

AccuWeather.com Forecast

TODAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Plenty of sun	Mostly sunny	Partly sunny	Clouds limiting sunshine	Intervals of clouds and sunshine
PENDLETON TEMPERATURE FORECAST				
82°	49°	78°	51°	77°
HERMISTON TEMPERATURE FORECAST				
85°	47°	82°	50°	79°
48°	70°	46°	65°	40°

ALMANAC

PENDLETON
through 3 p.m. yesterday

TEMPERATURE	HIGH	LOW
Yesterday	89°	51°
Normals	73°	46°
Records	94° (1899)	24° (1908)

PRECIPITATION
24 hours ending 3 p.m. 0.00"
Month to date 0.68"
Normal month to date 0.46"
Year to date 8.07"
Last year to date 5.82"
Normal year to date 8.88"

HERMISTON
through 3 p.m. yesterday

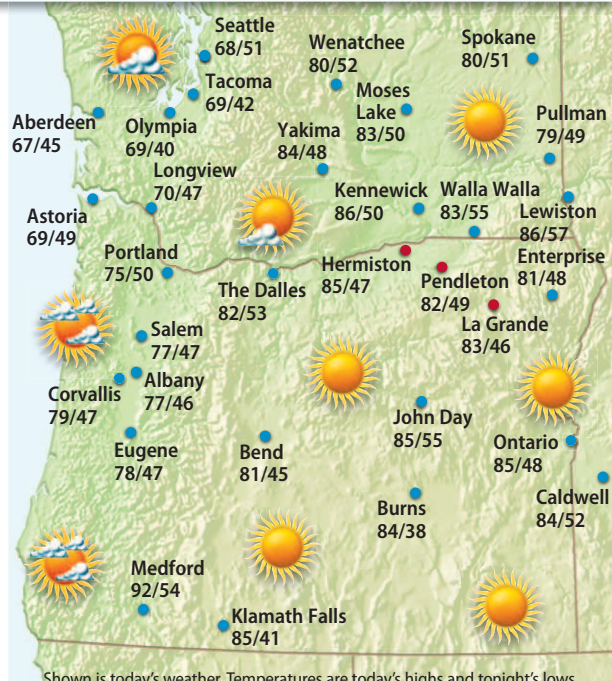
TEMPERATURE	HIGH	LOW
Yesterday	85°	47°
Normals	75°	44°
Records	98° (1952)	32° (2000)

PRECIPITATION
24 hours ending 3 p.m. 0.00"
Month to date 0.45"
Normal month to date 0.37"
Year to date 5.44"
Last year to date 3.48"
Normal year to date 6.52"

SUN AND MOON

Sunrise today	6:49 a.m.
Sunset tonight	6:42 p.m.
Moonrise today	3:22 a.m.
Moonset today	5:19 p.m.

New First Full Last
Sep 30 Oct 8 Oct 15 Oct 22



REGIONAL FORECAST

Coastal Oregon: Clouds, then sun today, but clouds breaking across the north.

Eastern Washington: Sunshine and patchy clouds today. Clear to partly cloudy tonight.

Eastern and Central Oregon: Plenty of sunshine today. Mainly clear tonight. Sunny tomorrow.

Western Washington: A shower during the morning; otherwise, clouds breaking today. Partly cloudy tonight.

Cascades: Not as warm across the north today; clouds giving way to sun in central parts.

Northern California: Mostly sunny today; hot in central parts.

REGIONAL CITIES

	Today			Wed.		
	Hi	Lo	W	Hi	Lo	W
Astoria	69	49	pc	67	48	pc
Baker City	83	38	s	84	44	s
Bend	81	45	s	79	43	s
Brookings	70	52	pc	66	49	pc
Burns	84	38	s	86	39	s
Enterprise	81	48	s	83	49	s
Eugene	78	47	pc	76	44	s
Heppner	81	45	s	78	44	s
Hermiston	85	47	s	82	50	s
John Day	85	55	s	89	54	s
Klamath Falls	85	41	s	84	40	s
La Grande	83	46	s	84	46	s
Meacham	80	45	s	81	45	s
Medford	92	54	s	88	50	s
Newport	63	47	pc	61	45	pc
North Bend	66	51	pc	64	49	pc
Ontario	85	48	s	88	52	s
Pasco	86	48	s	84	49	s
Pendleton	82	49	s	78	51	s
Portland	75	50	pc	75	48	s
Redmond	85	42	s	82	40	s
Salem	77	47	pc	76	45	s
Spokane	80	51	s	80	53	s
Ukiah	80	43	s	81	43	s
Vancouver	73	48	pc	73	45	s
Walla Walla	83	55	s	79	57	s
Yakima	84	48	s	83	47	s

WORLD CITIES

	Today			Wed.		
	Hi	Lo	W	Hi	Lo	W
Beijing	73	45	pc	70	42	s
Hong Kong	94	83	pc	93	78	sh
Jerusalem	77	61	s	78	62	s
London	70	54	c	73	60	pc
Mexico City	71	56	t	69	55	t
Moscow	51	42	c	49	36	c
Paris	70	54	pc	73	54	pc
Rome	77	58	s	76	57	s
Seoul	75	65	r	75	62	c
Sydney	71	52	s	66	57	s
Tokyo	82	75	pc	85	74	c

WINDS

(in mph) Today Wednesday

Boardman WSW 4-8 N 3-6
Pendleton W 6-12 NW 4-8

UV INDEX TODAY

0 2 4 4 2 0

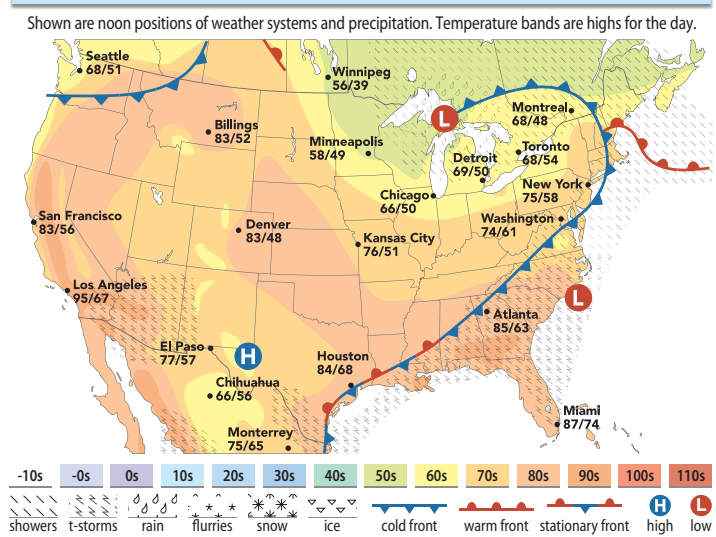
8 a.m. 10 a.m. Noon 2 p.m. 4 p.m. 6 p.m.

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: Showers will retreat to the coastal Northeast, while downpours linger along the Gulf and southern Atlantic coasts today. Showers and gusty winds will chill the Upper Midwest with storms in Arizona.

Yesterday's National Extremes: (for the 48 contiguous states)
High 106° in Fullerton, Calif. **Low** 16° in Walden, Colo.

NATIONAL CITIES

	Today			Wed.				Today			Wed.		
	Hi	Lo	W	Hi	Lo	W		Hi	Lo	W	Hi	Lo	W
Albuquerque	77	53	pc	81	56	pc	Louisville	77	57	s	73	53	pc
Atlanta	85	63	c	83	60	c	Memphis	81	60	s	86	58	s
Atlanta City	69	62	r	72	67	c	Miami	87	74	t	89	75	pc
Baltimore	73	54	r	74	61	r	Milwaukee	65	50	pc	62	56	c
Billings	83	52	s	76	52	s	Minneapolis	58	49	r	64	49	pc
Birmingham	85	57	s	86	60	s	Nashville	78	54	s	81	51	pc
Boise	85	56	s	87	61	s	New Orleans	90	75	pc	89	73	pc
Boston	71	56	r	61	55	r	New York City	75	58	r	73	61	c
Charleston, SC	86	71	c	87	68	t	Oklahoma City	81	54	s	87	53	s
Charleston, WV	76	46	s	77	51	pc	Omaha	75	46	s	69	46	s
Chicago	66	50	pc	62	55	sh	Philadelphia	75	57	r	77	63	c
Cleveland	73	53	pc	67	51	sh	Phoenix	93	72	c	93	74	c
Dallas	82	58	pc	88	61	s	Portland, ME	69	52	r	62	50	c
Denver	83	48	s	81	49	s	Providence	74	57	r	66	56	c
Detroit	69	50	pc	63	54	sh	Raleigh	81	65	t	80	63	t
El Paso	77	57	c	83	63	pc	Rapid City	81	49	s	77	45	s
Fairbanks	42	27	pc	44	37	c	Reno	89	53	s	88	54	s
Fargo	63	41	s	65	44	s	Sacramento	97	59	s	89	55	s
Honolulu	84	72	pc	85	74	pc	Salt Lake City	77	53	r	79	57	pc
Houston	84	68	c	88	65	c	San Diego	91	70	pc	82	68	pc
Indianapolis	72	51	s	64	49	c	San Francisco	83	56	c	72	54	pc
Jacksonville	88	70	t	90	69	pc	Seattle	68	51	pc	68	49	s
Kansas City	76	51	s	69	48	s	Tucson	85	64	c	88	65	pc
Las Vegas	88	69	pc	84	67	s	Washington, DC	74	61	r	75	65	r
Little Rock	82	59	s	87	58	s	Wichita	82	56	r	79	48	s
Los Angeles	95	67	pc	87	65	pc							

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

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HERMISTON Health & Fitness Day promotes wellness

By JADE MCDOWELL
East Oregonian

Dozens of health care clinics, fitness companies, nonprofits and other Umatilla County agencies teamed up Saturday to promote health and wellness in Hermiston.

The Family Health & Fitness Day was back after a two-year hiatus, and drew a steady crowd to Hermiston High School throughout the day.

One draw might have been the free loaf of multi-grain Dave's Killer Bread from Portland that everyone was given as a healthier alternative to processed white bread.

Other free samples came from booths that lined the walls, offering free merchandise, information, healthy snacks, flu shots and health screenings.

Helena Wolfe of the Area Agency on Aging was advertising health-promoting programs such as Tai Chi for Better Balance. The class is free at the Hermiston Senior Center and helps avoid painful falls by improving core strength and balance.

"It's gentle, it's fun and anyone can do it as long as they can walk in under their own power," she said.

Wolfe said she was pleased to see such a large turnout for the event and hopes that people walked away with information that could help them and their families lead healthier lives.

"It's getting people aware that there are programs in place — and these programs are all free — that can help them improve their health," she said.

In another gym Good Shepherd Health Care System employees hosted the "teddy bear clinic" to walk children through the procedure of going to the emergency room.

Children picked out a teddy bear and named it, giggling as nurses proclaimed "Batman needs an x-ray" or "Brownie broke his femur." Once the bears



Staff photo by Jade McDowell

Brownie the teddy bear goes into surgery for a broken femur at the teddy bear clinic at the Family Health and Fitness Day at Hermiston High School.



Staff photo by Jade McDowell

High school volunteer Maite Rodriguez, center, helps a child pick out vegetables to top his healthy pizza snack during the Family Health & Fitness Day at Hermiston High School on Saturday.

were "x-rayed" on an overhead projector their human companions were handed a photo of a real x-ray to give to a staff member so that they could diagnose the broken bone, treat it, and send the patient out the door with an individualized care plan.

In the culinary classroom, high school volunteers were teaching a healthy cooking class supervised by HHS family and consumer sciences

teacher Susie Cobb. Children made pizzas using English muffin halves, tomato sauce, low fat cheese and an array of colorful vegetable toppings to choose from.

"We want them to know that there are healthy snacks available, that they have options," Cobb said. "One of the things that kids can really do to improve their diets is just eating more vegetables."

HHS freshman Anahy

Lomas said she thought the event was a good one.

"It's pretty cool getting to see the little kids have fun," she said.

In another part of the building, Amy Coven of the Oregon Health Insurance Marketplace was helping educate people on their health insurance options.

"The biggest thing is that open enrollment starts Nov. 1, so we want people to know they need to start logging in and looking at health plans, because they've changed a lot in the area," she said.

Coven said the Family Health & Fitness Day was a perfect opportunity for health-related organizations to reach community members.

"There is a lot of free assistance available to people locally," she said.

Fire District 1 gets new cardiac monitor

HERMISTON — Umatilla County Fire District 1 has a new cardiac monitor in one of its ambulances thanks to a \$32,500 grant from TransCanada Corporation.

The new monitor will replace one of five aging monitors, Battalion Chief Jeff Adkins said in a news release, allowing the district to focus on securing funding for the remaining monitors. The monitor will be placed in the district's first-responding advanced life support ambulance.

"Last year, we responded to almost 3,400 emergency medical calls," Adkins said. "Having this monitor could literally affect thousands of lives."

The donation was made through TransCanada's Gas Transmission Northwest Pipeline. Gas Transmission Northwest has operated a natural gas pipeline in the Hermiston area since 1961.

Rick Duncan, Regional Director for TransCanada, said in a statement that the companies understand and appreciate the role that first responders play in a community and wanted to support that.

"We believe in supporting the communities where we have pipelines because thriving communities are good for everybody," he said.

Incoming mayor to hold meetings on city council goals

PENDLETON — Mayor-elect John Turner is continuing to collect input on a draft set of 2017-2019 goals for the Pendleton City

BRIEFLY

Council and one of his next sources is the public at large. Turner convened a committee of local government, community and business officials in August to create a preliminary list of 12 goals for the next three years.

Turner is soliciting input to whittle the list down to three or four main priorities.

Besides presenting the list to community groups across town, Turner will hold three public meetings at Pendleton City Hall's Community Room to gather input.

- Oct. 13, noon-1 p.m.
- Oct. 14, 7 a.m.-8 a.m.
- Oct. 17, 5 p.m.-6 p.m.

After the list of goals is finalized, Turner expects the city council to consider it after he's sworn into office in January.

Briefs are compiled from staff and wire reports, and press releases. Email press releases to news@eastoregonian.com

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