

## Help youth understand that marijuana is harmful to their developing brain

By Robin Wortman  
For The Observer

Marijuana is one of those topics that many people have strong feelings about. Whether you are for or against retail sales, most people agree that youth use is problematic. Because the brain is not fully developed until the mid-20s, using any drug during this critical growth period may harm the developing brain.

Research has shown when young people don't think a substance is harmful, they are more likely to use it. Local surveys indicate the number of Union County teens who think marijuana use is harmful is declining. There are many things that play into a person's perception of harm. A small part that influences perception is hearing about the scientific research and health impacts, but a much larger part is the culture around the substance in the commu-

nity. When marijuana use is seen as "normal," when the kids think everyone is doing it, when they see advertising on social media, on storefronts, and on apparel worn by friends and family members, it becomes part of our culture and is perceived as not being harmful. Once we have a cultural norm it is much more difficult to change the perception.

Parents and other adult role models have an important role in this effort and can strongly influence their children's attitudes and behaviors. Parents need to share information and concerns with their kids. Talking about marijuana use has become increasingly difficult — in part because of the mixed messages being sent by the legalization and promotion of marijuana — but marijuana visibility in the community and normalization can be used as conversation starters for adults to talk with the youth in their lives. Notice I said conversation, not lecture. We need to talk with youth, find out what

they know and how they feel about marijuana. It is our responsibility to give them additional information. There is a lot of information, and misinformation out there about marijuana, so make sure you are using credible sources. Talking to your kids about marijuana when they are in late elementary and early middle school can help them make better choices and may prevent them from developing a problem with marijuana or other drug use later. Youth are less likely to try marijuana if they have had conversations with their parent and know their parents' expectations.

Tips on discussing marijuana with youth:  
Ask what they have heard about using marijuana. It is important to pay attention to what they are saying and try not to interrupt.

Talk about the risks and consequences of using marijuana.

Ask your teen or pre-teen to give examples of the impact and effects of marijuana. This helps you

know what your child understands. Talk about how effects can differ when using different forms or potencies of the drug.

Are you interested in learning more about the impact of marijuana on youth? On May 7 there will be a free presentation given by three nationally recognized experts in the field. The presentation will begin at 5:30 p.m. at the Blue Mountain Conference Center. Registration is required for free on-site child care. More information and registration is available at <https://lagrandemi.eventbrite.com>.

When it comes to preventing youth use we have our work cut out for us given the rapidly evolving culture around marijuana. Make connections with the young people you care about, have the difficult conversations, support them in their lives — for they are our future. ■

*Robin Wortman is the coordinator of Union County Safe Communities Coalition.*

## Elgin Lions plant trees



Courtesy photo

As a part of the environmental impact challenge from Lions International President, Gudrun Yngvadottir of Iceland, the Elgin Lions dedicated a day to planting trees within the City of Elgin. Fifteen Lions were involved for the planting, including (left to right) Steve Oliver, Gary Smith, Jared Rogers, Debbie Rogers, Susie Thomas, Mike Garver, Susie Harris, Barbara Hawes, Jim Hallgarth, Risa Hallgarth, Daryl Hawes and Bob Thomas. Bob and Susie Thomas chaired the activity.

## Milestone: Lanman 60th birthday



Courtesy photo

Peggy Young Lanman marked her 60th birthday April 27. A brunch was held Easter Sunday at the home of her mother, Pat Young, where four generations of family celebrated her birthday. After the brunch, an Easter egg hunt and games were enjoyed by all. Peggy lives in Island City with her husband, Mark Lanman. Their daughter, Kylie Lanman, and son and daughter-in-law, Jordan and Anna Lanman, and grandson, Macklin, all live in La Grande.

## Two former Tigers gain honors at Whitman

Observer staff

WALLA WALLA, Washington — Two local students earned academic distinction

for the fall semester at Whitman College. Abbey Felley and Sandy Hattan, both graduates of La Grande High

School, were recognized for completing a minimum of 12 credits, passing all credits attempted and earning a

grade-point average of 3.5 or higher on no fewer than nine graded credits during the semester. ■

## Cook Memorial Library gears up for summer full of activities

LA GRANDE — Cook Memorial Library's Summer Reading Program, "A Universe of Stories," is just around the corner. Pre-register with the Beanstack app or online beginning in May (go to [www.cityoflagrande.beanstack.org](http://www.cityoflagrande.beanstack.org) or download the Beanstack Tracker app for Android or iOS). The Summer Reading Program runs from June 4 to July 25 and has three options, for ages 0-5, 5-12 and 12-19.

Literacy Center summer hours will be Tuesday, Wednesday and Thursday, open for scheduled tutoring sessions between 10:15 a.m. and 2:15 p.m.



OFF THE SHELF  
ROSE PEACOCK

Applications for summer tutoring sessions are now available at the front desk. The Literacy Center will be closed May 28-30.

Teen book clubs meet the first Thursday of the month, 3:30 p.m. for the middle school club, 4:30 p.m. for the high school club. Make beaded bookmarks at iCraft at 4 p.m. May 17. Teen Writing Circle meets from 4 p.m. to 5 p.m. May 23. Contact Celine for details. Teen events are open to

those in middle and high school.

Two yoga classes for adults are offered on Wednesdays taught by Kitia Chambers. Gentle yoga is from noon to 1 p.m., and vinyasa yoga is from 1:15 p.m. to 2:15 p.m. (classes are not held on the second Wednesday of the month). Participants should wear comfortable clothing. Some mats and chairs are provided. Beginners are welcome, and the classes are free.

Page Turners book club for adults meets at 1 p.m. May 14 in the Archives Room. The book for May is the memoir "Heartland"

by Sarah Smarsh. An exploration of the author's personal experience of intergenerational poverty in the heartland of America in the late 20th century, "Heartland" is an invitation to examine assumptions and expectations about the poor and working classes.

Foreign Film Friday is May 10. A free showing of a 2016 Thai film, "Cemetery of Splendor," will begin at 7 p.m. In this movie, soldiers with a mysterious illness are housed in a clinic built over an ancient site with mythical associations.

Toddler Time is offered at 10:20 a.m. on Mondays.

Ages 14 months to 4 years and their caregivers are invited to sing, dance and play at this weekly event. Children's LEGO clubs for ages 5-12 meet the second and fourth Tuesdays of each month from 3 p.m. to 4 p.m. Children's Storytime and Craft is held at 10:30 a.m. Thursdays, and Baby Tot Bop, for 3 years old and younger, is at 10:30 a.m. Fridays. All children's events are in the Community Room.

Children ages newborn to 5 may be signed up for the Dolly Parton Imagination Library online or at the library. Participants receive a free book in the

mail each month through their fifth birthday. Ready-2Learn library cards are available for children age five and younger. Every month the card is used, the child is automatically entered into a prize drawing.

Library hours are 10 a.m. to 6 p.m. Monday through Thursday, noon to 6 p.m. Friday, and 10 a.m. to 4 p.m. Saturday.

The library will be closed May 27 for Memorial Day.

Visit us at 2006 Fourth Street, La Grande, or call us at 541-962-1339. Find out more on our website, [www.cityoflagrande.org/library](http://www.cityoflagrande.org/library) and Facebook page. ■

## BIRTHS

### GRANDE RONDE HOSPITAL

**ANGER:** To Virginia Evelyn Martin and Trevor Justin Anger of La Grande, a daughter, Daelyn Mera Anger, 7 pounds, April 17 at 9:01 a.m. Grandparents are Diane and Gary Anger and Barbara Martin.

**COMBE:** To Emma Ruth Combe and Kyle Matthew Combe of Summerville, a son, Dallas Hudson Combe, 7 pounds 6 ounces, March 31 at 5:23 p.m. Grandparent are Val and Hank Stockhoff and Joe Combe. Great-grandparents are Randy and Debbie Heighes, Bill and Pat Carson and Jodi and Lynn Combe.

**HERBEL:** To Arla Herbel and Ryan Herbel of Cove, a son, Jared Herbel, 5 pounds 11 ounces, March 16 at 2:05 p.m. Grandparents are Bill and Shelly Leary and Gene and Bonnie Herbel.

**HOSFORD:** To Tiara Colleen Hosford of La Grande, a daughter, Katalaya Kiwani Rose Irene Martinez Hosford, 7 pounds 6 ounces, April 9 at 8:07

a.m. Grandparents are Jacobe Thomas, Samantha Hosford and Thomas and Edna Carpenter.

**HUELTER:** To Katelyn Laine Huelter and Nicholas Alvin Huelter of Union, a son, Grant Samuel Huelter, 8 pounds 1 ounce, March 19 at 4:17 a.m. Grandparents are Brad and Jeanne Trisler and Chris and Donna Huelter.

**HULSE:** To Mollie May Hulse and Andrew Alexander Hulse of La Grande, a son, Henry Stephen Hulse, 7 pounds 5 ounces, April 4 at 1:15 a.m. Grandparents are Gary and Marilyn Hulse and Cheryl Parris.

**JOHNSON:** To Justise Lynn Johnson and Caden Ray Johnson of La Grande, a daughter, Lyla Rae Johnson, 8 pounds 4 ounces, March 27 at 7:53 a.m. Grandparents are Patty Johnson, Rod Johnson, Ruth Johnson, Denny Johnson, Tressa Willson and Matt Willson.

**KASPAREK:** To Marybeth Kasperek and Jacob Kasperek of La Grande, a

son, Collin Richard Kasperek, 8 pounds 9 ounces, April 8 at 8:08 a.m. Grandparents are Don and Diana DeLand, Danny and JoLyn Scott and Sherri Kasperek.

**LEIN:** To Kristen Marie Lein and Thomas Walter Lein of Baker City, a daughter, Jacquelyn Jane Lein, 7 pounds 15 ounces, March 22 at 9:48 p.m.

**MASZK:** To Cheyenne Delphine Maszk and Michael Robert Maszk of La Grande, a daughter, Margot Delphine Maszk, 7 pounds 2 ounces, March 27 at 2:09 a.m. Grandparents are Rod and Patty Johnson and Tracy and Lisa Valade.

**MORRIS:** To Ruth Valerie Morris and Daniel Robert Lynn Morris of La Grande, a son, Summit Malaki Morris, 7 pounds 12 ounces, March 17 at 6:32 a.m.

**MURROW CAMARGO:** To Candy Violeta Camargo Villagomez and Bryan Murrow of La Grande, a son, Kaiden Eli Murrow Camargo,

8 pounds 1 ounce, April 11 at 10:43 p.m.

**NATHO:** To Catherine C. Natho and Kirk F. Natho of La Grande, a daughter, Gracie Kaela Natho, 6 pounds 12 ounces, March 20 at 6:57 p.m.

**SHAW:** To Cami Shaw and Brock Shaw of La Grande, a son, Kade Curtis Shaw, 8 pounds 1 ounce, April 4 at 9:39 a.m. Grandparents are Danny Jr. and Brenda Bell and Brian and Lola Shaw.

**VILLAGOMEZ WARD:** To Vanessa K.C. Ward and Luis Fernando Villagomez of La Grande, a daughter, Luna Villagomez Ward, 6 pounds 1.8 ounces, March 17 at 7 p.m.

### HOSPITAL

**FUCHS:** To Raelynn Wallace and Jesse Fuchs of Enterprise, a daughter, Skyler Shea Fuchs, 6 pounds, April 2 at 6:29 p.m.

**HUNT:** To Hannah Hanson and Sean Hunt of Wallowa, a daughter, Khloe

Kay Hunt, 6 pounds 1 ounce, April 18 at 10:14 a.m. Grandparents are Tammie Hanson, Scott Hanson, Wendy George and James George.

**MEEK:** To Melissa Meek and Jesse Meek of Enterprise, a daughter, Scarlett Rose Meek, 7 pounds 1 ounce, March 22 at 7:58 a.m. Grandparents are Gail Herman, Tim Herman, Kathy Meek and Richard Shaw.

**PATTON:** To Ambrosia Evans of Enterprise, a son, Eldon Don Patton, 8 pounds 1 ounce, April 1 at 8:10 a.m.

**VOSS:** To Jessica Voss and William Voss of Enterprise, a son, Augustus Jack Voss, 7 pounds 11 ounces, April 16 at 5:08 p.m. Grandparents are Suzy Probert, Dan Probert, Carol Voss and Dwayne Voss.

**WILLIAMS:** To Breanna Phelps and Brandon Williams of Wallowa, a son, Aidan K. Williams, 6 pounds 15 ounces, April 16 at 4:09 a.m. Grandparents are Jodie Weaver, Eric Weaver, Matthew Williams and Hollie Williams.

**Attention Hunters!**  
Now is the time to select your 2019 hunts  
Complete your Controlled Hunt Applications Online at [MyODFW.com](http://MyODFW.com)  
Don't wait to apply this year. Lines will be long.  
Skip the line and Apply Online Now at [MyODFW.com](http://MyODFW.com)

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