

BABY

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professional midwife, state licensure as a licensed direct-entry midwife and certification as an internationally board-certified lactation consultant.

She said she thinks she's the only licensed midwife in Northeast Oregon. Although she gets calls from all over Eastern Oregon, she only serves Wallowa and Union counties, working closely with Wallowa Memorial Hospital and Grande Ronde Hospital and their practitioners.

She said she generally charges \$4,000 for the package of her services, which includes prenatal care, birth and postpartum care. She said that is less than a mother would pay for a hospital delivery.

is the norm in midwifery care in this international model?"

In addition to midwifery care, Hawkins also offers various services as a lactation consultant, often to clients who were not in her midwifery care. These include prenatal breastfeeding classes, nutritional support and personalized care plans to address common and not so common breastfeeding issues.

Overall, Hawkins is a strong proponent of home delivery for normal births.

"If someone becomes high risk and they don't have a normal, routine, low-risk pregnancy, I would refer them to a hospital and a doctor," she said. "If they don't develop any kind of high risks or complications, then they stay with me, I deliver their babies at home."

Postpartum care

Hawkins said one way her midwifery practice differs from a general practitioner is in the postpartum care.

"After the (home) birth, we stay, we clean up, we make sure everyone's breastfeeding and stable and not bleeding and the baby's transitioned well," she said. "Then I come back the next day and at three days and after a week and two weeks and four weeks and six weeks. ... I'm seeing moms a lot more in postpartum, but it

Water from data centers reused for agriculture

By GEORGE PLAVEN Capital Press

UMATILLA — The tiny city of Umatilla and the internet giant Amazon have come up with a unique use for the cooling water from the company's massive server farms.

They are using it irrigate the region's other farms — the kind that grow crops.

Perched along the Columbia River in north-east Oregon, Umatilla is a haven for irrigated agriculture where farmers grow everything from hay and wheat to high-value potatoes, onions, carrots and melons.

In 2009, Amazon broke ground on its first campus of data centers in Umatilla. Data centers are large warehouses filled with computer servers. All the information



Wikimedia/Capital Press

Umatilla and Amazon have built a system for using cooling water from the internet giant's server farms to irrigate the region's farms.

gathered by websites like Amazon and Facebook is stored in the server farms.

Amazon was attracted to the Columbia Basin, in part, by the availability of clean water that could be used in cooling systems for all those servers. A single data center consumes between 250,000 and 1 million gallons of water per day in the warmer summer months,

when outside temperatures can top 100 degrees.

That water is still mostly clean once it comes out the other end, said Umatilla city manager Dave Stockdale.

With two data center campuses now online and another two being built, Stockdale said it didn't make sense, nor was there capacity, to treat all that

mostly clean water at the city's sewer plant.

Both the city and Amazon began pondering ways they could reuse the water, adding benefit for the community.

The answer, they decided, was to deliver the water to the same farmers that have powered Umatilla's economy for decades.

"To take this new age technology and sort of marry it to our traditional roots, especially in Umatilla which has always been an agricultural community ... in reality, they actually worked out in a great symbiotic relationship," Stockdale said.

The cooling water from Amazon is piped to an irrigation canal run by the West Extension Irrigation District, which serves 10,400 acres of farmland.

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LA GRANDE NOW HAS A GAMBLERS ANONYMOUS MEETING! Every Friday Night @5pm, 2107 Gekeler Ln, LG, Church of Christ basement.

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NARCOTICS ANONYMOUS 541-805-2229 neo-na.org. AL-ANON Keep Coming Back Family Group Mondays, 7 pm at NKWest, 1208 Adams, La Grande, OR

THURSDAY, OCTOBER 7, 2021 CROSSWORD PUZZLER

Crossword puzzle grid with clues: ACROSS 1 Travel bag, 4 Comrade, 7 Not win, 11 'Kapow!', 13 DJ gear, 14 Whale like, 15 Puncture, 16 Yang, 17 complement, 18 up (became lively), 20 Fake diamonds, 21 High note, 22 Lassie, 23 African country, 26 Political thaw, 30 Admission, 31 Jaunty cap, 32 Wind up, 33 Hidden, 36 Pipe sealer, 38 Alert color, 39 Nieces and cousins, 40 Gooley, 43 Popeye's tattoo, 46 Verdi princess, 47 Tavern fare, 48 Put one's foot, 50 Finish the laundry, 51 Hot tub, 52 Purple shade, 53 'Orinoco Flow' singer, 54 Herd of whales, 55 Jazz instrument, DOWN 1 Elec. measure, 2 Flapjack chain, 3 Legend, 4 Check endorser, 5 At the center of, 6 Hospital staffer, 7 Site, 8 Vein contents, 9 Glasgow citizen, 10 Dexterity, 12 Compassion, 19 New Zealand parrot, 20 Overly glib, 22 Valuable mineral, 23 Col. Sanders' place, 24 Sushi morsel, 25 Recent (pref.), 26 Family member, 27 Fishing implement, 28 Explosive letters, 29 Ben & Jerry rival, 31 Koppel of the news, 34 Naval force, 35 Lock's companion, 36 Photo, 37 Out of it, 39 Make bread, 40 Hotel convenience, 41 Androcles' friend, 42 Lazily, 43 Fido fare, 44 Difficult duty, 45 Costa, 47 Viper, 49 Alamo st.

HOROSCOPES by Stella Wilder

THURSDAY, OCTOBER 7, 2021 YOUR BIRTHDAY by Stella Wilder. Born today, you are no stranger to hardship, and yet that hardship is never likely to make you rigid. You know how to maintain your easygoing, affable and sensitive approach to life, even when things do not go your way -- and, in fact, you consider hardship to be one of the great 'mellowers' you can take. It has a way of maturing you so you can live what comes in stride and use what you learn to benefit not only yourself but others as well. FRIDAY, OCTOBER 8 LIBRA (Sept. 23-Oct. 22) -- It may not be easy for other people to 'read' you clearly today; you're going to have to send out signals that cannot be misinterpreted. SCORPIO (Oct. 23-Nov. 21) -- You want to put on a brave front today as you deal with something that plays on your emotions; you don't want everyone to know what's going on! SAGITTARIUS (Nov. 22-Dec. 21) -- You can make others feel good today even as you tend to your own immediate needs. You can surely spread the wealth at this time. CAPRICORN (Dec. 22-Jan. 19) -- You must hang on to your own sense of right and wrong today, even as those around you do things that challenge the group's overall moral code. AQUARIUS (Jan. 20-Feb. 18) -- You'll be affected by someone's behavior today in ways that go far beyond what you were expecting. Consider your response carefully. PISCES (Feb. 19-March 20) -- You're going to have to pick up the pace today in order to keep those around you from losing interest in what you're doing. Don't let up! ARIES (March 21-April 19) -- As you take care of the most important things on your own list today, keep in mind the things you can do for another when you have the time. TAURUS (April 20-May 20) -- Open and honest talk is likely to do you more good than anyone else today -- but that in and of itself will benefit everyone over time. GEMINI (May 21-June 20) -- You are ready to face a test of sorts today, but you must insist on being allowed a certain concession before this challenge really begins. CANCER (June 21-July 22) -- You have what it takes to reach your goals today, but you may have to batten down the hatches and navigate some rough seas in the process. LEO (July 23-Aug. 22) -- What others are doing isn't for you today, as tempting as it may seem. Stick to what you know best, and avoid being distracted by anyone else. VIRGO (Aug. 23-Sept. 22) -- Many messages will be sent and received today, but only one contains the very information you need to begin a new and exciting journey.