

COMMUNITY

Meetings

- **LA GRANDE** — The Blue Mountain Translator District Board of Directors will meet at noon Saturday, Oct. 31, to discuss hiring an office assistant for the next two pay periods. Members of the public can participate via phone using teleconference number 253-215-8782 and Meeting ID 89595602927. Meeting materials will be posted online at www.bmtd.org/public-notice.
- **LA GRANDE** — The Union County Democratic Party will have a membership meeting Wednesday, Nov. 4, at 6 p.m. The virtual meeting will be held via Zoon. To register, email you contact information, address and phone number to rkноп@eoni.com or call 541-562-6289.
- **COVE** — The Cove City Council will meet Tuesday, Nov. 3, at 7 p.m. at Cove City Hall, 504 Alder. The public may attend virtually. Instructions and a link to the meeting are available at www.city-ofcove.org or by emailing cityadmin@cityofcove.org.

Briefs

Socially distanced trick-or-treating planned

LA GRANDE — The Union County Chamber of Commerce announced a handful of trick-or-treating options in La Grande planned with the community's health in mind. Social distancing is required as well as proper masks for ages 5 and older.

There will be curbside trick-or-treating at participating businesses on Adams Avenue from 2-4 p.m. This is not an official event and the street will not be closed. Look for the orange pumpkin in business windows and outside on treat tables. To help maintain social distancing, participants are asked to walk on the northeast side of Adams from Greenwood Street to Max Square, and on the southwest side from Max Square to Greenwood Street.

The La Grande Country Club on McAlister Road in Island City is taking reservations for a "Trick-or-Treat Tee Time" open to the public 3-6 p.m. Call 541-963-4241 to reserve a time slot for outdoor candy gathering. A members-only time will take place prior to the public event.

Other La Grande Halloween options include the La Grande Parks & Recreation drive-thru trick-or-treating from 4-6 p.m. at Riverside Park; parking lot trick-or-treating from 5-7 p.m. at Next Step Flooring in Bearco Loop; and the Oregon Subaru Club's trunk-or-treat outside Kehr Chiropractic, 1802 Fourth St.

Menus

Union County Senior Center takeout lunches

Pick up 11:30 a.m. to 12:30 p.m. at 1504 N. Albany St., La Grande. For delivery, call 541-963-7532 before 10 a.m. Age 60+, \$3 suggested donation; all others, \$5. Public is welcome. Inquire about family meals and prepackaged sides.

NOV. 2-6

Monday: bacon cheeseburger, steak fries, fruit garnish, peanut butter cookie.

Tuesday: ginger chicken over rice pilaf, broiled tomatoes, salad greens, wheat rolls, fresh fruit square.

Wednesday: honey-glazed ham, scalloped potatoes, tomato-cucumber salad, baked rolls, cake.

Thursday: BBQ beef sandwich, steak fries, coleslaw, fresh fruit, cookie.

Friday: spaghetti and meatballs, salad greens, garlic bread, fresh fruit, cookie.

Children's free takeout breakfast & lunch menu

Pick up 11:30 a.m. to 1 p.m. at Central, Greenwood or Island City elementary schools, La Grande. Free breakfast and lunch for anyone age 18 and younger. Fresh vegetables, seasonal fruit and 1% milk are offered daily.

NOV. 2-6

Monday: BREAKFAST: ham and cheese bagel, fresh fruit; LUNCH: hamburger on a bun, tator tots.

Tuesday: BREAKFAST: toaster pastry, cheese stick, apple juice; LUNCH: turkey deli sandwich, kettle potato chips, broccoli florets.

Wednesday: BREAKFAST: mini pancakes, fresh fruit; LUNCH: crispy chicken sandwich, cherry tomato.

Thursday: BREAKFAST: cinnamon roll, orange juice; LUNCH: BBQ pulled-pork sandwich, baby carrots.

Friday: BREAKFAST: yogurt pak with bagel, fresh fruit; LUNCH: popcorn chicken, whole-grain roll, celery sticks.

Grace A. (Estes) Gray
1931-2020 • Joseph

Grace Arlene Gray, 88, of Joseph, died Jan. 12 at Wallowa Memorial Hospital in Enterprise. A graveside service will be held Nov. 7 at 1 p.m. at Prairie Creek Cemetery in Joseph, immediately followed by a reception until 4 p.m. at the Hurricane Creek Grange.

Grace was born Oct. 8, 1931, at home on Upper Prairie Creek, to Hugh Esker and Georgia May (Beard) Estes. She joined siblings Fern and Bud.

Vonda Gardner wins Observer's scary story contest

The Observer

LA GRANDE — The Observer received several entries for its real-life scary story contest on its Facebook page. The contest ended Friday at noon, and the winner is Vonda Gardner of La Grande. Her award is a \$20 Sorbenots Coffee gift card and a copy of this edition of The Observer. Her story is below, which we edited for grammar, punctuation, spelling and style.

'Something in the mirrors'

The first house belonging to my husband and me had

been vacant for years before we bought it.

After settling in, we placed three full-length mirrors in corners of the house to make the space seem bigger.

One evening while my husband was out and I was doing a deep clean of the house, I kept seeing things out of the corner of my eye reflected in the mirrors. It would go from one mirror to the other and back again, and it wasn't my own reflection.

This lasted about an hour. It was making me feel really creeped out so I yelled, "Listen! I'm not in the mood for this! I just

want to clean my house, so will you please leave me alone?"

I felt a little crazy doing that, but the weird motions I had caught in the mirrors stopped immediately.

But that wasn't the first or last time we caught things out of the corner of our eye in that house. And the spare bedroom we never used was always freezing cold and somehow always remained cluttered. You would hear things fall off shelves in that room while you were sitting in the living room or cooking in the kitchen.

When we moved out, we left the mirrors.

PUBLIC SAFETY REPORT

WEDNESDAY, OCT. 28

9:12 a.m. — The Union County Sheriff's Office received a report of a vehicle repossession on the 1200 block of West Birch Street, Union.

10:46 a.m. — An Elgin resident asked to speak to a Union County sheriff's deputy about telephonic harassment. A deputy contacted the person and explained options.

2:19 p.m. — A caller reported cattle near the railroad tracks off Highway 237 near milepost 21 about a mile north of Union.

8:10 p.m. — A Union resident on the 400 block of East Dearborn Street asked for help with a leaking water heater. The Union Public Works Department received the report and

reported staff would respond.

9:56 p.m. — La Grande police received a report of a juvenile disturbance. An officer responded and contacted mental health providers.

THURSDAY, OCT. 29

10:09 a.m. — La Grande police responded to the 1900 block of H Avenue on a report of child abandonment. The officer determined the report was unfounded.

11:47 a.m. — La Grande police responded to a report of a disturbance on the 1600 block of Washington Avenue. Officers separated the parties.

1:29 p.m. — A resident on the 1900 block of Alder Street, Elgin, flagged down a Union County sheriff's deputy and reported telephonic harassment.

The deputy explained options to the person.

1:59 p.m. — The Union County Sheriff's Office responded to Hu-Na-Ha RV, 255 Cedar St., Elgin, on a report of a domestic disturbance. A deputy arrested Chohan Taran-deep, 24, on a warrant out of Pierce County, Washington, for a restraining order violation.

5:55 p.m. — A caller complained about noise at Pilcher Reservoir, North Powder. A Union County sheriff's deputy contacted the caller and explained options.

9:53 p.m. — La Grande police responded to the 1000 block of Jackson Avenue on a report of a disturbance. Officers found people were arguing and separated them.

Breast cancer awareness brings to light importance of mental health

The fall season brings another opportunity to join together for breast cancer awareness. All over Union County, people have given their time, money and tears to this cause. In most years, these efforts include relays, walks and other fund-raising efforts. While the pandemic has limited our traditional in-person gatherings, we still see impressive efforts from local business, nonprofit and social service organizations to fundraise and draw awareness to breast cancer.

At Greater Oregon Behavioral Health Inc., we consider another aspect of breast cancer — the impact this diagnosis has on mental health and emotional well-being. The American Psychological Association reports breast cancer can be one of the most distressing events a woman ever experiences, and she may not know where to turn for help.

For example, as women begin what is often a lengthy treatment pro-

cess, they may find themselves faced with new problems and tremendous worry. There are so many unknowns to face, like how it will affect their personal relationships, the impact on their families, how symptoms manifest, how treatment will affect them, and the greatest unknown that cancer throws into the spotlight — the unknown of being here another day. Here are some quotes from women who have had a breast cancer diagnosis:

"I fell apart. I felt like my life fractured into thousands of pieces. As I sat there looking at it all I thought, this will never all go back together again. I was lost."

"When my treatment was all done, I thought now what? Every little cough was attached to the fear — is it back?"

"Being faced with my death taught me how to live."

The illness can bring up a mix of feelings: denial, anger, fear, worry, stress,

loss of control, problems with self-esteem, sadness, depression, grief, guilt, isolation and so much more. All of this can be overwhelming and contribute to depression, anxiety, panic attacks and other mental health struggles.

Feelings of anxiety and depression are normal as women face a breast cancer diagnosis, but that does not mean those feelings should be ignored. Treating the emotional conditions associated with breast cancer is as important as treating the physical illnesses. We have known for a long time that our emotional well-being affects our physical well-being and healing. It is not always as easy, however, to seek help for the emotional issues. For some, they feel embarrassed to ask for help because of the stigma associated with mental health problems. It can also be just too daunting to find support for emotional issues when someone is overwhelmed, even emotionally paralyzed, with managing all that cancer brings.

GOBHI has been working in Eastern Oregon as part of the Eastern

Oregon Coordinated Care Organization to remove mental illnesses from the shadows of shame and help more people who can benefit from treatment. Here are some of the ways you can connect with help:

- Contact your local mental health provider about treatment option (for example, Center for Human Development at 541-962-8800).
- Ask your doctor or oncologist about support services.
- Talk to your physician or cancer nutritionist about foods that support healing.
- Talk to your physician about your anxiety and what they recommend for help.
- Call the 24-Hour Crisis Helpline at 800-866-9780 or National Suicide Prevention at 800-273-8255.

In addition, family members may experience significant emotional stress when a loved one receives this diagnosis. It is important that they too find the support they need.

October may be the official month for breast cancer awareness, but each day of the year can hold a different meaning for the women with this diagnosis and for their families. GOBHI joins Eastern Oregon communities to support individuals and their families as they deal with a breast cancer diagnosis, and as we work together to let them know that they are not alone.

Ari Wagner, a breast cancer survivor, is the chief operating officer for Greater Oregon Behavioral Health Inc.

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OBITUARIES



LOVELAND
FUNERAL CHAPEL AND CREMATORY

Please follow guidelines regarding face coverings and social distancing at all services.

Nov. 6 — WALTER "FRED" BLACKMAN: 10 a.m.

in Meridian, Idaho. A private family burial will be held at Alder Slope Cemetery with a service some time in the spring. Arrangements are by Bollman Funeral Home.

Carol V. Wimer
La Grande

Carol V. Wimer, 65, of La Grande, died Oct. 29 at her home. Arrangements are by Loveland Funeral Chapel & Crematory.

BIRTHS

GRANDE RONDE HOSPITAL

CRISMON: To Amanda Crismon and Cody Crismon, of La Grande, a daughter, Callie Ann Crismon, Oct. 1 at 8:09 a.m.

GROSS: To Amanda LiMar Gross and Shay Michael Gross, of Island City, a son, Wesley Michael Gross, Oct. 5 at 7:52 p.m.

HULSE: To Mollie May Hulse and Andrew Hulse, of La Grande, a daughter, Eloise May Hulse, Oct. 16 at 4:44 p.m. Grandparents are Marilyn and Gary Hulse and Cheryl and the late Stephen Parris.

MAILMAN: To Stephanie Kayla Shelley-Mailman and Anthony Morgan Mailman, of La Grande, a son, Legend Anthony Lee Mailman, Oct. 8 at 7:14 p.m. Grandparents are Leonette and Eddie Shelley, Richard Mailman and Linda Peterson.

ROCK: To Kayla Marie Rock and Justin Boyd Rock, of La Grande, a son, Ryker Rock, Oct. 12 at 8:25 a.m.

YURCISIN: To John David Yurcisin, of La Grande, a son, John Jonas Yurcisin, Oct. 5 at 1:45 p.m. Grandparent is Nelia Garcia Yurcisin.

COVID-19 funding available to stabilize affordable housing

The Observer

LA GRANDE — The Oregon Housing and Community Services is offering \$20 million in coronavirus relief funding to registered affordable rental housing agencies. The funding is to help stabilize the rental market due to tenants not being able to pay rent.

Oregon Housing and Community Services in a press release announced it will provide the funding in loans to regulated affordable housing providers and even forgive the loans if property owners forgive past due rent, according to

a press release.

Union County has 22 affordable housing providers, including Community Connection of Northeast Oregon and New Day Enterprises, with options for affordable housing in La Grande, Cove, Elgin, Island City and Union.

Oregon Housing and Community Services Executive Director Margaret Salazar said in the press release that protecting affordable rental housing is especially important when public health officials are asking Oregonians to stay home and stay safe.



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