

Eastern Oregon flooding abates

Missing woman found dead

Associated Press

PENDLETON — Waters covering roads in flood-hit northeastern Oregon were starting to recede, allowing residents to return and assess the damage from weather that appears to have left one person dead.

A woman who had been missing, Janet Tobkin Conley, 62, lived in one of the areas hit by floods and her body was found Sunday by searchers and neighbors, authorities said. She appeared to have been swept away by rushing water, they said. Conley was last seen about 7 p.m. Thursday in the Bar M Ranch area, according to the Umatilla County Sheriff's Office. Neighbors discovered she was missing Friday morning. Conley was an experienced hiker and camper and was familiar with the area, the sheriff's office said.

One lane of westbound Interstate 84 reopened Sunday evening east of Interstate 82, according to a press release from Oregon Department of Transportation. A news release Monday reported one eastbound lane is also open.

Oregon National Guard troops aboard two helicopters airlifted 21 people to safety on Saturday. The helicopter missions continued Sunday and volunteers also assisted flood victims.

Residents in the foothills of the Blue Mountains in northeast Oregon had to be airlifted from their flooded homes and even were taken out in a front-end loader as rain and melting snow caused rivers to crest their banks. Some neighborhoods in Pendleton, a town of 16,000,



Greg Lehman/Walla Walla Union-Bulletin

Touchet River water flows across Highway 12, closing it, on the east side of Waitsburg, Washington, on Friday.

were hit, damaging mobile homes.

Seventeen evacuees spent Friday night at the Red Cross shelter in the Pendleton Convention Center, and numerous people dropped off blankets, pillows and other comfort items, said Nadine McCrindle, the Red Cross executive director for central and Eastern Oregon. Another eight people stayed at a shelter in Walla Walla, Washington.

"They'll be able to go to their homes and see what is left, if anything, and see what the damage is," McCrindle said.

The forecast was for

mostly sunny skies and no rain Sunday and Monday.

Many roads in Umatilla County, where Pendleton is the county seat, were still closed because of high water or damage, the county sheriff's office said.

The Umatilla River crested just before 10 p.m. Thursday at more than 19 feet, nearly four times the average height for that date. Rivers all around the region overran their banks.

Oregon Gov. Kate Brown declared a state of emergency in Umatilla, Wallowa and Union counties late Friday, allowing mobilization of the National Guard.

In Washington state, there was widespread flooding in the Walla Walla Valley. Waters were receding but authorities were assessing damage in communities such as Dayton, Waitsburg and Milton-Freewater.

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Cut Your Risk: 5 Tips for Heart Health

 It's a sobering fact that gets to the heart of the matter: According to the National Heart, Lung, and Blood Institute, heart disease remains the leading cause of death and disability for American women and men.



DIANA RINKEVICH, MD
Cardiologist
CMH/OHSU Cardiology Clinic

Some risk factors for heart disease can't be changed—such as getting older or having a family history of heart problems. But you can control many factors that put you at risk by making small changes in your daily life.

First, "know your numbers," including your cholesterol levels, blood sugar, and blood pressure. And be proactive in achieving optimal values. Optimal values are:

- LDL cholesterol (bad cholesterol) less than 100 mg/dL
- HDL cholesterol (good cholesterol) greater than or equal to 50 mg/dL

- Triglycerides less than 150 mg/dL
- Blood pressure less than or equal to 120/80
- Fasting glucose less than 100 mg/dL

Changes you can make today

Here are some tips to help you get to these numbers:

1. Exercise regularly. Try for at least 30 minutes of brisk walking or more vigorous exercise every day. Take a 10-minute walking break. If you sit behind a computer most of the time, get up for a quick stroll several times a day. Sitting less and moving more is good for your heart and your body overall
2. Eat a healthful diet that is built around whole grains, fruits, vegetables and low-fat dairy products. Avoid unhealthy snacks. Bring a piece of fruit to work. Eating more fruits (and veggies) is a heart-healthy choice. Plus, many fruits are portable (think apples and oranges), which makes them an easy snack option. When hunger hits, having a piece of fruit at your work area will help you avoid less-healthy options from the vending machine. Compare food labels for sodium content. Too much sodium can increase your blood pressure, which is hard on your heart. Different brands of foods can have differ-

ent sodium amounts. It only takes a moment to read food labels and to choose the brand with the least amount of sodium.

3. If you smoke, quit. During the year after you quit, your risk of heart disease will drop by more than half. If you need help to quit smoking, don't hesitate to ask your doctor and discuss your different options/strategies.
4. Ask your doctor to help you keep track of your blood pressure and cholesterol. Try to keep them in a healthy range.
5. Maintain a healthy weight. If you are overweight, even a modest weight loss can reduce your risk for developing heart disease.

Be in the know. If you haven't already, bring up heart health with your doctor. Discuss your risk factors and what you can do. Remember, the only way to know your numbers (cholesterol, triglycerides, blood pressure, glucose levels) is by checking them on a regular basis.

Diana Rinkevich, MD, is board-certified in cardiovascular disease and echocardiography. She has more than 30 years of experience and is recognized as a leader in women's heart health and echocardiography. She is the medical director of the CMH/OHSU Cardiology Clinic.