

M.C. Creative Arts & Crafts to meet

Morrow County Creative Arts and Crafts will meet on February 24 at 1 p.m. at the Stable of Youth. During the meeting there will be a floral demonstration.

Ruby Crosswhite will show designs to use for floral centerpieces in real flowers and also silk flowers.

On the agenda are the workshops with Robert Walton on April 8, 9, and 10 and Hyon Field in May. Anyone interested in

painting classes is asked to contact Betty Mills at 541-676-5546 for Walton oil classes and Sheryl Parrot at 541-422-7112 for Fielding watercolor class.

Mary Ella Johnson will be chairperson of St. Pat's sale of local arts and crafts. Contact Mary Ella at 541-676-5347 so she knows how much space the group will need.

Arts and Crafts meetings are open to the public and new members are welcome.

Heppner fire department does practice burn



Top Photo: The sign warns of kids at play, but it was just our Heppner Fire Department conducting a practice burn on a singlewide trailer at Green and Hill Streets Saturday. The department had to fall two trees near the structure. One falling went fine and the tree fell on the home to be burned. The other tree fell across some power lines and caused minor damage to a power pole and a meter on a nearby house. The trailer took eight minutes to burn, Fire Chief Rusty Estes said.

Bottom Photo: Three Heppner firemen take a break during the controlled practice burn of a single wide mobile home Saturday at Green and Hill Streets in Heppner. Left to right is Jared Gorham, a member of the Heppner Junior Firefighters, and volunteer firemen Brian Harmon and Jay Keithley. —Contributed Photos

Ione High School choir opens games with national anthem



The Ione High School choir recently sang the national anthem to open the Ione versus Dufur basketball games. The choir is directed by music teacher Jordan Bemrose and accompanied by Jeff Eynetich on the drums, Lea Mattieu-Peterson on the keyboard, Oskar Peterson on the trumpet and Donna Thompson on the saxophone. Singing for the choir are (L-R) Emily Holland, Jasmine Verduzco, Larissa Jones, Luisa Prior and Stephanie Medina. —Photo by Paula Emmell

Meet Heppner's foreign exchange students



Pictured left to right are some of the foreign exchange students who are attending Heppner High School this year. Romana Pafkova, 17, is from Slovakia and is hosted by Sharon Inskeep. Simen S. Rostad, 17, is from Norway and is hosted by Linda and Terry Corbin. Kim Strittmatter, 16, is from Switzerland and is hosted by Robin Cobb. Michelle Rotvig, 16, is from Denmark and is hosted by Ann and Frank Jones. Karoline Sundklakk, 17, is from Norway and is hosted by Leah and Troy Hyatt. —Contributed Photo

Heppner Christian Church to host community breakfast

Heppner Christian Church invites everyone in the community to a breakfast from 8-9:30 a.m. on Sunday, February 20. The men of the church will be preparing pancakes, ham, and eggs.

HHS first semester honor roll announced

Heppner High School recently announced the first semester honor roll for the 2010-11 school year.

7th Grade

Skyler Palmer 4.0, Caitlyn Bailey, Kai Arbogast, Jessica Kempken, Rylee Kollman, Emily Pappas, Ryan Smith, Alexis Bray, Patrick Collins, William Lutchter, Tommy Bredfield, Kaden Clark, Kaelyn Lindsay, and Weston Putman.

8th Grade

Paige Grieb 4.0,

Joseph Schmidt 4.0, and Maddie Lindsay.

9th Grade

Jefferson Dowdy 4.0, Lillian Sandford 4.0, Ryan Dougherty, Michah Hintz, Nicole Kempken, Mallorie Jones, Clayton Cook, Andrew Hatfield, Blake Greenfield, Mekayla Kindle, Treston Maben, and Alyssa Wizner.

10th Grade

Maggie Collins 4.0, Bryce Fowler 4.0, Earl Prophet 4.0, Sidney Coster, Tessa Gould, Kyle Harrison, Jacob Moore, Ste-

phen Thompson, Brayden Cook, Larissa Gray, Jordan Jones, Austin Gutierrez, and Garrett Robinson.

11th Grade

Natalie Rauch 4.0, Justin Pranger 4.0, Maroucha Veerman 4.0, Marie Broeckling 4.0, Carrie Haguewood 4.0, Austin Holm 4.0, Axel Lofgren 4.0, Cody Orr 4.0, Romana Pafkova 4.0, Conner Pappas 4.0, Simen Rostad 4.0, Louise Torell 4.0, Zechariah Hintz, Joakim Moen, Zhu Yue, Cassidee Day, Frida Larsson, Camron

Day, Anne Gokesch, Seth Palmer, Kristiane Hempel, Michelle Rotvig, Tayllor Gould, Jessica Arellano De Luna, Josh Bennett, and Bente Christen.

12th Grade

Joe Armato 4.0, Lindsay Cutsforth 4.0, Taighler Dougherty 4.0, Justin Gutierrez 4.0, Brett Harrison 4.0, Donald Matthews 4.0, Ian Murray 4.0, Kelsi Putman 4.0, Devin Robinson 4.0, Kolleen Chapa, Jordan Wright, Haley Struckmeier, and Jared Hedman.

BEO Bancorp reports strong 2010 earnings

BEO Bancorp (OTCBB:BEOB) and its subsidiary, Bank of Eastern Oregon, on February 11 announced consolidated year end 2010 earnings of \$1,656,016, an increase of 328 percent when compared to \$386,721 in 2009. Earnings per share were \$1.80 versus \$0.43 in 2009. Total assets increased 4.96 percent from \$239.8 million to \$251.7 million. Net loans ended 2010 at \$191.8 million, up 13.9 percent year over year. Deposits increased 9.3 percent from \$204.4 million to \$223.5 million.

"2010 was a strong year for the bank, especially when you consider the lingering effects of the recession and the slow pace of the economic recovery. While our rural communities continue to experience

relatively high unemployment, we saw good things in the farm and ranch economy," said president and CEO, Jeff Bailey. "The lingering effects of the housing crisis which surfaced in 2008 continue to work their way through the national as well as regional economy. 2011 will be an interesting year as we see how the national recovery plays out," continued Bailey.



Jeff Bailey

"Total shareholders' equity increased 7.96 percent year over year to \$15.64 million. Our Tier 1 capital ratio of 10.17 percent matches up favorably to our peer banks across the nation and especially within our market area," said Chief Financial Officer, Mark Lemmon. "Return on Average Assets is 0.67 percent and Return on Average Eq-

uity is 11.00 percent compared to 0.17 percent and 2.75 percent, respectively, year over year." Lemmon went on to say, "Our low cost source of funds continues to fuel profits."

Chief Operations Officer, Gary Prophet said, "Deposit growth continues to be a strong point for the bank. We have seen good growth across all branches in our system. The continued trend of strong growth in core deposits tells us our customers are happy with Bank of Eastern Oregon's style of banking, our flexible products, and the excellent, professional service provided by our banking teams."

"With loan volume up 13.9 percent year over year, it shows that we are seeing good opportunities within our footprint to loan money to qualified borrowers," said EVP and Chief Credit Officer, E. George

Koffler. "We continue to see progress in moving some of the non-performing assets (NPA's) off of our books. Since the first quarter of 2010, NPA's have decreased from 2.99 percent to a year end percentage of 1.39 percent. We see this as a very positive sign but will continue to contend with issues created by the slow recovery," concluded Koffler.

"We are pleased with the 2010 results. The improved performance and growth over the past year is attributed to the loyalty of our shareholders, customers, and employees. The recent recession has been challenging, but I am confident there are brighter days ahead," concluded Bailey.

For further information on the company or to access internet banking, visit <http://www.beobank.com>.

Community Health Improvement Partnership of Morrow County to hold public health meeting

All Morrow County residents are invited to a county-wide public health meeting on Monday, February 28. "Friends Helping Friends for Better Health" will be held from 5:30-7:30 p.m., at the Port of Morrow in Boardman. Dinner will be provided and will begin at 5.

The meeting titled "Friends Helping Friends for Better Health" is being sponsored and facilitated by the Community Health Improvement Partnership (CHIP) of Morrow County. The meeting will help the organizations and people involved with providing

health care to understand what area residents think about local health care and what they expect in terms of quality and services. The event is part of a larger community health assessment being conducted by the Community Health Improvement Partnership.

The purpose of the meeting is to encourage area residents to work together in one session to generate a list of changes or activities which would make Morrow County a healthier place to live. "It will be a different kind of public meeting than you may have attended before

and is likely to be a unique, enjoyable process," said Kim Carnine, chairperson. "Everyone who attends has the opportunity to share their opinion about local health care services without having to actually stand up and speak to the entire audience."

This process has been used successfully in many other rural communities in creating a unified vision of health according to Andrea Fletcher. "How involved residents become in local health care issues and how supportive they are of local health care services will ultimately help shape

what type of future services should be available," she said. "I would encourage residents to come forward to express their views about local health care because this meeting grants the community an opportunity to advise and make recommendations."

For more information about the "Friends Helping Friends for Better Health" meeting or RSVP if you plan on attending call Andrea Fletcher, CHIP coordinator at (541) 989-8232. Transportation, childcare and language services can be arranged.

Health district provides information on heart disease

February is American Heart Month, and Morrow County Health District is joining the battle to arm the public with the information they need to win the fight against heart disease. From offering comprehensive health exams and testing, participating in health fairs across the county and instructing CPR classes, the District is committed to improving lives across the county through better health, says Mike Blauer, district administrator.

The American Heart Association and the Centers for Disease Control and Prevention state that cardiovascular disease is the number one cause of death and a major cause of disability in the United States.

This article focuses on atherosclerosis, the most common form of heart disease, and the importance of preventing its consequence — heart attack, as well as describes how cardiac emergencies are handled at Pioneer Memorial Hospital.

Atherosclerosis, or a hardening and narrowing of the arteries due to plaque buildup, is the most common and potentially serious form of heart disease, says Edward Berretta, M.D., Chief of Staff at Pioneer Memorial Hospital. Various

risk factors contribute to the disease; however, "There are common sense strategies that everyone should take toward preventing heart disease," he says.

Good heart health begins with adopting healthy lifestyle habits by eating a heart-healthy diet, getting regular exercise, not smoking and avoiding second hand smoke, as well as getting regular checkups with your medical and dental providers and following their recommendations. Lab tests and cardiac stress testing are available at Pioneer Memorial Hospital in Heppner. These tests can be ordered by any physician with the results sent to that physician for patient follow up. Complete physical exams can be scheduled at Pioneer Memorial Clinic in Heppner and at Irrigon Medical Clinic.

When a person exhibits symptoms of a heart-related problem, it is critical to seek medical attention without delay. Pioneer Memorial Hospital Director of Nursing Molly Rhea says heart attack symptoms vary widely. "You may have only minor chest pain, while someone else has excruciating pain. The pain may present in your chest, arms, back or jaw. Many women experience pain in these other areas,

but the most common heart attack symptom for women is some type of pain, pressure or discomfort in the chest. Other symptoms include neck, jaw, shoulder, upper back or abdominal discomfort, shortness of breath, nausea or vomiting, abdominal pain or "heartburn", sweating, dizziness and or unusual or unexplained fatigue."

If you suspect you may be having a heart attack, Rhea says, call for emergency medical help immediately. "Don't waste time trying to diagnose symptoms yourself." Getting heart attack treatment quickly improves your chance of survival and minimizes damage to your heart. The best time to treat a heart attack is within one to two hours of the first onset of symptoms. Waiting longer increases the damage to your heart and reduces your chance of survival.

"When a person presents to Pioneer Memorial Hospital with symptoms suggesting a heart attack, the Emergency Department team reacts quickly to treat it and prevent further damage," Rhea says. The hospital's providers and RNs are all certified in Advanced Cardiovascular Life Support. "Our goal is to have diagnostic testing

such as vital signs and an electrocardiogram (EKG) underway within 10 minutes of the patient's arrival, with blood testing and chest x-rays directly following," she says. If test results indicate a possible heart attack, the team continues with interventions and the physician is put in contact with a cardiologist at a major medical center. The patient may be given thrombolytic therapy, commonly referred to as a "clot buster" to dissolve any blood clots in the heart's arteries, and then be transported to a large medical center with cardiologists on staff and equipment to manage cardiac issues.

According to the American Heart Association, every 25 seconds one American will have a coronary event, and although heart disease is one of the most costly and widespread health problems in the United States, it is among the most preventable. Dr. Berretta concurs. "No matter how good we are at treating the condition, an ounce of prevention is worth a pound of cure."

Websites for the American Heart Association and the Centers for Disease Control and Prevention have additional information at www.heart.org and www.cdc.gov/heartdisease.