

Health study comes to Umatilla County

By **JAYATI RAMAKRISHNAN**
STAFF WRITER

Umatilla County residents will soon have the chance to participate in a health survey that impacts public health policy around the United States.

The Centers for Disease Control and Prevention puts out an annual survey called the National Health and Nutrition Examination Survey, which aims to assess the health and diet of people from different parts of the United States. Surveyors will be interviewing people in Umatilla County from Sept. 7 through Oct. 31.

Each year, the survey focuses on people in 15 counties throughout the U.S. Those counties are divided into neighborhoods, and from there, several individuals or households will be selected randomly. Those

who have been selected will receive a notification in the mail.

Umatilla County Public Health Director Jim Setzer said the survey has played a big role in setting health policy.

"We're representing a certain number of counties, and they use a cluster sample strategy," he said. He added that the survey has helped the CDC prioritize health problems in the U.S.

"The survey was helpful in identifying blood levels of lead," he said. "Then, the CDC works with the government to come up with policies, and see if those policies work."

Setzer said one of the goals of his department is to encourage people to take the survey seriously.

"We hope to get out in front of it," he said. "It's not a scam."

The survey can cause some raised eyebrows, Setzer said, as it has surveyors coming to peoples' homes and asking them a series of personal questions about their health, diet and disease background. But he said the surveyors will come with a letter from him, County Commissioner George Murdock and county health officer Dr. Jon Hitzman.

"I don't know how much weight my signature carries," said Setzer. "But we'll do our best to reassure people."

Those who are selected are done so based on their age, gender and racial or ethnic background. According to the CDC, the information of all participants in the survey is kept confidential.

In addition to the in-home interview, partici-

pants will also go to Hermiston to undergo some medical tests.

Setzer said transportation to the medical tests will be provided, and participants will be paid \$120 to take part in the study.

Setzer said while people can choose to opt out on some or all parts of the survey, he hopes they will participate.

He said he didn't know whether all population groups get the same set of questions, but that the aim is to look for differences in the population.

Some of the data collected includes statistics on obesity, cholesterol levels, heart disease, and Human Papillomavirus, or HPV.

Each year, the survey collects data for about 5,000 people around the U.S. The survey has been around since 1960.

Wildhorse announces second quarter grants

HERMISTON HERALD

A pair of Morrow County nonprofit organizations each received \$20,000 grants from the Wildhorse Foundation. A.C. Houghton Elementary School in Irrigon will use its grant to replace an unsafe playground structure.

The Morrow County Health District will use its funding to expand the existing Irrigon Medical Clinic.

The foundation also announced other second quarter awards.

Additional local recipients include:

•IRRIGON: Knights Pride Booster Club, \$5,440 for a baseball field improvement project; Masonic Lodge No. 40, \$1,000 for its Bikes for Books project, an incentive program for youths to encourage reading.

•UMATILLA: Umatilla School District, \$3,299 for classroom technology.

Softball league seeks 18U girls

A girls' 18U competitive league softball team is seeking additional team members for the fall season.

Players who are ages 15-18 by Dec. 31 from Boardman, Echo, Heppner, Hermiston, Ione, Irrigon, Lexington, Stanfield and Umatilla are eligible to participate. The try-outs are Saturday from 9:30-11

a.m. at the Stanfield Little League Park, located off Southeast Taft Avenue. Those interested are invited to bring their gear, some water and be prepared to present their skills.

To RSVP, call or text Hank Moore at 509-551-6721. For more information, visit www.facebook.com/columbiariverheat.

IN BRIEF

Pathology practices combine services

Blue Mountain Pathology and Incyte Diagnostics have entered into an agreement to combine their practices.

Founded in 1980, Blue Mountain Pathology is based in Pendleton. With five board certified pathologists, it currently provides onsite anatomic and clinical pathology services to Good Shepherd Medical Center in Hermiston and St. Anthony Hospital in Pendleton, as well as other hospital and physician's offices throughout Eastern Oregon and parts of Washington and Idaho.

Incyte, which was founded in 1957, is located in Spokane, Bellevue, Walla Walla and Yakima. Its 42 pathologists provide services to 35 hospitals. The combined staff features professionals with expertise in 27 pathology disciplines/subspecialties.

"By becoming a part of Incyte Diagnostics we will be better able to meet the needs of our physicians, hospitals and their patients," said Dr. Larry Adams, president of Blue Mountain Pathology. "The association with Incyte will give us access to their expertise in virtually all subspecialty areas in pathology."

For more information, call 888-814-6277 or 800-700-6892.

Writer's Group turns page at library

A community of writers invite others to join

them for a time of encouragement and inspiration during the monthly Writer's Group.

Rather than a workshop, people meet to share motivational strategies and offer support to others. The Writer's Group meets the fourth Thursday of each month at 5:30 p.m. at the Hermiston Public Library, 235 E. Gladys Ave.

The group is free and open to the public. For more information, call 541-567-2882 or stop by the library.

IMAC cooks up fundraising breakfast

A home-cooked breakfast will help support the Irrigon Multicultural Arts Center.

The fundraising meal is Saturday from 7:30-10:30 a.m. at Stokes Landing Senior Center, 150 Columbia Lane, Irrigon. The cost is \$4.50 per person.

The group is dedicated to preserving Irrigon's 1921 school building and developing a regional art venue. For more information, call Peggy Price at 541-567-3806.

Heritage commission offers cultural grants

Grants are available for qualified projects for the conservation, development and interpretation of Oregon's cultural heritage.

Offered through the Oregon Heritage Commission, the grants typically range from \$5,000 to \$20,000. Projects can include anything related

to Oregon heritage. Grants may be awarded for such things as theatrical performances, collections preservation and access, exhibits, oral history projects, public education events, organizational archives projects films and more. The grant application deadline is Monday, Oct. 2

For more information, contact Kuri Gill at kuri.gill@oregon.gov or 503-986-0685. The grant application is available at www.oregonheritage.org.

WW.Friends fire up the barbie

All area widows and widowers are invited to a potluck barbecue.

The group meets each month to share friendship and positive experiences. It's not designed as a grief support group.

The barbecue event is Wednesday, Aug. 30 at 6 p.m. at 511 N.W. Eighth St., Pendleton. For more information, call 541-276-4708 or 541-969-2450.

Summer luau celebrates season

Swimming, prizes and food are featured during the annual Summer Luau BBQ.

Hosted by the Hermiston Assembly of God Church, Tribe Youth and Elevate Kids, the community is invited to enjoy a free meal and meet new people. The family-friendly event is Wednesday, Aug. 30 from 6-8 p.m. at 81202 Cooney Lane, Hermiston.

For more information,

call 541-567-5831 or visit www.facebook.com/hermistonassembly.

Farm bureau seeks calendar photos

The Oregon Farm Bureau is looking for pictures of all aspects of Oregon agriculture for its 2018 Oregon's Bounty Calendar.

Photos can show the products, people, production, landscape — anything that depicts the beauty, technology, culture or tradition of family farming and ranching in Oregon. The calendar is mailed to more than 66,000 farm bureau members across the state and thousands more are distributed throughout the year.

The deadline for photo submissions is Friday, Sept. 15. Instructions and rules are available at www.oregonfb.org/calendar. For questions, contact Anne Marie Moss at 503-399-1701 or annemarie@oregonfb.org.

OPEN HOUSE
Saturday, Aug. 26th
11:00am-2:00pm
1341 SW 13th Place,
Hermiston, OR
RMLS #17669499
DALIA VILLEGAS, REALTOR

UNIVERSAL REALTY
Your Move Is Our Priority!
985 N. First St., Hermiston
541-567-8303 Office

WORSHIP COMMUNITY

LANDMARK BAPTIST CHURCH
125 E. Beech Ave. • 567-3232
Pastor David Dever
Sun. Bible Classes.....10:00am
Sun. Worship Service.....11:00am
Sun. Evening Worship.....6:00pm
Wed. Prayer & Bible Study.....6:00pm
www.hermistonlmbc.com

Seventh-day Adventist Church
Saturdays
Sabbath School.....9:30 a.m.
Worship Service.....11:00 a.m.
English & Spanish Services
567-8241
855 W. Highland • Hermiston

The Full Gospel Home Church
235 SW 3rd
Phone 567-7678
Rev. Ed Baker - Rev. Nina Baker
Sunday:
Sunday School.....10:00 am
Worship.....11:00 am
Evening Service.....7:00 pm
Wednesday Service.....7:00 pm
"Casting all your care upon him; for he careth for you."
1 Pet. 5:7

St. Johns Episcopal Church
Join Us
On Our Journey
With Jesus.
Scripture, Tradition and Reason
Family service 9am Sunday
N.E. Gladys Ave & 7th, Hermiston
PH: 567-6672
We are an all inclusive Church who welcomes all.

NEW BEGINNINGS
CHRISTIAN FELLOWSHIP
Worship Service 10:30 AM
Sunday School 9:00 AM
Pastor J.C. Barnett
Children's Church & Nursery Available
700 West Orchard Avenue
P.O. Box 933
Hermiston, Oregon
541-567-8441

Echo Community Church
21 N. Bonanza Street, Echo OR
Phone: (541) 376-8108
Sunday School • 9:30am
Worship • 10:45am
Children's Church • 11:15am
Potluck & Communion ~ First Sunday of the Month

Grace Baptist Church
555 SW 11th, Hermiston
567-9497
Nursery provided for all services
Sunday School - 9:30 AM
Worship - 10:45 AM
6:00 PM
Wed Prayer & Worship - 7:00 PM
"Proclaiming God's word, growing in God's grace"

Our Lady of Angels Catholic Church
565 W. HERMISTON AVE.
DAILY MASS: Monday-Friday
.....English 7:00 am
Thursday.....Spanish 6:00 pm
SATURDAY:.....English 5:00 pm
.....Spanish 7:00 pm
SUNDAY:.....English 9:00 am
.....Bilingual 11:00 am
.....Spanish 1:00 pm
Office.....567-5812

First Christian Church
"Proclaiming the Message of Hope, Living the Gospel of Love"
Coffee and Mingle Time 9:15 am
Worship Gathering 10:00 am
Children's Church 10:00 am
567-3013
775 W. Highland Ave., Hermiston

Oasis Vineyard
A COMMUNITY OF HOPE
1255 Hwy. 395 S. • 567-5834
oasisvineyard.us
Worship 10:00 AM
"come as you are"

First United Methodist Church Hermiston
191 E. Gladys Ave., Hermiston OR
Sunday Worship 11am • 541-567-3002
Nursery available Check us out on Face Book
Worship Livestream at herfumc.com
Open Hearts, Open Minds, Open Doors
Rev. Dr. Jim Pierce, pastor

HermNaz
the best thing about Sundays
1520 W ORCHARD AVE
Sunday Worship Service
10:30 am Classes for Kids @ 9:15 am
SEEKING JESUS, SHARING LIFE,
SERVING PEOPLE
www.hermistonnazarene.org

To share your worship times call
541-278-2678

MEDICAL DIRECTORY

COUNSELING
got dui?
541-278-1022
Reliant Services

MENTAL HEALTH
LET US BE THE ONE THAT HELPS!
LIFEWAYS HELPING PEOPLE
LIFEWAYS PENDLETON 331 SE 2nd St., Pendleton, OR 97801
Crisis Phone: 866-343-4473
WWW.LIFEWAYS.ORG
LIFEWAYS HERMISTON 595 NW 11th St., Hermiston, OR 97838
Office: 541-567-2536

URGENCY AND FAMILY CARE
HERMISTON FAMILY MEDICINE & URGENT CARE
Sports & Dot Physicals • Minor Injuries • Family Care • Minor Surgeries
We accept Medicare & some Advantage Medicare plans
NO APPOINTMENT NECESSARY
HOURS: Mon.-Sat. 7:30am-7:00pm
541-567-1137
236 E. Newport, Hermiston (across from U.S. Bank)

VISION CARE
EYE HEALTH & VISION CARE
Robert D. Rolen, O.D., LLC
Optometric Physician
115 W. HERMISTON AVE., SUITE 130
541-567-1837

PEDIATRIC DENTISTRY
Call Today!
541-289-5433
1060 W. Elm, Suite #115, Hermiston, OR
(across from Good Shepherd Medical Center)
www.apd4kidz.com
Office Hours: Mon-Fri 8am-4pm
CareCredit
PEDIATRIC DENTISTRY

FAMILY DENTISTRY
DESERT DENTAL
Family Dentistry
~New Patients Welcome~
541-567-8161
995 W. Orchard Ave., Hermiston
Ryan M. Wieseler, D.D.S.

To advertise in the Medical Directory, please call: Jeanne at 541-564-4531 or Audra at 541-564-4538