



Kathleen Ellyn/Chieftain

Left to right: Karen Coppin, member of the foundation board; and Kate Loftus and Bob Williams members of the original ribbon cutters when the hospital was dedicated, cut the cake for the 10th Anniversary Celebration of the Hospital Dedication.

Celebrating a decade of care

A look back at Wallowa Memorial Hospital's growth

By Kathleen Ellyn
Wallowa County Chieftain

The low-key celebration of Wallowa Memorial Hospital's 10th anniversary featured a wall of posters that documented the many improvements made over the years.

Key in these improvements was building the new hospital a decade ago.

Current hospital director Larry Davy remembers what a step forward the new facility was. Davy took over as CEO in 2001 at a time when the hospital had just seven days operating cash on hand and was more than \$200,000 in debt.

Wallowa County residents who remember that time are still amazed that the hospital was able to climb out of debt and erect a new

building in just six years.

The hard work of hospital administrators and the generosity of local individuals was key to the turnaround. Their efforts through the hospital auxiliary, the Circle 100 Club, the Men's 100 Club, the annual banquet and auction and many other avenues have continued to bring technical and care advantages to the hospital.

The hospital is currently involved in:

- The recruiting and retention of a team of physicians from top medical schools.
- The expansion of the rehabilitation clinic from two to five full time physical therapists, two personal therapy assistants, an occupational therapist and an aquatic therapy program.
- The development and

expansion of an outpatient clinic to provide chemotherapy and increase visits by oncologist Seymour Bronstein.

- The addition of telemedicine capabilities, so that specialists can conference with local physicians and see their patients via telemedicine robots.
- The expansion of general surgery, with Kenneth Rose and orthopedic surgeon Adrian Davis.
- Investment in a 64 slice CT scan, new bone density scanner and soon a 3-D mammography machine.
- A full-service laboratory and full-service pharmacy on site.
- Birthing suites with room to accommodate dads and families.
- A newborn incubator for transport of patients.

MEETING

The Circle 100 Club meets just once a year. This year existing and potential members are invited to the Wallowa Memorial Hospital Conference Room on March 16 at 4:30 p.m. for a social time, snacks, and a meeting to decide how to spend the money.

Bring your check for \$100 made out to WVHCF. If you are unable to attend but would like to join, send your check for \$100 to P.O. Box 53, Enterprise, OR 97828. You may also join the Circle 100 with a friend and split the cost 50/50. Please RSVP to the Foundation at 541-426-1913.

- Stress echocardiogram technology.
- New beds.

Prune fruit trees for a better harvest

By Kathleen Ellyn
Wallowa County Chieftain

It's time for fruit tree care and a good pruning can mean a bumper crop of those apples, cherries or pears. "We recommend fruit tree pruning after all the hard freezes are over, early March, definitely before bud swell," said Eric Sinclair of Sinclair Brothers tree care of Enterprise. "We've been doing it for the last two weeks." By pruning the tree in early March, two important issues are addressed: The wounds created by the cuts aren't exposed to extreme temperatures and the tree is still dormant. Pruning and shaping the tree means that when it comes awake in the spring it will put its energy into healing wounds and producing fruit, rather than putting out sprouts that can overtake the canopy. Making the canopy umbrella-shaped and open improves the ability of fruit trees to put out produce. In fact, even in two-year apple trees, which generally put out one year of bumper crop and one average year, a properly pruned and cared for tree can put out quality crops year after year. "Fruit production depends more on the weather," said Sinclair. "If we get a late frost it will knock out a lot of the production. Last year we had a really mild spring and we had a bumper crop. People had so much fruit, branches were breaking." Bryan Walker of Executive Tree Care of Joseph agrees.

"My wife's grandmother has an old two-year tree that puts out good crops every year. It just depends

on weather, your pruning and care," he said. Fruit trees are hardy, the tree professionals said, and pruning that would shock the system of a deciduous tree or an evergreen can be undertaken. An apple tree, for instance, can be topped and reduced on the main trunk by six feet each year, Sinclair said. In rare cases the tree may be reduced in height by 10 feet. "Topping is not recommended for any tree except for a fruit tree," Sinclair said. "It's an historic and accepted practice for fruit trees. It may even be recommended." Many fruit trees can stand a pruning of 30 percent of their volume.

"In a fruit tree you want to take all the vertical suckers off and bring it down to where it is an umbrella ... to where you can pick it off an orchard ladder or from the ground," said Walker. Sinclair agrees.

"There's actually an old saying that 'your fruit tree should be the height of your ladder,'" he said. Other trees can be pruned pretty much any time and many deciduous trees are pruned after they leaf, as this makes identifying dead or sick branches easy. The cost of having a professional prune your tree varies, because each tree is different "I have to look at it to see what kind of pruning I'll have to do," said Walker. "The first pruning is usually a little more costly, but after that it's maintenance. I try to show the homeowner how to do the maintenance," said Walker. "We do free estimates," said Sinclair. "I'll come talk trees with everybody for nothing."

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HAPPY 80TH BIRTHDAY

Aldon, Eddy, Dad & Grandpa J

WE ALL LOVE YOU

Thank you Wallowa County Commissioners for your support of the Senior Meal site and Meals on Wheels participants.

Your continued support is greatly appreciated, and is necessary to the success of the program. In 2016, we served over 27,000 meals with 6,300 of those meals delivered to homebound individuals. The staff, volunteers, and all the participants want to thank you for supporting this vital county program. THANK YOU!!!

Student of the Week

Madison Isley
ENTERPRISE SDA SCHOOL

Madison Isley is a second grader at the Enterprise SDA School. She has a passion for learning and excels in math and reading. Madison is always willing to help the younger students with their work and her sunny disposition makes her a joyful part of our school!

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Wallowa 886-9151

The Student of the Week is chosen for academic achievement and community involvement. Students are selected by the administrators of their respective schools.

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Drawing on Sunday

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ADRC
Aging and Disability Resource Connection of OREGON

OREGON DEPARTMENT OF HUMAN SERVICES PROGRAM

ATHLETE OF THE WEEK

This week's athlete of the week is Kale Ferguson, who attends Joseph Charter School as a sixth grader. Ferguson, 12, plays on the school's sixth-grade basketball team.

Although only competing in basketball for a year, Ferguson is already making large strides in the game through his dedication to the sport.

Ferguson also competes in football, wrestling and baseball.

Kale Ferguson

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