Heppner
11th place - Jake Wilson - Time: 17:57.1 - Heppner
13th place - Carson Greenwood - Time: 18:4.0 - Heppner
30th place - Max Wilson - Time: 19:19.5 - Heppner
31st place - Walker Lathrop - Time: 19:20.6 - Heppner
36th place: Quaid Jensen

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VOTE NO!

VOTE NO!

MORROW COUNTY VOTE NO!

★★★★ VOTE ★★★★★

BALLOTS DUE NOVEMBER 7TH
PAID FOR BY: VOTE NO, MORROW COUNTY HEALTH DISTRICT
LEVY 25-97

Broker
Chris Sykes
541-215-2274



\$380,000

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