

Ebola!

By Molly Rhea, RN

As healthcare worker and Director of Nursing at Pioneer Memorial Hospital, right now I'm thinking a lot about Ebola—it's in the news, in my inbox and in questions from our patients and community members. Whether it's a flu epidemic, a laceration needing sutures, or a stroke, we see them in our clinic or emergency room first, and so I'm always thinking about how we'll be ready.

So, what worries us and what doesn't?

As isolated as Heppner seems, I will not be surprised when we encounter our first Ebola-suspected patient. We know that most—if not all—of them will likely test negative for Ebola (even if you come back from Africa with a fever, it's still more likely you have the flu or malaria). I'd be lying if I said we aren't concerned about Ebola, mainly because it's a disease that we have never treated before, but as a long-time nurse, dealing with dangerous infections isn't new: pneumonia, meningitis, the flu...all of these kill more than Ebola.

Going forward we will be even more careful with every patient, whether they're suspected of Ebola or not. We will also have a much lower threshold to wear protective equipment. Our patients, coworkers and our families all need us to have a healthy dose of concern, and to act with caution to protect and give care.

What really worries me? The upcoming flu season plus panic over Ebola equals a lot of scared people. Unfortunately, the early flu can present much like Ebola. That means that once flu season starts, there will be a flood of people who have the flu rushing to the Emergency Department because they think they have Ebola. What can you do to keep your family safe? Flu shots. Get them. Everyone older than six months should get either the flu shot or flu mist.

Wash your hands... for 20 seconds each time. Preventing the flu in the first place will be more crucial than ever. Just as important will be remembering how unlikely Ebola exposure is and not panicking about it.

What else worries me? The growing Ebola epidemic in Africa and the tragedy

there. As long as thousands of people are infected in Africa, there will continue to be a tragic loss of lives. There will also probably continue to be people who get through the screening system and arrive in the U.S. infected. They will be a risk to those with whom they live and have close contact.

What doesn't worry me as much? Being infected with Ebola in the general public. I don't expect an "outbreak" situation over here. I don't worry about catching it at the grocery store. You may have heard that if someone infected with Ebola sneezes on you, they can infect you and you would have no idea. But guess what, Ebola doesn't cause people to sneeze or cough. So, at this point, that scenario would be extremely unlikely. Someone would literally have to throw up on you. (I'm sorry for the mental image there, but I really wanted you to understand).

So please, go about your lives. Don't lose sleep over Ebola right now. If you need to be concerned, I will let you know. Believe me—as a mom myself, I worry about every little thing, too. Ebola and its risk to the general U.S. public are just not one of those things right now.

What I want you to do:

-Get your flu shot (or flu mist, if indicated).

-Wash your hands. I rely on soap and water as much as I can. If you don't have access to them, or your hands are not visibly dirty, then you can use an alcohol-based sanitizer with 60 percent alcohol. This is especially important before you eat anything or touch your face.

-Clean (or avoid) surfaces touched by many people, including doorknobs, toilet handles, faucets and buffet serving utensils, all places where germs can reside.

-If you are sick, stay home.

-Know the symptoms of Ebola. While the chances are extremely slim, if you come into contact with someone who has traveled to Africa or cared for a patient with Ebola and appears to be ill, call the authorities at the Centers for Disease Control (CDC) immediately: 1-800-CDC-INFO is a great start.

BEO Bancorp announces dividend for 2014

"I am pleased to announce that the Board of Directors of BEO Bancorp has voted to declare a \$0.60 per share dividend for 2014.

The dividend will be paid to shareholders of record as of December 1, 2014, payable on or before December 15, 2014," said BEO President and CEO Jeff Bailey.

According to Board Chairman Gary Neal, "BEO Bancorp has paid a divi-

dend 28 of the past 29 years. Dividends are a reflection of the financial stability and profitability of the bank. We are very happy to be able to provide this dividend to our shareholders."

"The dividend of \$0.60 per share is nine percent higher than last year's dividend of \$0.55 per share and shows a continued upward trend in dividend pay-out to our shareholders. It is indicative of Bank

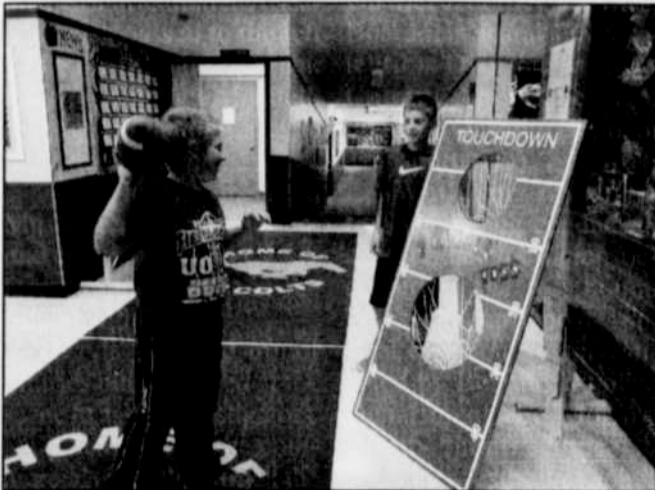
of Eastern Oregon's strong capital position. The board of directors and employees work hard to improve the overall strength of the bank, add value to our shareholders, as well as provide the brand of banking that our customers appreciate and expect from Bank of Eastern Oregon.

"The announcement earlier this month of our pending acquisition of Bank Reale in Pasco, WA, is in-

dicative of management and the board's vision of expanding our footprint in eastern Oregon and Washington when good opportunities arise," said Bailey.

He concluded by saying, "The support of our shareholders, communities, and employees have made it possible for us to succeed. We are pleased to be in a position to provide this dividend to our shareholders."

HES school carnival planned for next week



Derrick Smith and Cody Fletcher demonstrate the Football Toss. —Contributed photo

The Heppner elementary school carnival is planned for next Thursday, Oct. 30, in the HES gym.

Dinner will begin at 5:30 p.m. in the cafeteria, with a full meal deal of homemade chili, a hot dog, baked potato, drink and dessert for \$5 per person or \$20 per family.

Games will be open from 6:00-7:30 and will include a junk food walk, sacker board, duck scoop, basketball shoot, mini golf putt, tick tack toe, Plinko, balloon darts, fish pond and Nerf ball toss.

This event is a fundraiser for the HES Parent Teacher Club.

Rev. Greathouse to lead HUMC service on Sunday

It's stacking up to be a busy week at Heppner United Methodist Church.

On Sunday, Rev. Lowell Greathouse, Columbia District Superintendent, will lead the service with his message, "How's It Going With Your Apprenticeship?"

Jean Brazell leads the choir in "The Prayer" and liturgist Ellen Rollis will read from Second Timothy. Hymns will include "How Can We Name a Love," "Here I Am Lord," and "God of Grace and God of Glory."

Following the service, Rev. Greathouse will pre-

side over HUMC's annual Charge Conference. A soup and bread luncheon and October birthday cake and ice cream will be served.

Last Wednesday Game Night will be held Oct. 29. This is a community event and all are welcome to attend. Board and card games, along with Mexican Train dominoes, are just some of the games available for play. Pinochle players are needed. Refreshments are served and this event is free of charge. Families are welcome.

Service begins at 10:30 a.m. All are welcome. The Heppner United Methodist Church is located at 175 West Church St.

HES students exceed canned food challenge



Heppner Elementary students were challenged by the student council to bring in 500 pounds of canned food items Oct. 1-16. Not only did they meet that challenge, but they exceeded it. HES brought in a total of 656 pounds of food, which was donated to the South Morrow Neighborhood Center for local families in need. Pictured top (L-R) are: Derrick Smith, Kadon Combe and Cody Fletcher. Bottom (L-R): Madelyn Nichols, Marlee Mitchell and Trevor Nichols. —Contributed photo

Accelerated reading goes into the 'rainforest'



Rainforest Reading is the Heppner Elementary Accelerated Reader theme for the 2014-2015 school year. Students will be climbing their way to the top of the Rainforest with fun activities. To start off the year, the school gave away three gift baskets filled with books, stickers, pencils and other fun items. This month's winners were Marlee Mitchell, Austin Brown and Isiah Martin. —Contributed photo

I-84 CRASH

—Continued from PAGE ONE

the Boardman interchange near milepost 164.5 when the trailer was struck in the rear by a 2012 Ford Mustang driven by Mitchell E. Davis, 27, from Mattawa, WA. After the initial collision the Ford Mustang was disabled and stopped in the right westbound lane.

Davis got out of the Mustang and helped his passenger and grandfather, Melvin J. Mitchell, 80, get out. As they were standing next to the car, three commercial vehicles approached from the rear and weren't able to stop. One commercial truck passed on the right shoulder. A second truck passed to the left while the third truck struck the Mustang and Mitchell, resulting in fatal injuries to the elderly male.

After impact, the Ford Mustang spun into the second commercial truck before coming to rest in the westbound lanes.

Davis received minor injuries but remained at the scene to assist investigators.

The driver of the commercial truck that struck the Ford Mustang was transported to Good Shepherd

Medical Center in Hermiston with minor injuries. He is identified as Ronald Cook, age 65, from Lincoln, NE.

The Ford Explorer's driver, Joe W. Brogdon, 63, from La Grande, was not injured.

OSP troopers from the Pendleton Area Command office and Hermiston Work Site are continuing the investigation. Trooper John Lombardi is the lead investigator.

Assistance at the scene was provided by Morrow County Sheriff's Office, Boardman Police Department, Morrow County District Attorney's Office, Boardman Rural Fire Protection District, Morrow County Ambulance and ODOT (Oregon Dept. of Transportation).

While this investigation was being conducted, a secondary collision occurred in the westbound lanes near milepost 166. That collision was investigated by Boardman Police Department and Morrow County Sheriff's Office.

The westbound lanes were re-opened about 3:30 p.m.

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

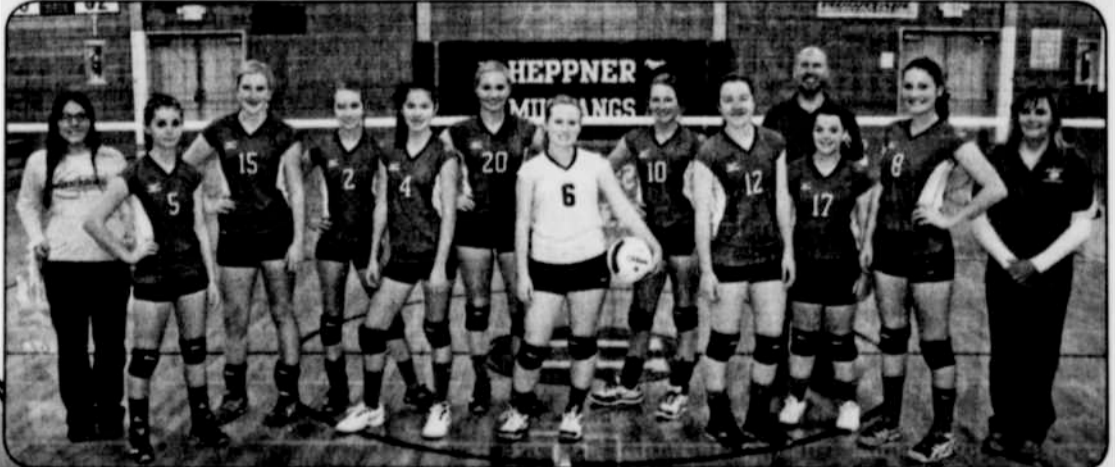
HEPPNER LES SCHWAB CONGRATULATES THE MUSTANG VOLLEYBALL TEAMS ON THEIR SEASON!

GOOD LUCK AT DISTRICTS

District Tournament—
October 25th 12:00PM
@ Weston-McEwen



Tires LES SCHWAB



(l-r): Jenny Marick, manager, Onna DeLoach, Jessica Kempken, Kaelyn Lindsay, Sophie Grant, Maddie Lindsay, Paige Grieb, Kelly Wilson, Morgan Correa, Dieter Waite, Rylee Wagoner, Riane Domplier and Teri Gentry. Not pictured: Sydney Maben

124 N. MAIN STREET, HEPPNER