

# The Citizen-Reporter



## SHERMAN COUNTY

A Sherman County Government Publication — October 2020

### General Election November 3, 2020

The 2020 General Election will be held on Tuesday, November 3 and will be conducted by mail. The final day to register to vote in this election is Tuesday, October 13. Voter registration cards postmarked by October 13 or an online registration submitted no later than 11:59pm are valid. If you have moved, changed your mailing address or your name, you need to update your voter registration information. Registration cards can be obtained at any post office, any county clerk's office, or printed from: <https://sos.oregon.gov/elections/Documents/SEL500.pdf> New voter registration and updates can also be done online at: <https://sos.oregon.gov/voting/Pages/myvote.aspx?lang=en>

Ballots will be mailed between October 15 and 20. The Postal Service cannot forward ballots.

*Continue on Page ....2*

### Sherman County Health District NEWS

Flu shots are in! The Sherman County Medical Clinic will be holding our annual Flu Shot Clinic on Thursday, October 8<sup>th</sup> from 3-6pm. During the flu shot clinic, appointments are not required. Flu shots will be available outside of the flu shot clinic, however, we do kindly ask that patients call for an appointment.

It is with regret that we announce the departure of our Physician Assistant, Christina Rust. Ms. Rust has recently been blessed with several new grandbabies so she will be returning to Idaho to be closer to her family. Ms. Rust has been the provider at the Clinic for the past two years and has done a fantastic job. She will be greatly missed, and we wish her the best in her next adventures! Her last day will be around the end of November.

*Continue on Page ....2*

### Do You Own a Sherman County Business

Do you own a business in Sherman County? Do you get periodic emails from the County? If you don't get emails from the County, please send us your business name, town, phone number and email to [countycourt@shermancounty.net](mailto:countycourt@shermancounty.net). We send out group emails periodically to disseminate information about COVID-19, grants, county information and more.

### Sherman County Ambulance Personnel to Wear Pink Gloves in October

The Sherman County Ambulance personnel will be wearing pink gloves while providing patient care for the month of October. They will be doing so to recognize Breast Cancer Awareness Month!



*Sherman County Health District NEWS  
Continued from Page ...1*

We are currently recruiting a new provider and hope to have one by the end of the year. The Clinic will continue to offer regular care and we thank you for your patience during the transition period.

As always, the Board of Directors invites your input, questions, and comments. Board meetings are held, typically, on the 2<sup>nd</sup> Thursday of every month. The next scheduled meeting will be on October 8<sup>th</sup> at 5:30pm in the Administration Office. Check out our website at [www.shermancountymedicalclinic.net](http://www.shermancountymedicalclinic.net) for up-to-date information about programs and activities being offered by the Clinic.

General Election—November 3, 2020  
*Continued from Page ....1*

If you will be away from home and would like to receive your ballot at a different address an absentee ballot can be requested by contacting the county clerk’s office or by printing a form from: <https://sos.oregon.gov/elections/Documents/SEL111.pdf> The state voters’ pamphlet will be mailed by the Secretary of State’s office no later than October 14.

All ballots in Oregon are sent with a prepaid postage return ballot envelope, so a stamp is not needed to mail back your voted ballot. Your voted ballot must be received in an Oregon County Elections Office or an official designated dropsite by 8pm on Election Day.

**Postmarks do not count.** If your ballot arrives at the County Elections Office after 8pm on Election Day, it will not be counted.

Official Sherman County ballot drop sites are found outside the following locations (*Do not deposit your voted ballot into any city hall drop box*):

Rufus City Maintenance Building – 400 Main Street (right of the city drop slot)

Wasco City Hall – 1017 Clark Street (freestanding white ballot box just uphill from the stop sign)

Grass Valley City Hall – 109 SW Mill Street (freestanding white ballot box just left of the city drop box)

Sherman County Courthouse – 500 Court Street, Moro - White, red and blue official ballot box at the corner of Court & 5<sup>th</sup> Streets; Or use the official ballot drop slot at the counter inside the clerk’s office

In addition to federal and state candidates and measures, local offices and a measure will be voted on. A local list is posted on the county clerk’s elections page at the Sherman County website: <https://www.co.sherman.or.us/documents/november-3-2020-general-election-candidates/> Candidate names are arranged by surname in random order in accordance with ORS 254.155. If you have questions about voter registration, need an absentee ballot, or have other questions, please contact the Sherman County Clerk’s office at 541-565-3606.

# Flu Season Ahead



**The Sherman County Medical Clinic is having their annual Flu Shot Clinic!**

Thursday, October 8th from  
3:00 pm-6:00 pm

We will bill insurance as needed. Medicare patients are not charged.

\$30 if not insured.

**No Appointment Needed!**

Flu shots will be available outside of this time by appointment.

For more information contact the Sherman County Medical Clinic at 541-565-3325.

**Squash that**



**FREE Hazardous Waste(+ E-WASTE)  
Event for Households, AG Producers and Farmers**  
\*Farmers and Businesses **MUST** pre-register. It's **FREE**

**WHAT:** Get rid of unwanted hazardous waste, electronics and medicine too

**WHEN:** Friday, October 30th, 10am-2pm

**WHERE:** Wasco School Event Center, Wasco, OR

**HAZARDOUS WASTE Accepted Items:**

- Paints and stains of all types
- Yard, garden, pool and spa chemicals
- Cleaners, disinfectants, solvents and glues
- Automotive fluids (antifreeze, brake fluids, motor oil, etc...)
- Art and hobby chemicals
- Fluorescent lamps, CFL bulbs and ballasts
- Propane bottles and tanks
- Old gasoline
- Fire extinguishers
- Batteries (all types)

**ELECTRONICS Only Accepted Items:**

Computers, Monitors, Laptops/Tablets, TV's, Keyboards, Printers, Mice, and Cell Phones

**MEDICINE**

Unwanted prescriptions, over-the-counter medications, vitamins, nutritional supplements, and pet medicines.

**NO sharps** (Free sharps disposal for households at: Hood River Transfer Station, The Dalles Disposal, Moro Medical Clinic)

**Items NOT Accepted**

Appliances, explosives, ammunition, empty containers, asbestos (call us to find out how to dispose of)

Businesses ---Although *FREE*, **pre-registration is required for businesses.**  
This helps our contractor bring the proper supplies. **To Register**, please contact:  
Stericycle Environmental Service at (360) 772-2838, John.Pitman@STERICYCLE.com

**October Is  
National Substance Abuse  
Prevention Month**

Early intervention and education work.



**DON'T CONTRIBUTE TO MINORS**

"We don't need  
your help  
in making bad decisions."

Thank you,  
Your Sherman County Youth

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## Wearing a Mask Will Keep Both COVID-19 and the Flu from Spreading

Many symptoms of the flu and COVID-19 are similar: If you have concerns about your health, don't be afraid to contact your healthcare provider.

When you wear a mask, it keeps the people around you safe. If you are in a public place or with family and friends, you can protect them by wearing a mask and putting 6 feet between yourself and others.

Frequently wash your hands and cover your mouth with a tissue when you sneeze or cough.

**Call! Don't GO!**

If you or someone in your home is sick, stay home and call your healthcare provider immediately to discuss your symptoms.

If you have difficulty breathing, call 9-1-1

### Do You Have Questions? Resources and Help are Available!

Sherman County Senior & Community Center – is available to help you or someone you know, whether you need meal coordination or a friendly chat. Meals on Wheels makes weekly deliveries on Mondays, or you can pick meals up Monday – Friday at the center. Call for more information. They look forward to hearing from you! (541) 565-3191  
[www.co.sherman.or.us/departments/senior-center](http://www.co.sherman.or.us/departments/senior-center)

North Central Public Health District – promotes health and well-being in communities in Wasco, Sherman and Gilliam Counties. They can answer your COVID-19 related questions or help you with resources. (541) 506-2600  
[www.ncphd.org](http://www.ncphd.org)

The Sherman County Medical Clinic – is having its flu shot clinic on October 8<sup>th</sup> from 3-6 pm. No appointment needed. (541) 565-3325 [www.shermancountymedicalclinic.net](http://www.shermancountymedicalclinic.net)

When you wear a mask, you protect others!

### Business Trainings: Using Broadband Based Tools and Planning for Business Resilience

Mid-Columbia Economic Development District (MCEDD), in partnership with the Columbia Gorge Community College Small Business Development Center, is hosting a series of business trainings. Training topics will include Digital Marketing Strategies, Taking your Business Online, Cyber Security for Small Businesses, Planning for Business Resiliency, and Preparing for Accessing Capital. In addition to these trainings, MCEDD is hosting a Lender's Roundtable in January to provide an opportunity to connect with local business lenders and learn about their processes.

Visit [www.mcedd.org/business-trainings/](http://www.mcedd.org/business-trainings/) for training dates and the link to register!

Sessions are free and open to all businesses. They will be hosted online. Questions? Email [jane@mcedd.org](mailto:jane@mcedd.org) or call 541-296-2266.

## AMBULANCE MEMBERSHIP FOR CHRISTMAS

Do you have that special someone who you just don't know what to get for Christmas? If you do and they live in Sherman County, think about an Ambulance Membership. Sherman County Ambulance has a membership program, which costs \$30 per household, per year. Also, you might think about getting a Membership for yourself, if you haven't already. This is a huge savings if you don't have insurance. An average ambulance call can be around \$2,500. The Ambulance Membership Program is also part of the reciprocal network with approximately 80 other agencies in Oregon. That means that if you need an ambulance in another city and they are part of the network, your Sherman County Ambulance Membership will cover that. If you do have insurance, we will still bill for the call, but if it doesn't pay the entire bill, the Membership will cover the balance. If you don't have insurance, the Membership covers the entire bill.

If purchasing for a gift, we will send you a holiday inspired gift certificate to give to your loved one.

We also have Life Flight brochures available if you are interested in purchasing a Life Flight membership or you can log onto [lifeflight.org](http://lifeflight.org).

If interested, contact Dana at the Emergency Services Building in Moro at 309 Dewey Street. You can call 541-565-3100 or email to [emergencyserv@embarqmail.com](mailto:emergencyserv@embarqmail.com).

## FALL WEED CONTROL

Fall is an excellent time to spray many hard-to-control weeds, specifically perennials such as Russian Knapweed and Canada Thistle. The following is an excerpt from "Techline", a Weed Management Services publication from Helena, MT: "Fall Application of Milestone to Control Key Invasive Weeds"

Fall is an excellent time to control invasive weeds with Milestone. Late summer and fall rains in many areas of the west will provide land managers with a good opportunity to extend their application season.

Russian Knapweed - Milestone at 5 or 7 fluid ounces per acre is highly effective for controlling Russian Knapweed. Unlike other herbicides, applications of Milestone can be made on Russian Knapweed through late summer and until after the foliage has died back (leaves are brown and dead!) in fall. Milestone is taken up by the foliage, through the root crown or from the soil into this noxious weed. Milestone will provide residual control of plants that try to re-grow and emerge after initial application.

Canada Thistle - Field research has shown that fall applications are extremely effective with Milestone at labeled rates of 5 to 7 ounces per acre. Tank mixing with another herbicide is not necessary; Milestone alone will control Canada Thistle. University of Nebraska research reports Canada Thistle is actually more susceptible to herbicides when applied in the fall following a frost. Applications can be made in the

fall as long as there is live Canada Thistle foliage. Even though the leaves will begin to senesce, generally there is still excellent efficacy up to late October as long as there is some green foliage."

Rush Skeletonweed would also be a good candidate for fall applications with Milestone. Milestone is a non-restricted product with low use rates and no activity on desirable grasses. ALWAYS Read and Follow the Label.

For more information on these or other weeds, contact the Sherman County Weed District at 541-565-3655.

## Physician Orders for Life-Sustaining Treatment

Do you have a serious health condition? Have you completed a POLST Form? POLST is a medical order that stands for **Physician Order for Life-Sustaining Treatment**. It directs your care in a medical crisis. POLST orders give seriously ill people control over the treatments they do or do not want to receive in a medical crisis. POLST is for those with advance illness, such as advanced heart disease, lung disease or cancer that has spread. Or for someone who is older and frail, and may not want to go to the intensive care unit. In a medical crisis, a POLST directs emergency staff to the type of care you do or do not want. EMTs and physicians are required to follow POLST orders.

If you would like to have more information on the POLST Form, you can either contact your primary care physician or contact Dana Pursley-Haner at 541-565-3100.

## EMR Class

**Sherman County Ambulance will be having an EMR class this Fall/Winter. Starting October 22, 2020 until December 18th, 2020 Tuesday and Thursday from 6pm -9pm with the occasional Saturday 9am-4pm. They will be held at North Sherman Fire Station classroom.**

**Questions please call 541-565-3100**



## Sherman County Public/School Library

**Website:** [ShermanCountyPSL.weebly.com](http://ShermanCountyPSL.weebly.com)

**Email:** [shermanlibrary@sherman.k12.or.us](mailto:shermanlibrary@sherman.k12.or.us)

**Phone:** 541-565-3279

**Address:** 65912 High School Loop Moro, OR 97039

“Like” us on Facebook at Sherman County Public School Library

### CURBSIDE SERVICE

Our curbside service is available from 4:00pm-7:00pm, Monday-Friday and 10:00am-4:00pm, Saturday. Call us, e-mail us, or use the Sage system to place holds. When your books/materials are ready, we will call or e-mail and let you know. Please call the library when you arrive and we will bring your books out to you.

### PATRON 30 MINUTE APPOINTMENTS

Appointments are available from 4:00pm-7:00 pm, Monday-Friday and 10:00am-4:00pm, Saturday. Call or e-mail us to make an appointment.

### PICK UP AND DELIVERY

Books and materials can be dropped off and picked up from various locations. Please call the library for pick up and drop off locations in Sherman County.

## ED’S ANECDOTES

One of my most rewarding experiences while working for Cablevision in New York was having the chance to host a group of Afghani visitors. Mr. Gus Nakspendi from the Islamic Science Foundation came to my office to discuss the possibility of having twenty war damaged children to spend time in my public access studio. There were ten from Peshawar, Pakistan and ten from Kabul, Afghanistan in the plan. The ten children from Pakistan did not accept the invitation from the New York based Islamic Science Foundation.

My friend, Mr. Gus Nakspendi, came to the studio with the kids about three weeks later. They flew into JFK airport a day earlier than their arrival at my studio. Here were ten totally foreign young people who mostly smiled at me as they entered the studio. They were accompanied by two people from the Red Crescent which is similar to the American Red Cross. I didn’t waste any time getting them involved as my group of volunteers were anxious to start the video production training. After the first day, we all went out for Kentucky Fried Chicken and the Afghani kids were ecstatic.

Rob Jensen of Pixar was just a high school volunteer for us at the studio. His talent and creativity was evident in those years. Steve Jobs hired Rob after he later graduated from Princeton University. When I watched Rob receiving the Academy Award with his fellow animators on television two years ago, I was reminded of the Afghani kids visit and their mentoring from Rob Jensen of Pixar.

We were quite busy at the studio during the Afghani visits. The kids learned to operate all the public access T.V. equipment and were able, after training, to produce a video production to carry back to Afghanistan.

## The Judges Corner

As I write this, Commissioner Tom McCoy is heading to a new adventure. He and his wife are on their way to a new home to be near their children and grandchildren. How exciting!

Very seldom in a person's lifetime do you meet someone who is truly selfless, someone who serves their community with dedication. Sincerity, Honesty and Integrity just touch the surface of how Tom McCoy served our community. Tom will be missed in Sherman County Court—there is no way I can thank him for being the mentor, friend, historian, and team member he has been to me these past several years. I, along with the rest of us, have been extremely lucky to have Tom McCoy as a county commissioner. Thank you Tom!

Along with this change, the season is changing to fall, I, as with the rest of the farming community—want rain. Seeding has started, but more moisture would insure a good start for the seedlings. In Biggs Junction, The Biggs Service District has drilled a new 459' well, hitting water at 436'. Even though our fields are a mite dry—we are getting in the neighborhood of 250 gallons of water per minute. That is great news for Biggs.

Also on the good news front, school is getting back to “in person” learning. While we hope and plan to finish the year “in person”, the county court is doing all we can to be prepared for the worst. Solar repeater trailers will be placed in several locations to help serve students and teachers with hard to reach and poor internet. Last week these locations were identified and here before very long—they should be connected to the world through internet.

More positive news—The Sherman County Court has been able to help several local businesses by providing a small grant to help with the economic pressure from COVID-19.

Our faux fair/livestock show went great. Thank you every one—parents, kids and community for your patience and dedication in making the event the safe, healthy event it was.

Thank you to the Ruggles and the Harrison's for their help to the road department.



Tom McCoy, pictured above

I was driving near the Tri-City area—saw smoke—it was 20 minutes before I got near it. I watched the first fire fighter arrive. I know that in Sherman County, in 20 minutes, more than 20 neighbors and fire fighters would be there and at least 100 would show up. That is something to be proud of.

“I try to be the person I want my kids to be” these are the words that come to mind this time as I think of a quote. They are the words I try to live by.

Joe Dabulskis, Sherman County Judge



**SHERMAN**  
COUNTY



Presorted Standard  
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500 Court Street, P.O. Box 365  
Moro, Oregon 97039  
<http://www.co.sherman.or.us>

*Postal Patron*

## Three Easy Steps to Recycle!

### 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.

### 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 2<sup>nd</sup> & 4<sup>th</sup> Saturday  
10 a.m. until 2 p.m.

**The Dalles Disposal**  
1317 West 1<sup>st</sup> Street -The Dalles, 97058  
(541) 298-5149

### Self-Haul Recycling Depot Schedule:

- Moro 9 am - 4:30 pm: 2<sup>nd</sup> Friday & Saturday
- Wasco 9 am - 4:30 pm: 3<sup>rd</sup> Friday & Saturday
- Rufus 9 am - 4:30 pm: 4<sup>th</sup> Friday & Saturday
- Grass Valley 1-3 pm: Monday & Tuesday weekly