

Taking steps for good causes

By TAMMY MALGESINI
East Oregonian

With spring in the air, people and area organizations are encouraging the public to put a little spring in their step and help support several causes.

Pregnancy Care Services in Hermiston, the Hermiston Warming & Cooling Station and cystic fibrosis are the focus of fundraising walk and events this weekend.

PREGNANCY CARE SERVICES

In its fifth year, Walk for Life will raise money to help support the mission of Pregnancy Care Services. The organization provides resources for men and women who are faced with making decisions regarding an unplanned pregnancy.

Executive Director Debbie Cissna encourages people to "make a date" with family and friends to help support the organization's effort to raise \$5,000. Registration begins Friday at 6 p.m. at McKenzie Park, 320 S. First St., Hermiston. The walk begins at 6:30 p.m.

Participants are encouraged to obtain pledges. Those who have \$100 or more in pledges will receive a T-shirt. Also, the first 100 people registered will receive a token for free ice cream at Dairy Queen.

Cissna is impressed with the efforts of 12-year-old Teagan Birt. The Boardman girl has challenged area youth groups to raise money for the event.

"She's an incredible young lady," Cissna said. "She's just full of ideas and creative ways to make a difference."

For more information, contact 541-567-2393 or debbie@pregnancycareservices.com. To make donations online or to download pledge sheets, visit www.pregnancycareservices.com.

HERMISTON WARMING & COOLING STATION

The Umatilla County Peer Support Network, in conjunction with Lifeways Inc., is heading up the Running Hot and Walking Cold 5K/10K run/walk.

The event is Saturday



Contributed photo

Participants in the inaugural Running Hot and Walking Cold run/walk pose for a photo during the 2015 event. The event, along with two other fundraising walks are planned this weekend.

from 9 a.m. to noon at Riverfront Park and the Oxbow Trail, 1400 W. Orchard Ave., Hermiston. There is no set fee to participate, but participants are asked to make a donation of supplies for the Hermiston Warming & Cooling Station.

Suggested items include cases of water, packaged cookies/crackers, laundry detergent, pre-packaged bleach, oatmeal, disinfectant wipes, paper products, creamer/sugar packets, fruit/soup cups, hand sanitizer, hand soap, playing cards, games, books, non-latex gloves, coloring books, crayons, flashlights, batteries, socks and DVDs.

For more information, visit www.evenbrite.com and search "Running Hot and Walking Cold."

CYSTIC FIBROSIS

A trio of events are planned this weekend to raise money to combat cystic fibrosis.

A genetic disease, cystic fibrosis causes thick mucus, which builds up in the lungs, pancreas and other organs. The progressive condition results in limiting a person's ability to breathe.

The Riverside Jr./Sr. High School National Honor Society is holding a walk-athon Saturday at 10 a.m., on the track at Riverside High School, 210 N.E. Boardman Ave., Boardman.

People can make pledges or walk during the event. Money raised will be donated to the Oregon Chapter of the Cystic Fibrosis Foundation.

For more information, call 541-481-2525.

•Great Strides for CF, a 1K

and 5K run/walk, is Saturday with registration starting at 9:30 a.m. at Riverfront Park, Hermiston. The 1K starts at 10 a.m. and the 5K begins at 10:30 a.m.

There is a suggested donation of \$15 for entries or \$20 for a family of four. Kids 10 and under are free. Medals will be presented for the 5K and other prizes for the 1K. For more information, find the event on Facebook.

•Breath of Life for Cystic Fibrosis is Saturday at 5 p.m. in the Hermiston High School commons, 600 S. First St.

Jessica Brown-Grooms, a 2001 HHS graduate who has cystic fibrosis, is organizing both the Hermiston events, with proceeds going to the CF Foundation of Oregon.

The evening event includes dinner, dessert, a live and silent auction, a kid's corner (basketball shoot, bouncy house and coloring station) and live music with Brewer's Grade.

Tickets are \$10 each and children under 10 are admitted free. Tickets will be sold at the door and are available in advance at Smitty's Ace Hardware, 1845 N. First St., Hermiston.

Growing up, Brown-Grooms was told she wouldn't live past age 25. With advances in medicine, she continues fighting the disease, which includes breathing treatments several times a day, lung function testing at Oregon Health & Science University every three months and focus on proper nutrition.

A video presentation about her and others living with cystic fibrosis will be shown at the event.

BERNIE: Oregon has 13 superdelegates

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voters can only weigh in if they are members of the Democratic party. Sanders has performed better in primaries where independents or other voters can weigh in.

Oregon's delegates are doled out proportionally based on Tuesday's results, another reason why Sanders urges a strong turnout.

Oregon also has 13 superdelegates, some of whom have already endorsed Clinton, including Gov. Kate Brown. But Sanders says it's possible they'll reconsider if Tuesday's results swing over-

whelmingly in his favor.

"We will be in contact with all of the superdelegates and make the important point, that if our goal is to make sure Donald Trump is defeated ... Bernie Sanders, it turns out, is the strongest candidate," Sanders said.

As of early Monday morning, the secretary of state's office reported 673,000 Oregonians, or 29 percent of registered voters, had so far returned their ballots.

That's slightly behind pace from the same time in 2008, but the state secretary's office said it's still possible Oregon could break that year's record

turnout of 1.17 million voters.

Aside from the presidential race, Oregon's primary is sleepy with just a few exceptions.

Among the most heated is the race for secretary of state, where five prominent candidates are vying for the second-most powerful post behind governor. The three Democrats are state Rep. Val Hoyle, state Labor Commissioner Brad Avakian and state Sen. Richard Devlin; the two Republicans are Dennis Richardson, who was GOP gubernatorial candidate two years ago, and Lane County Commissioner Sid Leiken.

WOLVES: Evidence suggests deterrents are effective

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plan allows wildlife officials to selectively kill problem wolves.

In the case of the four Imnaha wolves, Brown said there were a number of factors that prompted ODFW to use lethal control. First, the wolves had apparently changed their behavior and started moving outside of their usual territory. Second, the group's alpha female had a back leg injury, which could have prompted the group to target easier meals. Finally, non-lethal deterrents had proven ineffective in keeping wolves away from sheep and cattle.

Brown compared that to another series of attacks last year by the Mount Emily Pack on sheep in the Umatilla National Forest. All five of those incidents came against a single band of sheep, and by the time the producer asked for lethal control, Brown said non-lethal tools had started to work.

"ODFW will evaluate each situation when they're making a determination about when to go to lethal control," Brown said.

The agency's focus, however, continues to be on non-lethals first. With

the evidence suggesting deterrents are effective, the workshop shifted to community-wide models for rural areas where wolves are re-established.

Suzanne Asha Stone, senior Northwest representative for the conservation group Defenders of Wildlife, pointed to a few successful programs across the West — most notably the Wood River Wolf Project in central Idaho, where there's the largest concentration of domestic sheep in the region.

Stone said the program pulls together ideas and funding from ranchers, agencies and wolf advocates alike to implement non-lethal solutions. More groups are starting to take this approach, she said, because it makes more resources more broadly available.

"The challenge is that it really requires a lot of good communication," Stone said.

Between 2008 and 2015, Stone said they've had anywhere from 10,000 to 23,000 sheep on the land, yet they've only lost 30 of the animals to wolves over that period.

"Some of our best solutions have come from that mix of people that don't usually talk to each other," she said.

Stone said she was

encouraged by how county wolf committees were working together to ensure ranchers are compensated for dead or missing livestock due to wolves. Both Susan Roberts, of Wallowa County, and Jerry Baker, of Umatilla County, were on hand to discuss how their committees reach out to producers and submit applications for state grants.

Regardless of each individual's opinion on wolves, Roberts said they have learned to check their attitudes at the door. Producers, meanwhile, are getting better at documenting everything, which means they stand a better chance of getting a slice of the funds.

Baker also emphasized the need for ranchers to provide as much documentation as possible to the committee. He said the county has developed a positive relationship with ODFW, especially when it comes to implementing non-lethal deterrents.

"I know the range riders have helped a lot, if they're in the right place at the right time," said Baker, who himself is a livestock producer. "I think we're learning as we go."

Contact George Plaven at gplaven@eastoregonian.com or 541-966-0825.

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