

TODAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Windy with a few showers	A couple of showers	Periods of clouds and sunshine	A bit of snow in the morning	Partly sunny and cool

PENDELTON TEMPERATURE FORECAST

68°	50°	61°	44°	54°	40°	52°	34°	51°	30°
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HERMISTON TEMPERATURE FORECAST

71°	51°	64°	42°	59°	39°	55°	32°	54°	30°
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ALMANAC

PENDELTON

through 3 p.m. yesterday

TEMPERATURE	
HIGH	LOW
Yesterday 70°	51°
Normals 57°	36°
Records 79° (1901)	11° (1935)

PRECIPITATION

24 hours ending 3 p.m.	Trace
Month to date	0.37"
Normal month to date	1.01"
Year to date	6.19"
Last year to date	9.05"
Normal year to date	9.95"

HERMISTON

through 3 p.m. yesterday

TEMPERATURE	
HIGH	LOW
Yesterday 72°	53°
Normals 59°	36°
Records 72° (2015)	6° (1935)

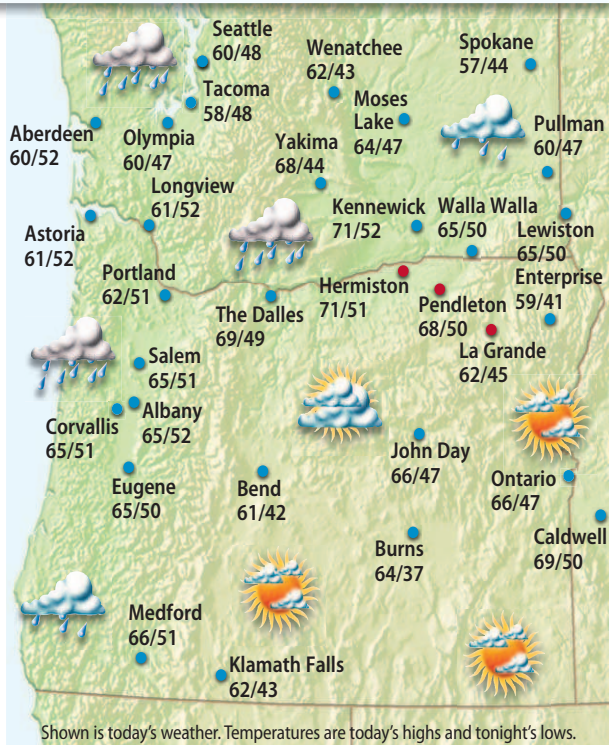
PRECIPITATION

24 hours ending 3 p.m.	Trace
Month to date	0.31"
Normal month to date	0.68"
Year to date	3.79"
Last year to date	5.73"
Normal year to date	7.24"

SUN AND MOON

Sunrise today	7:33 a.m.
Sunset tonight	5:44 p.m.
Moonrise today	9:43 p.m.
Moonset today	11:56 a.m.

Last	New	First	Full
Nov 3	Nov 11	Nov 18	Nov 25



REGIONAL FORECAST

Coastal Oregon: A morning shower or two, then heavy showers today, except heavy rain across the north.

Eastern Washington: Cloudy today with showers.

Eastern and Central Oregon: Cloudy today. Showers around across the north and near the Cascades; some sun in the upper Treasure Valley.

Cascades: Windy today; heavy showers, except a couple of showers in the south.

Western Washington: Periods of rain, some heavy today. Periods of rain tonight. Periods of rain tomorrow.

Northern California: A shower this afternoon. Times of clouds and sun at the coast; mostly sunny elsewhere.

REGIONAL CITIES

	Today		Sun.		
	Hi	Lo	Hi	Lo	
Astoria	61	52	r	58	48
Baker City	60	40	c	56	31
Bend	61	42	sh	53	33
Brookings	61	55	sh	58	48
Burns	64	37	pc	57	26
Enterprise	59	41	r	53	35
Eugene	65	50	sh	59	44
Heppner	68	48	sh	58	38
Hermiston	71	51	sh	64	42
John Day	66	47	c	59	41
Klamath Falls	62	43	pc	54	35
La Grande	62	45	r	57	38
Meacham	60	44	r	54	38
Medford	66	51	pc	60	43
Newport	61	52	r	57	47
North Bend	65	55	sh	60	48
Ontario	66	47	pc	65	38
Pasco	70	49	sh	63	42
Pendleton	68	50	sh	61	44
Portland	62	51	r	59	47
Redmond	65	41	sh	55	32
Salem	65	51	r	58	46
Spokane	57	44	sh	53	38
Ukiah	62	43	c	54	36
Vancouver	62	52	r	57	47
Walla Walla	65	50	sh	61	44
Yakima	68	44	sh	60	38

WORLD CITIES

	Today		Sun.		
	Hi	Lo	Hi	Lo	
Beijing	60	33	s	64	33
Hong Kong	83	68	pc	80	67
Jerusalem	70	58	s	72	60
London	64	48	pc	63	48
Mexico City	72	54	t	69	55
Moscow	35	30	c	42	35
Paris	64	46	pc	65	43
Rome	69	48	pc	68	46
Seoul	52	31	s	55	39
Sydney	78	65	sh	80	67
Tokyo	61	54	sh	63	56

WINDS

(in mph)	Today	Sunday
Boardman	WSW 10-20	WSW 12-25
Pendleton	SW 12-25	WSW 10-20

UV INDEX TODAY

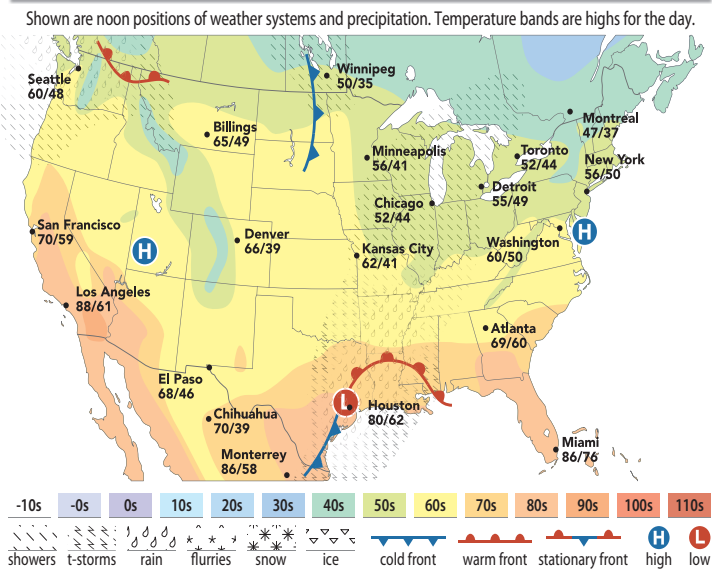
0	0	1	1	1	0
8 a.m.	10 a.m.	Noon	2 p.m.	4 p.m.	6 p.m.

0-2, Low 3-5, Moderate 6-7, High; 8-10, Very High; 11+, Extreme

The higher the AccuWeather.com UV Index™ number, the greater the need for eye and skin protection.

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NATIONAL WEATHER TODAY



National Summary: Heavy rain will blast part of the South Central states and the Northwest with the risk of flooding today. Lesser rainfall is in store for the Midwest. Most other areas will be dry with some sunshine.

Yesterday's National Extremes: (for the 48 contiguous states)
High 89° in Miami, Fla. **Low 14°** in Bridgeport, Calif.

NATIONAL CITIES

	Today		Sun.			Today		Sun.			
	Hi	Lo	Hi	Lo		Hi	Lo	Hi	Lo		
Albuquerque	61	40	s	67	42	Louisville	61	56	c	67	56
Atlanta	69	60	pc	67	61	Memphis	64	58	r	70	59
Atlantic City	58	48	pc	66	56	Miami	86	76	pc	86	75
Baltimore	58	45	pc	66	51	Milwaukee	52	46	r	61	49
Billings	65	49	c	65	37	Minneapolis	56	41	c	64	45
Birmingham	68	63	sh	69	59	Nashville	64	56	r	69	59
Boise	69	49	c	61	41	New Orleans	79	70	r	77	65
Boston	54	44	pc	60	49	New York City	56	50	pc	63	55
Charleston, SC	75	59	s	78	68	Oklahoma City	66	45	c	72	46
Charleston, WV	64	51	c	66	53	Omaha	63	44	c	72	47
Chicago	52	44	r	62	48	Philadelphia	59	48	pc	67	55
Cleveland	56	49	c	63	47	Phoenix	81	58	s	84	59
Dallas	77	55	c	72	52	Portland, ME	52	39	pc	55	43
Denver	66	39	s	72	39	Providence	55	42	pc	62	47
Detroit	55	49	r	64	46	Raleigh	66	50	s	67	59
El Paso	68	46	s	72	46	Rapid City	65	41	pc	71	38
Fairbanks	22	9	c	25	22	Reno	75	47	s	67	42
Fargo	60	37	c	66	39	Sacramento	84	55	s	74	54
Honolulu	88	76	sh	89	76	St. Louis	60	50	r	68	50
Houston	80	62	r	75	56	Salt Lake City	65	50	pc	67	47
Indianapolis	56	50	sh	65	49	San Diego	81	64	s	79	64
Jacksonville	82	65	pc	85	69	San Francisco	70	59	s	69	57
Kansas City	62	41	c	71	48	Seattle	60	48	r	55	47
Las Vegas	80	58	s	82	60	Tucson	75	50	s	81	53
Little Rock	68	58	r	68	56	Washington, DC	60	50	pc	67	56
Los Angeles	88	61	s	84	62	Wichita	65	41	c	75	46

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, f-ice.

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Oregon task force recommends student threat assessment system

By **PARIS ACHEN**
Capital Bureau

The Oregon Task Force on School Safety agreed Thursday to recommend development of a statewide student threat assessment system aimed at preventing shootings and other violence at public schools.

The project would be modeled after a student threat assessment system in Marion, Polk and Yamhill counties, said task force member Dave Novotney, superintendent of Willamette Education Service District. In that system, when schools receive an indication of threatening or destructive behavior, the system deploys a team of law enforcement, educators and counselors to respond. The team may help connect the student with resources such as mental health counseling or provide the student with more supervision.

"The idea is to intervene

with hope we can nudge them off their trajectory and help them make decisions that are positive," said John Van Dreal, director of school and risk management services at Salem-Keizer School District. The system started taking shape in 1999 in Salem-Keizer schools and later expanded to all of the schools in the Willamette ESD.

Measuring the effectiveness of the system has been challenging. "You can't measure events that don't happen," Van Dreal said.

Surveys of school administrators and counselors indicate the system has helped to enhance a sense of safety on campuses, Van Dreal said. Schools in several other states, including California and Idaho, have adopted the protocols, he said. Recommendation by the state task force calls for establishing response teams in eight regions in the state and providing training to

employees. Threat assessment capabilities across the state are spotty, said Novotney, who also is a task force member. Threat assessment protocols in some school districts are refined while in other places, the plans are nonexistent, he said. Expanding the system statewide would cost about \$1.1 million, Novotney said.

The task force voted unanimously Oct. 29 to recommend the plan to the Legislature in February and named it as one of its top priorities for the legislative session. "It is much better to prevent these things than to respond to them," said Beaverton police Chief Geoff Spalding, a task force member.

The task force also continues to pursue plans to resurrect a tip line for information on threats to educational institutions and start a statewide database of school floor plans and safety protocols.

Foot Notes - Orthotic Devices

Bill has been feeling lower-back pain for a month. A weightlifter, Bill thought he could alleviate the pain by curtailing his heavy squats. It didn't help.

Chris, a cyclist, decided to get more serious about his training. He had no trouble increasing his distances, but now he's mystified by persistent shin pain.

Joan, who takes aerobics classes four times a week, feels pain in one heel at the beginning of each class, but doesn't take it seriously because it gradually lessens as the hour passes.

Three athletes, three sports, three complaints, all of which may have one solution: orthotic devices.

Properly called orthoses, orthotic devices are removable shoe inserts, custom-molded of various materials, designed to correct a foot misalignment, deformity or dysfunction.

Orthotic devices perform functions that make standing, walking and running more comfortable and efficient, by altering slightly the angles at which feet strike a walking or running surface.

Doctors of podiatric medicine prescribe the use of orthoses as conservative approaches to many foot problems: their use is a highly successful, practical treatment form. The aim is to improve foot function and minimize stress forces that could otherwise cause foot deformities, which have been traced to many back, hip and knee problems.

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