

## HES announces students of character



Heppner Elementary honored students on Nov. 25 at its first Colt Character Assembly. October's unit was "Physical and Intellectual Positive Actions for a Healthy Self-Concept." The important actions were eating nutritious foods, using good personal hygiene, exercising regularly, getting enough sleep, gaining new information, learning to solve problems, thinking creatively, improving memory and being curious. —Contributed photo

Heppner Elementary School has announced the students honored in the Nov. 25 Colt Character Assembly. Students are as follows:

Mrs. Morris: Keaton Coiner, Jaysi Dompier, Avree Lathrop, Claire Lindsay, Hailey McDaniel, Brooklyn Hendricks, Healy Hisler, McKenzie Maben, Alakae Rodriguez, Ciel Walters, Patrick Wolford.

Mrs. Matteson: Paige Beebe, Mariah Combe, Caleb George, Owen Guerra, Faith Holsinger,

Wyatt King, Lily Nichols, Rylee Palmer, Maya Payne, Sophie Rodriguez, Tripp Stewart.

Mrs. Stewart: Jackson Coiner, John Lindsay, Saige Jensen, Ally Green, Trenton Delibertis, Keeley Nairns, Hallee Hisler, Lynn Williams, Makiyah Christian, Damien Shoehips-Ball.

Mrs. Coiner: Daniel Baasch, Keegin Chitty, Dylan Christian, Morgan Cutsforth, Ethan Delibertis, Faith Futter, Caden George, Reece Gorham, Zandra Masterson, Landon Mitch-

ell, Kyler Wilson, Arianna Worden.

Mrs. Gibbs: Hayley Akers, Bill Alldritt, Ty Boor, David Cribbs, Perrin Furrer, Adan Guerra, Chace Jones, Jacob Lentz, Paul Lindsay, Ireland Martin, Trevor Nichols, Madison Palmer, Hilary Payne, Camryn Scrivner, Hailey Wenberg, Brook Wilson, Katherine Wilson.

Mrs. Piper: Zander Fisher, Conor Brosnan, Chance McCormack, Cody Fletcher, Joe Sherman, Cassidy Henrichs, Harley An-

derson, Jett Stewart, Hannah Green, Bridget Wizner, Kason Cimmiyotti, Jace Coe, Blane Mahoney, Roen Waite, Derrick Smith.

Mrs. Dowdy: Madison Ashbeck, Alexis Cutsforth, Gracey DeLoach, Kendall Dowdy, Sage Ferguson, Brinley Furrer, Hunter Greenup, Hayden Hyatt, Marlee Mitchell, Madelyn Nichols, Hannah Palmer, Serenity Rodriguez, Aimee Turrell, Tyson Vawser, Jayden Wilson, Blake Wolters.

## Washington, DC youth tour applications available now

Columbia Basin Electric Cooperative has announced that it is currently seeking applications for the annual Washington Youth Tour.

"At CBEC, we take great pride in highlighting the value of cooperative membership to children. After all, they are our members-in-training," the co-op stated in a release. "We provide a variety of programs that benefit young people, from safety demonstrations to sponsoring youth activities across our five-county service territory."

Columbia Basin says it

is particularly proud of the Washington Youth Tour, during which more than 15,000 high school students from across the country descend on Washington, D.C. to learn about government, history and the role of electric cooperatives.

The next trip is June 11-18, 2015. CBEC plans on sending two high school juniors selected from the high schools in its service territory. All expenses are paid (except spending money).

Applications are available from [www.cbec.cc](http://www.cbec.cc) and are due Jan. 9, 2015.

## Reading program showers students with fun



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. As part of the program, the school recently gave away three gift baskets filled with books, stickers, pencils and other fun items. This month's winners were Dillan Doyle, Jayden Wilson and Carly Bash. —Contributed photo

received the following report: Pioneer Memorial Hospital had no admissions in October, one swing bed admission, seven admitted for observation, 517 outpatients, 73 emergency room encounters, 1,566 lab tests, 108 x-ray procedures, 23 CT scans, 24 EKG tests, one treadmill procedure, four colonoscopy procedures, two endoscopy procedures, three respiratory therapy procedures; Pioneer Memorial Clinic, with three physicians providing care a combined total of 38 days and a physician's assistant providing care 11 days, had 426 patient visits, with 11 new patients, 103 seen by a nurse and 12 no-shows; Irrigon Medical Clinic, with one physician's assistant providing care 22 days of the month and three physicians providing care a combined total of nine days, had 285 patient visits, 24 new patients, 103 seen by a nurse and 19 no-shows; Home Health had 131 patient visits; Hospice had no admissions; Pharmacy had 1,175 drug doses for \$86,626 in drug revenue; Heppner Ambulance had 17 page-outs with 12

transports for \$15,116 in revenue; Boardman Ambulance had 27 page-outs with 20 transports for \$28,621 in revenue; Irrigon Ambulance had 28 page-outs with 23 transports for \$28,859 in revenue; there were three flights.

held an executive session concerning the risk management/quality report and the CEO evaluation.

received the 2015 board meeting calendar as follows: January 26, Ione Community Church, Ione, 7 p.m.; February 23, Hospice meeting room, PMH, Heppner, 6 p.m.; March 30, Sand Hollow Room, Port of Morrow, Boardman, 7 p.m.; April 27, Lexington Town Hall, Lexington, 7 p.m.; May 18, Hospice meeting room, Heppner, 6 p.m.; June 29, Irrigon Medical Clinic, Irrigon, 7 p.m.; July 27, Ione Community Church, Ione, 7 p.m.; August 31, Hospice meeting room, 6 p.m.; September 28, Sand Hollow Room, 7 p.m.; October 26, Lexington Town Hall, 7 p.m.; November 30, Hospice meeting room, 6 p.m.; December 28, Irrigon Medical Clinic, 7 p.m.

## WEATHER REPORT

the ground was five inches on the 14th.

The outlook for December from NOAA's Climate Prediction Center calls for above-normal temperatures and near-normal precipitation. Normal highs

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for Heppner fall from 44 degrees at the start of December to 41 degrees at the end of December. Normal lows fall from 28 degrees to 25 degrees. The 30-year normal precipitation is 1.32 inches.

## Chamber lunch meeting

The next lunch meeting of the Heppner Chamber of Commerce will be an all entities report on Thursday, Dec. 4, at noon in Heppner City Hall conference room.

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

**ALL NEWS AND ADVERTISEMENT DEADLINE:  
MONDAYS AT 5:00 P.M.**

## HEALTH DISTRICT

learned from MCHD CEO Dan Grigg that according to the most recent patient survey data, 85.9 percent of patients would recommend PMH, the emergency room or providers' offices to their family and friends.

learned from Grigg that an armed intruder drill was held Nov. 18 in order to test PMH's new lock-down capability and procedures. MCHD was assisted by Morrow County Undersheriff Steve Myron in the drill. Grigg said that the new system worked well with only one recommendation for improvement. The hospital had recently added a new

security system with badge readers for employees. He said that the new system can enable staff to push one button and lock every door at PMH in the event of an armed intruder or other emergency. The locks at the clinics have also been enhanced.

learned that Greater Oregon Behavioral Health, Inc. (GOBHI) has been awarded a \$436,506 telemedicine and distance learning grant from USDA to install a "telemedicine network linking patients in remote rural areas to a full range of health care expertise." Grigg said that MCHD would benefit from

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this grant.

learned that Columbia River Community Health Services in Boardman and MCHD's Irrigon Medical Clinic will receive a grant of \$3,000 with the goal of increasing well-child visits for adolescents in the north end of the county.

heard from Grigg that the district plans to host a birthday lunch for each employee who has a birthday in a given month. The birthday lunch comes with a small gift from the district.

learned that Dr. Russ Nichols recently held an Emergency Department review for all providers and hospital RNs. The session

included the location of equipment and supplies as well as detailed information and guidance for proper treatment of emergency department patients. "The training was well attended and well received," said Grigg.

learned from Grigg that the district is continuing to prepare for any patient with a contagious disease, including those who may be exposed to Ebola. He said that protective equipment was being secured and policies and practices being reviewed and revised to ensure that patients and caregivers are "safe and protected."

# Why BMCC?



Blue Mountain Community College

## POSTER CONTEST

Create the winning poster and win \$250 cash!

Grades 9-12

put on your creative thinking caps and tell us why you would go to Blue Mountain Community College.

Take the Challenge

and have some fun with a chance to win some extra cash. One winner will be selected from each Morrow County high school.

### CONTEST RULES

- Poster contains creative art and text designed to answer why you should consider attending BMCC when you graduate.
- Content must be school appropriate for all ages.
- Poster may be either horizontal or vertical, not to exceed 11" x 17".
- All artwork must be original and suitable for reproduction, including mixed media and computer-generated graphics.
- The back of the poster must contain a printed clearly legible copy of the student's name, school name, grade level, telephone number, and address.
- Non-winning submissions must be picked up from your principal's office before 5 PM December 19, 2014, after which time they will be discarded.

### TO ENTER

- The contest is open to all Morrow County students currently enrolled in grades nine through 12 in Heppner, Ione, Boardman, and Irrigon schools.
- One poster entry per student.
- Drop off your poster at your high school principal's office for initial review by December 11, 2014.
- Entries will then be judged by a faculty committee from each high school who will select the winners December 17, 2014.
- The winning entrant from each school will receive a \$250 cash award.

All winning entries become the property of Blue Mountain Community College, PO Box 100, 2411 NW Carden Ave, Pendleton, OR, 97801. Entry in the contest constitutes full permission to publish names and photos of winners. Winning posters may also be used for the purpose of future college advertisement. The determination of eligibility of entries and any interpretation of these rules is at the sole discretion of each high school principal's office and shall be final and binding upon all entrants. By participating, the entrant agrees to abide by and be bound by these rules. Blue Mountain Community College is an equal opportunity educator and employer.