

The Citizen-Reporter



A Sherman County Government Publication — August 2010

Extreme Heat Health Emergency



Public Health
Prevent. Promote. Protect.

If a health emergency arises due to extreme heat, identify the symptoms and take the following steps.

Heat Cramps

- Symptoms: Muscle pains and spasms -- usually in the abdomen, arms or legs -- usually caused by strenuous activity which triggers heavy perspiration.
- Treatment: Stop all activity and rest in a cool place. Drink cool, clear water, juice or a sports beverage. Avoid strenuous activity for a few hours after cramps to prevent heat exhaustion or heat stroke.

Heat Exhaustion

Heat exhaustion is a heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, those with high blood pressure and those working or exercising in a hot environment.

- Symptoms: Heavy sweating, weakness, cold and clammy skin, a weak pulse, dizziness, fainting, nausea, vomiting. If untreated, the

victim's condition could worsen; the body temperature could keep rising, possibly leading to heat stroke.

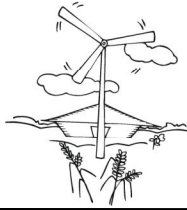
- Treatment: Rest in a cool place. Loosen clothing and apply cool, wet cloths or take a cool shower or bath. Drink cool beverages unless nausea occurs. If vomiting occurs, seek medical attention.

Heat Stroke

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: The body's temperature rises rapidly, the sweating mechanism fails and the body is unable to cool down.

- Symptoms: The ability to sweat stops; red, hot, dry skin; extremely high body temperature; rapid, strong pulse; throbbing headache; dizziness; nausea; confusion; unconsciousness. Body temperature can rise so high that brain damage or death can occur within 10-15 minutes unless medical help is immediate.
- Treatment: **Call 911 immediately** for emergency medical services. Try to cool the victim as rapidly as possible. Remove clothing; use a cool sponge bath or fan; put the person in a cool bath or shower; use a garden hose. **Do not give fluids.**

~ North Central Public Health District



2010 Sherman County Fair Schedule

Where the Wind Meets the Grain

Tuesday, August 24th

8am-10am	High School Practice
9am-10am	Painted Hills Beef Grill Off Arrival and Set Up
10:30am	Painted Hills Beef Grill Off Cooks Meeting
10:30am-12pm	All Beef Weigh-In
11am-6pm	Open Class Entries
12:30pm-6pm	All Swine, Sheep & Goat Weigh-In
1:30pm-3:30pm	Painted Hills Beef Judging
3:30pm	Painted Hills Beef Awards
4:00pm	Classic Car Show & Awards
5pm-7pm	Oregon Trail Valley Boys Band
5pm-6:55pm	Kick-Off BBQ Dinner with Paradise Rose Chuck Wagon
7pm	4-H Style Show
7pm	Fair Fun games & Donkey basket ball Entry deadline (no late entries, sorry)

Wednesday, August 25th

7am-9am	High School Sports Practice
8am	Open Class Building Opens
9am	Open Class Baked Goods & Flowers in Place
9am-7pm	Open Class Pavilion Judging (Building Closed during Judging)
9:30am-10am	Showmanship Clinic (4-H & FFA)
10am	4-H & FFA Records Books Due (Extension Office)
10am-12pm	4-H & FFA Swine Market Judging, followed by Breeding Class
12 noon	2011 Queen Applications due in fair office
12pm-12:30pm	Judges Lunch Break
12:30pm-1:30pm	4-H & FFA Goat Market Judging, Followed by Breeding Class
1:30pm-2:30pm	4-H & FFA Sheep Market Judging, followed by Breeding Class
2:30pm-4:30pm	4-H & FFA Beef Market Judging, followed by Breeding Class
6:30pm	Fair Fun Day Games
7pm	Donkey Basketball Tournament
7pm	All Horses in Place

Thursday, August 26th

7am-9am	High School Sports Practice
8am	4-H Favorite Outfit Pinning Begins
9:30am-11pm	4-H & FFA Swine Showmanship (SR/INT/JR)
11am-12pm	4-H & FFA Goat Showmanship (SR/INT/JR)
12pm-12:30pm	Judges Lunch Break
12:30pm-1:30pm	4-H & FFA Sheep Showmanship (SR/INT/JR)
1:30pm-3:30pm	4-H & FFA Beef Showmanship (SR/INT/JR)
2pm	4-H Horse Showmanship
3pm-5pm	Open Class Premium Payouts @ fair office (pending all info is ready)

If time Permits, Adult Showmanship will follow the beef classes

6pm-7:30pm	4-H Grand Champion All Around Showmanship Contest
7:30pm-10pm	Concert: Carrie Cunningham and the 6 Shooters in the Rodeo Arena

Friday, August 27th

7am-9am	High School Sports Practice
8am	My Favorite Outfit Judging Begins
8am	4-H Home Economics Contests to start
8:30/9:30-1pm	Open Class Halter Classes To start All other Horse Classes to Follow: Open, 4-H Ranch Horse Contest & Horse Games
9am-11am	Open Class Premium Payouts @ fair office
9:30am	Wheat & You 4-H Baking Contest
11am	Barnyard Scramble & Kid's games Entry deadline (no late entries, sorry)
11am-1pm	4-H & FFA Livestock Judging Contest
1pm	2011 Fair Queen Contest Riding Portion (Time Approximate)
3pm-5pm	Open Class & 4-H Premium Payouts
7pm-9pm	4-Wheeler Events
9pm-1am	Barn Dance, @ the Race Barn with "Countryfied"

Saturday, August 28th

8am- All Day	Geocache Challenge
8am	Shipleigh Shuffle 4-H Run/Walk
9/9:30am	Parade Line up @ Elevator-Museum Area, downtown
10am	Parade downtown Moro
11am-2pm	All Premium Payouts @ fair office
11am-2pm	4-H Robots @ 4-H Pavilion
11am-11:30am	Demo Derby Check-In
12pm-1:30pm	Kid's Games and Barnyard Scramble
12pm-5pm	Cowboy Action Shooters, Behind Arena
1:30pm	Demo Derby Time Trials Demo Derby Heats to Follow
2pm-3pm	4-H and FFA Awards
3pm-5pm	4-H and FFA Auction Sale
5pm-6:30pm	FFA BBQ Dinner
7pm	Demo Derby Final Round
7pm - 8 pm	All Premium Payouts @ fair office

Sunday, August 29th

9am-12pm	All Premium Payouts @ fair office
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Schedule is subject to changes

Bryan Hunt New Tri-County Veterans Service Officer

Bryan Hunt of John Day has been selected to fill the position of retiring Paul Conway of Fossil as the Tri-County Veterans Service Officer. Beginning July 6, 2010, Hunt will continue the work of Conway in serving the needs of local veterans in Sherman, Gilliam and Wheeler Counties.



A U.S. Army veteran, Hunt served as Veterans Service Officer in Grant County and has been trained and certified by the Oregon Department of Veterans Affairs. He will be available one full day each week in each of the three counties to

assist veterans and their families in filing claims for compensation, pensions, education, home loans and any other benefits to which a veteran may be entitled. Office schedule and contact information is as follows:

Tuesday: Gilliam County Courthouse, Condon – Circuit Judge Office, 541-384-6712

Wednesday: Wheeler County - Family Services Building, Fossil; 541-763-3032; Toll free 1-800-982-1172

Thursday: Sherman County - Senior/Community Center, Moro; 541-565- 3408;

E-Mail Address: bhunt@ncesd.k12.or.us

Office hours are from 8:00 a.m. to 5:00 p.m. with special accommodation for working veterans and home visits for house-bound veterans by appointment. Scheduled appointments are preferred but drop-ins are also welcome.

Youth Crew Earns Extra Credit for County

An energetic Oregon Youth Conservation Corps (OYCC) work crew will help Sherman County get “extra credit” on its recycling rate. Working together with Cindy Brown of the Tri-County Hazardous Waste & Recycling Program, the work crew installed a compost bin demonstration area in Moro near the Museum.

The Oregon Department of Environmental Quality annually calculates each county’s recycling rate, and has set target goals for each as well. Sherman County has a target recycling rate of 20%. Its actual recycling rate for 2008 (latest year available) was 14.8%. The county currently receives an additional 2% “extra credit” due to outreach and education programs focusing on waste prevention.

The installation of the compost bin demonstration area, coupled with the availability of Earth Machine compost bins for sale at the MCP Farm Store in Wasco, will qualify Sherman County for an additional 2% credit on its recycling rate. The compost bin demonstration area has signage and sample backyard composting systems.



OYCC Work Crew Members: Miranda Hughes, Danny Kivett, Crew Leader Kati Cunningham, Krista Perisho and Chelsea Cunningham

~Cindy Brown, Tri-County Hazardous Waste & Recycling Program

Youth Golf Program a Success

The Sherman County Sheriff's Office, Commission on Children and Families and Yello Dyno Team joined forces to host golf lessons geared just for kids with the "Hook A Kid On Golf" program. Hook A Kid On Golf Tee Level Clinics are designed to provide an easy to follow format for any youth organization, recreation agency or golf course to use in setting up an introductory golf clinic for first-time golfers. The Tee Level Clinic was broken down into 6 days (two hours each day) of swinging, putting and chipping instruction and one day of on-course play plus education on golf course maintenance and the rules and etiquette of golf.

Thanks to the contribution of the United States Golf Association, Hook A Kid On Golf & the Sherman County Commission on Children and Families, each Hook A Kid On Golf participant was provided with a starter set of golf clubs and various other pieces of equipment needed to begin to learn the game. At the end of the clinic youngsters got to keep their clubs and all their other materials including a member bag tag that signifies their completion of the clinic.

Twenty-three youth, ages six to thirteen, participated in the tee level clinic. After three weeks of instruction on how to play the game, participants traveled to the Goldendale Country Club where the course was closed to allow the kids to play for free.

The Yello Dyno Team provided snacks and gave lessons on how to protect themselves from people who mean them harm (Tricky People).

Sheriff Brad Lohrey stated, "the Hook a Kid on Golf Program was a big hit thanks to the community support and help. We had almost as many volunteers as we had kids participating in the program. Sherman County doesn't even have a golf course and we were still able to teach our youth the game of golf. That is how Sherman County gets things done for our youth."

For more information about the Hook A Kid On Golf program go to www.hookakidongolf.org/.

~ Sheriff Brad Lohrey



E-Coli and the County Fair

The Sherman County Fair (August 24-28) is quickly approaching and the Extension Office is busy in preparation designing signs, organizing judging contests, ordering awards, handling registrations (all 4H registrations were due by July 23), certifying scales, double checking judges and so on.

Somewhere on the list is concern over the health of participants. A recent headline told of the local deaths caused by the E-coli bacterium from an un-identified source. Rumors tagged it to a recent livestock show but no connection has been justified. E-coli are bacteria commonly found in the intestinal track of warm blooded organisms, people and common fair animals included.

Sanitation at County Fair is an on-going concern. Because of the concentration of people and animals, there is an increased risk that people may come in contact with fecal material. It can happen easily and unintentionally. And while E-coli has been in the news most recently, Salmonella and Hepatitis A can also be passed through similar means.

You can manage your risk by following some simple procedures:

- ◆ Wash your hands. Use soap, water and friction to clean all parts of the hands, nails, fingertips. Any common soap helps clean and the friction helps to ensure deep coverage. Rub the hands with soap and water for the length of time it takes you to sing “*Mary had a little lamb...*”
- ◆ Use the hand sanitizers stationed around the fairgrounds. These will provide you some protection and work without water. Your best bet is still to use soap and water before eating.
- ◆ Be sure your foods are cooked to their proper temperatures. Different foods, especially meats, vary in the temperature best for insuring food safety. Both the Extension Office and the Fair Board invite the Public Health Department each year to inspect the food handling service provided. They check for facility cleanliness, proper sanitation procedures and check food temperature to be sure that all foods are properly prepared. Those camping at the grounds during fair should practice the same safety precautions. Do not bring foods into the barns or ring.
- ◆ Stay hydrated. Apparently, keeping hydrated helps flush your system naturally and helps keep bugs from getting established.
- ◆ Use extra caution with the very young, the very old and others with reduced auto-immune systems. These are the folks most susceptible to picking up foreign bodies and are the least strong to fight them off. Know the symptoms. E-coli sufferers typically develop strong abdominal pain or stomach cramps followed within 24 hours of diarrhea that starts watery then becomes visibly bloody. Vomiting may occur but rarely will the patient have a fever. These signs may appear after an incubation period of from 3 to 9 days after exposure. The symptoms may last a week and most patients recover within two weeks. Again those in the high risk category may experience a much tougher, longer run. Antibiotics do not help and may increase the risk of complications. The most serious type of E-coli, E-coli E 0157:H7, initially speeds up blood coagulation. If you have any questions, see your doctor.

Using these simple precautions and making them part of your daily routine can protect you and your family the year around. Come to the Fair and enjoy a worry-free experience.

~ Sandy Macnab, Extension Agent

This & That.....

- ◆ Schedule sports physicals early & avoid the rush. Moro Medical Clinic: (541)565-3325.
- ◆ Sherman Preschool enrollment applications for

2010-11 school year. For more information contact Kristen Walker at (509)833-3575.

- ◆ Wasco Salmon/Steelhead Tournament August 28th. Questions? Contact Carol MacKenzie (541) 442-5079 or visit www.wascooregon.com.

Fire Agencies Receive Forestry Grants

Moro Rural Fire Protection District and North Sherman County Rural Fire Protection Districts are both recipients of the Volunteer Fire Assistance Grant through the Oregon State Department of Forestry. A 50% match is required for these grants.



Moro Rural received \$20,000 to help purchase an upgraded water tender. The new tender has a 3,500 gallon tank with a 850 gpm pump. This will add an additional 500 gallons of "water on wheels" which is so important to Sherman County, because there is a lack of hydrants in areas outside of the cities. The new truck is equipped with a heavy suspension and axles which will allow the fire fighters to use it out in the fields as well.

North Sherman received \$10,002 to help purchase a chainsaw, portable mini-pump, foam, SCBA bottle rack, electric rewind hose reel, safety gas cans, weather gauges, GPS Units, light bars and a float dock strainer. This equipment will help the volunteer fire fighters to perform more efficiently. The light bars will be used to upgrade two older models and will allow for more visibility at night. The GPS units will allow the fire fighters to find and mark their response areas and the weather gauges will allow them to better predict the weather and possible changes in weather behavior. The float dock strainer will be used when drafting from water sources that are less than ideal, such as the rivers.

~ Shawn Payne, Emergency Services

Free Bicycle Helmets Available!

309 Dewey St, Moro
(541)565-3100

Public/School Library News

The summer reading program is in full swing at the public library in Moro. Families and children ages 0-12 have been joining in on the fun. Come to the library and join us on Tuesdays at 11:00 a.m. The remaining programs will be held on August 3rd "The Underwater Adventure" by Dragon Theatre Puppets, and August 10th "Squish, Squash, Freshwater & Wetlands."

NEW BOOKS

"Sizzling Sixteen" Janet Evanovich: In this Stephanie Plum adventure, a personal case distracts the Trenton, N.J. bondswoman from tracking the usual group of eccentric skips - the kidnapping of her cousin, Vinnie, who's being held for ransom in the high six figures.

"Fordlandia" Greg Grandin : In 1927, Henry Ford, the richest man in the world, bought a tract of land twice the size of Delaware in the Brazilian Amazon. His intention was to grow rubber, but the project rapidly evolved into a more ambitious bid to export America itself. Fordlandia, as the settlement was called, soon became the site of an epic clash.

"The Girl Who Played with Fire" Stieg Larsson: Part blistering espionage thriller, part riveting police procedural and part piercing expose on social injustice.

"The Girls from Ames" Jeffrey Zaslow: Meet the Ames Girls, eleven childhood friends who formed a special bond growing up in Ames, Iowa. Now in their forties, the girls have a lifetime of memories in common, some evocative of their generation and some that will resonate with any woman who has ever had a friend.

"Little Bee" Chris Cleave: A story of two women whose lives collide one fateful day, and one of them has to make a terrible choice, the kind of choice we hope you never have to face. Two years later, they meet again - the story starts there.

~ Arla Melzer, Librarian



Free Skating Party and Family Concert

Featuring the band

Rodeo Rose

www.rodeoroseband.com



Winners of the Jubits 2010 Battle of the Bands

Friday August 13th at the Grass Valley Pavilion

Skating from 1-5 PM & Concert from 7-10 PM

Bring your Roller Skates, Roller Blades, Wheelies, Razor Scooters. Don't have any? We will have several skates available for free to use! We will also be accepting donations of skates/rollerblades for future use at the Pavilion.

For questions or skate donations please contact Mike Smith at 541/565-3002 or michaelsmith204@gmail.com

This event is made possible with a grant from the *Sherman County Cultural Coalition*

www.shermanculturalcoalition.org

Recycle - It's Easy!!

First Sort: Commingled:

- PAPER - white and colored paper (staples OK) newspapers, magazines, catalogs, junk mail, phone books, paperback books, spiral-bound notebooks, shredded paper in a paper bag, cereal & cracker style boxes (liner removed), cardboard tubes, paper bags, egg cartons, milk cartons & juice boxes.
- PLASTIC - plastic bottles with a neck, plastic tubs 6 oz to 5 gal, plant containers 4 inches & larger.
- METAL - aluminum cans, tin cans (flattened), clean aluminum foil & foil baking pans, empty aerosol cans (discard cap).

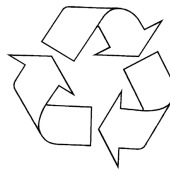
Second Sort:

- All glass bottles & jars - rinsed. No lids.

Third Sort:

- Corrugated cardboard - flattened.

All items should be clean & rinsed with lids removed & flattened if possible.



The Solid Waste Transfer Site:

72526 Welk Road
Open every 2nd & 4th Saturday
12 noon until 4 p.m.

Self-Haul Recycling Depot Schedule:

- Moro 9 am - 4:30 pm: 2nd Friday & Saturday
- Wasco 9 am - 4:30 pm: 3rd Friday & Saturday
- Rufus 9 am - 4:30 pm: 4th Friday & Saturday
- Grass Valley 1-3 pm: Every Monday & Tuesday

Do Not Recycle:

- Carbon paper
- Food-contaminated packaging
- Clear "clamshells" (berry, bakery or battery packages)
- Frozen food boxes or food stained paper
- Label backing sheets
- Paper towels, tissue, napkins
- Photographs
- Plastic-coated envelopes
- Wax, plastic or foil-coated paper
- Styrofoam.

The Dalles Disposal
1317 West 1st Street -The Dalles, 97058
(541) 298-5149



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Sherman County Home Repair Program Funded for 2010

Sherman County, in partnership with Sherman Development League, Inc., a local nonprofit organization, has received notification that Oregon Housing and Community Services has reserved a Community Development Block Grant (CDBG) in the amount of \$400,000 for the development of the Sherman County Home Repair Program and the Sherman County Housing Rehab Loan Fund. It is expected that awarded grant funds will be expended for eligible project-related expenses by December 31, 2012.

The intent of the Home Repair Program is to help individuals and families improve the condition of their homes by making basic repairs and upgrades so that they may live in decent, safe and sanitary housing. Applicants for the program must own and occupy the property to be rehabilitated. No interest, deferred payment loans, up to a maximum of \$30,000, are awarded to low and moderate income households. There are no monthly payments. The loan must be paid back when the property is sold or upon the death of the last surviving borrower.

Eligible home repairs must address health and safety concerns such as weatherization, electrical and plumbing upgrades. Basic home maintenance work is also eligible which may include roofing, siding, insulation, dry rot repairs, heating systems,

light fixtures and the installation of built-in appliances.

Loan repayments from the Sherman County Home Repair Program will be payable to Sherman Development League, Inc. (SDL) and will be held in trust for the Sherman County Housing Fund (SCHF). SDL will use the SCHF for continued housing rehabilitation or other low income housing activities approved by the Sherman County Loan Committee.

In 2008, Sherman County received a similar CDBG grant from Oregon Housing and Community Services in partnership with Columbia Cascade Housing Corporation in The Dalles. A total of eleven homes in Sherman County were rehabilitated with very positive results.

A Waiting List for the 2010 program has been established but if you own your home and believe you may qualify, please contact Georgia Macnab at the Community Development and Planning office at (541)565-3601 for further information.

This program will be managed by David L. VanDerlip, Executive Director, Oregon Rural Housing Services, Inc.

~ Melva Thomas, Administrative Assistant
Sherman County Court