

Excuses to ignore heart pain



Editor's note: the following article was submitted by Michael Blauer of the Morrow County Health District.

A person often has warning signs of heart disease—chest pain or shortness of breath—before having a heart attack. Unfortunately, many people find reasons to ignore these important symptoms. "I wouldn't want to bother my doctor," or, "The pain always goes away," many people say.

People know that chest pain is a warning sign for heart disease. Yet, heart pain may not feel quite like the pain of a toothache or stubbed toe. It is often difficult for a person to describe. It may be a tightness or pressure in the chest, an uncomfortable shortness of breath or a feeling of doom.

So some people ignore it because it is not a typical pain.

Another reason many people talk themselves out of seeing a doctor is because the pain goes away if they take it easy—a little rest and everything appears to be back to normal. Often the pain comes on most easily in the morning, but is gone the rest of the day even though a person is more active. This gives a person a false sense of security.

Some people feel heart pain in the neck, stomach, shoulders or arms. It may act like indigestion. A person cannot worry about the heart every time he gets a little pain in the stomach, neck or arms, but if the pain occurs with exertion, after meals, or is different from usual, it should not

be ignored. Even if it's not the heart, it may deserve medical evaluation and treatment.

No one wants to have heart disease or to take the tests that may give the bad news that he has angina, but with early treatment much can be done to decrease the symptoms and protect against having a dangerous heart attack.

Do not ignore these important warning symptoms—whether it is pain, pressure, tightness, or a shortness of breath. It could be your heart. ©

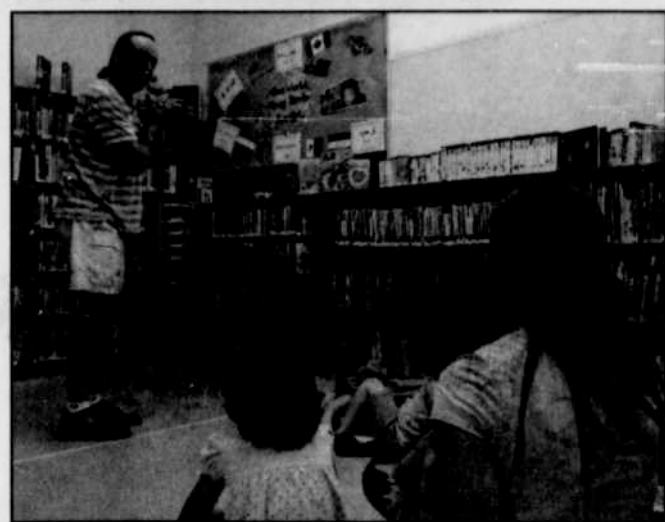
The MCHD has partnered with Mid-Columbia Medical Center in The Dalles and OHSU to provide cardiology services at Pioneer Memorial Clinic in Heppner. A cardiologist will be on-site once a month to diagnose and treat heart conditions such as chest pain, heart failure and high blood pressure. To schedule an appointment or to request additional information, call 541-506-6530.

Renowned storyteller spins tales at Heppner library

Professional storyteller Christopher Leebrick brought stories to life for a rapt audience this past Friday at the Heppner Public Library. Leebrick kicked his "Travelin' Tales" program into high gear with a rousing tale from Dr. Seuss and immediately captured the attention of an audience that ranged from toddlers to grandmothers.

The performance marked Leebrick's 17th eastern Oregon performance in 12 days. Leebrick said he has enjoyed his time in eastern Oregon, and showed off some of the mementos of his trip to the children in the audience. One of those mementos was a "story stick," which he offered to audience members to "zap" him with story ideas.

The award-winning theater artist has been spinning tales since he was only 13 years old. Since 1975, he has performed



Award-winning storyteller Christopher Leebrick entertained a small but engrossed audience at the Heppner library last Friday. -Photo by Andrea Di Salvo

from coast to coast at festivals, theaters, conference halls, schools libraries and churches. His repertoire includes folk tales from around the world, narrative poetry, original stories and "whoppers."

All three of Leebrick's CDs—two of which

are available for checkout from the Heppner library—have won national Storytelling World awards.

When he isn't on the road, Leebrick enjoys spending time with his wife, son and daughter at the home in West Linn, OR.

Llama rendezvous held, llama remains missing

The Backcountry Llama Association held their annual Pacific Northwest rendezvous at Cutsforth Park July 1 through July 3.

Participants came from as far as central California to learn more about packing and driving with llamas. A variety of hands-on activities and instruction culminated in a beginners' pack trip with their own or "borrowed" llamas.



Llama mama Shihaiha remains missing in the mountains after the llama rendezvous at Cutsforth Park over the weekend. -Contributed photo

Unfortunately, for the first time in the history of the annual rendezvous, a llama was lost in the woods. Thursday afternoon, June 30, a female llama got away from her handler on the east side of

Willow Creek Road across from Cutsforth Park and has yet to be found.

Anyone spotting a roaming llama is asked to contact the event organizer at 509-430-2198.

Morrow County students receive U of I scholarships

Nine Morrow County seniors have received scholarships from the University of Idaho in Moscow. The graduates are a few of more than 5,400 students who been awarded nearly \$30 million in scholarship support from the University of Idaho for the 2011-12 academic year.

Local scholarship recipients include Bryan Patrick Holland and Joseph Lee Pranger of Heppner; Justin Lee Archer and Stefanie Rae Archer of Ione; Andrew Aaron Wilson, Joel Orozco, Molly Beth Creason and Natasha Lynn Van Fossen of Irrigon; and Brett Ryan Harrison of Lexington.

98% Angels at Music in the Parks

98% Angels will perform at the Irrigon Marina Park at 7 p.m. on July 11. The program, part of Music in the Parks, will also honor veterans. The duo's repertoire ranges from 1930s standards and Big Band music to hits of the 50s through the 90s and popular country tunes.

98% Angels, otherwise known as Marie Rose and Renate Meakins, first met and began singing together in 1998 in the Blue Jazz Choir Ensemble while attending Blue Mountain Community College in Pendleton. Since then, the duo has performed in shows around the area, including the Irrigon Watermelon Festival, Music in the Parks, Umatilla Landing Days, Hermiston Variety Show



The 98% Angels duo of Marie Rose and Renate Meakins will perform at Music in the Parks in Irrigon on July 11. -Contributed photo

and the Amboy Territorial Days in Amboy, WA. The girls also volunteer their time singing in local assisted living homes.

Ione 4-H clothing club meeting



(L-R): Morgan Orem, Rebecca Jepsen, Lexie Garrett and Sydney Stefani with one of the polar fleece blanket they tied. -Contributed photo

By Amanda Rea

The Ione clothing club met on June 22. This week they learned how to tie blankets. The students made blankets as their community service project. The blankets will be sent to places where they are needed.

The next meeting will take place Thursday, July 7 at 7 p.m. at the Ione Community Church. They will work on completing their registration for fair and their record books.

C.A.S.T. for Kids July 10

The C.A.S.T. for Kids fishing event will be in full gear July 10, providing a day of fishing to children with disabilities at Prineville Reservoir State Park near Prineville, OR.

To register or volunteer for the event, contact Dale Barrett, Bureau of Reclamation Bend Field Office at 541-389-6541. In the rare event of severe weather, the C.A.S.T. event will be canceled.

If you or someone you know has a gambling problem, help is available and that help is FREE of charge.

If YOU have a family member who suffers from gambling addiction, YOU can also receive FREE treatment even if the gambler is not receiving treatment.

If you are a resident of Morrow County and you wish to take advantage of the services above or desire more information, Please call any of the following numbers to set up a LOCAL appointment or just to talk:

Bobby Harris @ 541-676-9925 or 541-256-0175
Community Counseling Solutions (CCS) @ 541-676-9161
OR 1-877-695-4648 (1-888-MYLIMIT)

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Community pulls together for VBS



Shelli Britt and Cyde Estes help a group of students during craft time at the "Big Jungle Adventure" vacation Bible School last week. -Photo by April Sykes

Last week's vacation Bible school in Heppner wasn't just a VBS program; it was a symbol of community and sharing across denominations.

"Big Jungle Adventure - A Faith Journey with Jesus" ran on the evenings of June 27 through 30 at the All Saints Episcopal and United Methodist churches on the corner of Church and Gale streets. It may have ended as a big jungle adventure, but it started as a small seed in the minds of a handful of women.

Three women and Pastor Katy Anderson of the Heppner Shared Ministry saw the need for a VBS to continue the outreach they had started with the First Fridays during the school year, but they were afraid they didn't have the money or volunteers needed to pull it off. An announcement at the ecumenical ladies-salad supper led to the Methodist and Nazarene churches stepping forward to help.

With four churches involved, Hope Lutheran member Neva DeMayo says they still weren't sure they had enough resources.

"A handful of women met and began to pray," she said.

Help began pouring in. Heppner Family Foods and several of its vendors donated much of the food that was served during the evening meals at the VBS. A minor miracle occurred when Shared Ministry members discovered a bank account that had been

lying dormant for years. It didn't have much, but it was a start. Donations from throughout the community provided the rest of the funds needed.

The final need for more volunteers was answered when the Arlington Nazarene Church called the Heppner Nazarene Church and asked if their youth group could help the Heppner church in any way. Nazarene Church members in Heppner immediately saw an opportunity to assist the ecumenical VBS that was forming. Soon, the youth group from Arlington added their energy to the project.

"The Arlington youth group was fabulous," said DeMayo. "They helped with crafts and games. They did skits that tied in with the Bible study but were hilarious. The kids loved them."

The vacation Bible school, which offered Bible stories, music, crafts, games and supper to 4-through 12-year-olds, had an average attendance of 23 children per night. It was successful in far more than numbers, though. According to participants, it made an impact on the community.

The impact could be seen through one conversation in particular on Thursday night. Volunteer George Nairns asked one boy if he was coming back next year.

"Of course," he replied. "Isn't everybody?"

50th Anniversary

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