

SUPPLIES TIGHT FOR OREGON XMAS TREES
NORTHWEST/2A



TIMBERS EARN MLS CUP TRIP
SPORTS/1B

EAST OREGONIAN

FRIDAY, NOVEMBER 30, 2018

143rd Year, No. 32

WINNER OF THE 2018 ONPA GENERAL EXCELLENCE AWARD

One dollar

Your Weekend



- Holiday bazaars throughout the region
- Festival of Trees, Hermiston
- Handbell concert, Pendleton

For times and places see Coming Events, 6A

Weekend Weather

Fri	Sat	Sun
48/33	42/32	40/26

HERMISTON

Commercial, residential insurance premiums likely to fall

By JADE MCDOWELL
East Oregonian

Commercial and residential insurance premiums will likely go down in the Hermiston and Stanfield area after Umatilla County Fire District's Insurance Services Office rating improved.

Both cities, as well as most of the rural area UCFD covers, have been upgraded to a class three. Previously, Hermiston was a class four and Stanfield was a class five.

The ISO gives fire districts ratings on a scale of 1 to 10 based on factors, such as a fire district's response times, station proximity, equipment quality, training hours, water infrastructure and dispatch call-handling times. Dick Ferranti of Ferranti Graybeal Insurance Agency in Hermiston said the lower the number, the less risky insurance companies consider an area.

"A lower number indicates a quicker response, better equipment, better vehicles, etc. so that if we do have a fire they can put it out more quickly," he said.

He said the ISO class is one of several things insurance companies look at

See PREMIUMS/8A



Dentist Graham McEntire, left, and dental assistant Shalena Gandy work on prepping patient Evelyn Arbogast to receive a crown on one of her teeth on Wednesday in Pendleton.

Teeth and gums affect overall health

"The mouth is like a freeway system to the rest of your body" —
Dr. Teri Barichello

By KATHY ANEY
East Oregonians

In a time of chia seeds, fasting, interval training and low-carb diets, consider the lowly toothbrush.

Want to stay healthy? Take care of your mouth.

Mounting evidence suggests the path to good health starts with good dental hygiene. More sink time may lead to a healthier heart and lower risk of diabetes, high blood pressure, liver disease, dementia and respiratory infections.

A study released this year found a link between teeth-brushing habits and risk of cardiovascular disease.

"The mouth is like a freeway system to the rest of your body," said Dr. Teri Barichello, vice president and chief dental officer at ODS Companies.

The onramp to the freeway? Bleeding gums. Bleeding gums are a symptom of oral disease that signals danger and offers an opening for bacteria to escape to the rest of the body. Once in the bloodstream, it reacts with blood vessels to form arterial plaque. "Bleeding gums are not OK.



Dentist Graham McEntire, upper right, and assistant Shalena Gandy work on patient Evelyn Arbogast in Pendleton on Wednesday. Recent studies have shown there are links between good oral hygiene and overall health.

Blood in your spit is an indication of inflammation," Barichello said. "The CDC (Centers for Disease Control) estimates that 50 percent of adult Americans are walking around with gum disease and most don't know it. It's a silent disease."

Dr. Jim Rickards, senior medical director at Moda Health, said the connection between dental problems and the body's overall health is becoming more apparent with each new study.

"Teeth and gums have tremendous impact on overall health," Rickards said. "The mouth is really the entryway to the body. Having those routine screenings is incredibly important."

With the understanding that oral health affects disease in the rest of the body, insurance companies are starting to offer health management programs focused on dental hygiene. Rickards said women in Moda's maternity program, for example, work with a health coach and undergo dental screening.

An increasing number of studies are showing links between heart health and dental health.

"Renowned cardiovascular physicians are saying we can't manage for all the risks without involving dental," Barichello said.

Uncontrolled diabetics are more likely to develop gum dis-

See TEETH/8A



Students from Stanfield Secondary School discuss a question at Thursday's Knowledge Bowl competition in Hermiston.

Test your knowledge

By JAYATI RAMAKRISHNAN
East Oregonian

Winning the Knowledge Bowl takes several of the seven cardinal virtues — patience, diligence, even humility — but knowing what the whole group of them are called was worth a point all by itself.

One of the questions in the final round asked students: Since the early days of the Christian church, the seven deadly sins have been balanced by the seven cardinal what?

The battle of wits at Hermiston High School put students from local high schools through four rounds

of questioning, on subjects from pre-calculus and chemistry to religion and world history

A final round ended with a team from Echo on top, followed by two Hermiston teams.

Several local schools host competitions throughout the year. This year, teams from Echo, Hermiston, Stanfield and Umatilla competed, along with a team from Connell, Washington, about 30 miles north of the Tri-Cities.

The Hermiston club is run by HHS counselor Maggie Hughes-Boyd, and

See TEST/8A

