

Ione pulls out stops for Homecoming



Ione students and staff pulled out all the stops celebrating Homecoming last week. Top: Ann Rietmann and Morgan Orem dressed as minions on twin day during homecoming week in Ione. Bottom: Ashley Medina and Hannah Padberg prepare for powder puff football during Ione homecoming last week. —Contributed photos

Pioneer Memorial Hospital Foundation: making a difference

By Molly Rhea, RN

Colon cancer is the third most commonly diagnosed cancer and the second leading cause of cancer death in men and women combined in the United States. On average, the lifetime risk of developing colon cancer is about one in 20 (5 percent).

Colon cancer screening saves lives by helping your doctor find polyps or cancer before you even have symptoms. This early detection may prevent polyps from becoming cancer and could jumpstart treatment earlier, when it is most effective. Though it is usually recommended to schedule your first colonoscopy at age 50, there are other factors that create a higher risk and help determine who should be screened and when. Some of these include sedentary lifestyle, personal and family history of colon polyps and colon cancer, diabetes,

obesity, smoking and heavy drinking.

Dr. Russ Nichols has been performing colonoscopies at Pioneer Memorial Hospital since 2008; he and his team average 64 "scopes" a year. Colonoscopy is an outpatient procedure during which your large bowel (colon and rectum) is examined from the inside. Colonoscopies are used to screen for colorectal cancer, as well as evaluate symptoms like abdominal pain, rectal bleeding, or changes in bowel habits.

As a way of contributing to the health of our county's residents, the Pioneer Memorial Hospital Foundation has provided funds for the purchase of an additional video-scope for this life-saving test.

To schedule a colonoscopy at Pioneer Memorial Hospital, simply call Pioneer Memorial Clinic at 541-676-5504.

Talking rocks begin to find their voices



Former Heppner Mayor Les Paustian, Heppner City Councilor JoAnn Burlison, Heppner City Manager Kim Cutsforth and City of Heppner employee Charles Ferguson prepare to place the plaque on the "Irish" Talking Rock on Heppner's Main Street last Thursday. Several plaques were placed last week, but Cutsforth says they have four more they hope to place this week, as well as a few still in development. The plaques will finish phase one of the Talking Rocks project, which will include rocks detailing the history of the dam, the courthouse, Native Americans, Irish and Swedish settlers, Pioneer Memorial Hospital, flood survivors and more. The project will continue with a walking tour route—all on good sidewalks—and map, as well as QR codes visitors can scan with their smart phones. —Photo by David Sykes

Ione library board to meet

The Ione Library District Board of Directors will hold its monthly meeting on Thursday, Oct. 23, beginning at 3:30 p.m. at the Ione Public Library, 385 W. 2nd Street, Ione. The public is welcome to attend.

Chamber lunch to host candidates' forum

The next lunch meeting of the Heppner Chamber of Commerce will be a candidates' forum on Thursday, Oct. 16 in the Heppner City Hall conference room. Lunch will be served starting at 11:45 a.m., with the forum starting shortly after noon to allow enough time for questions and responses.

Cost of lunch is \$10; Cornerstone Gallery will cater. Chamber lunch attendees are asked to RSVP at 541-676-5536 no later than the Wednesday before to guarantee a lunch.

**Deadline for news and advertising:
Monday at 5 p.m.**

Ione FFA has 'banner day' at district camp

Ione FFA earned its first-ever banner at the District FFA Leadership Camp this past weekend. Rituals are the official opening and closing ceremonies in which students are responsible for memorizing a number of parts and being able to synchronize their standing and sitting during gavel calls. The officer team comprised of eight students grades nine through 12 participated in the advanced contest and performed in front of state FFA officers, who then scored their performance. Ten schools participated in the event. Pictured (L-R) are Ione FFA members Babali Peterson (Parliamentarian), Miranda Taylor (Sentinel), Emily Taylor (Historian), a district FFA officer, Brianna Snyder (Secretary), Morgan Orem (Reporter), Daniel Holtz (President), Joe Doherty (Vice President) and Sam Gilbert (Treasurer). —Photo by Erin Heideman



BANKING ON YOUR COMMUNITY

Community banker Colby Schlicker at a 2014 Habitat for Humanity Home Build.

COMMUNITY BANK WEEK
OCTOBER 13-17, 2014

Oregon's community banks do that every day!

As a primary source of credit for small businesses and farms, we thrive when our customers and communities do the same. That's why you'll often see your local independent banks giving back to our communities. Whether supporting a local food bank, organizing a Relay for Life, or picking up a hammer for Habitat for Humanity, we're here to support the people of our community.

Each year, Oregon's community banks contribute over \$5 million to local charitable organizations, and our employees volunteer more than 130,000 hours helping others in our community.

In honor of the vital role community banks play in Oregon's economy and our communities, Governor John Kitzhaber has proclaimed October 13 through 17 Community Bank Week in Oregon.

Learn more at www.OregonBankers.com/CommunityBankWeek

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