

BRIEFLY

Cannon to address EOU trustees

LA GRANDE — Ben Cannon, executive director of the Higher Education Coordinating Commission, will discuss its strategic plan for Oregon higher education during the Eastern Oregon University's board of trustees meeting.

Open to the public, the meeting — which also is available via livestream.com/eou/governance — is Thursday from 9 a.m. to 4 p.m. in Inlow Hall Room 201 on the La Grande campus.

Cannon also will discuss the process for setting priorities among university capital projects. In addition, the board will review its 2017 fiscal year financial statement and audit report, vote on chair and vice chair reappointments, discuss issues for the 2017 legislative session, strategic planning and policy transition.

Free seminar highlights senior caregiving

PENDLETON — Information on the importance for caretakers in taking care of their own health and well-being is part of the free Caregiver Support Educational Seminar Series.

Offered in partnership with Prestige Senior Living and St. Anthony Hospital, Senior Caregiving Can Take a Toll on Your Health is Thursday at 2 p.m. at St. Anthony Hospital, 2801 St. Anthony Way, Pendleton.

The series is offered the third Thursday of each month. Light refreshments are served.

Caregivers, professionals and others are invited to attend. The presentation will include tips to help reduce stress and take care of needs as a caregiver.

For more information, contact Karen Hoholik at 541-276-1987 or khoholik@prestigecare.com.

Art display features Paul Lubeck

PENDLETON — Describing himself as more of a "designer" than an "artist," the artwork of Paul Lubeck is on display at the Pendleton Public Library.

An artist's reception is set for Thursday at 6 p.m. at 502 S.W. Dorion Ave., Pendleton. The event is free.

Lubeck, who moved to Pendleton from La Grande in the summer of 2014, enjoys the "Round-Up culture." He studied economics and philosophy at Eastern Oregon University and would like to become a stock market analyst or an economist. He currently works at Safeway. Lubeck can frequently be found at the library and is excited for the opportunity to display his work.

His art has been influenced by Jackson Pollack and Alexander Calder. Lubeck also admires the art of Joan Miro and Piet Mondrian.

For more information about library programs, call 541-966-0380 or visit www.pendletonlibrary.weebly.com. For questions or comments about Lubeck's exhibit, email lubeckm@eou.edu.

COMING EVENTS

TUESDAY, JAN. 17 ADULT OPEN GYM, 6-7 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave., Pendleton. Half-court basketball. Adults only. (541-276-8100)

WALKING FOR WELLNESS, 8:30-9:30 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave., Pendleton. (541-276-8100)

TERRIFICALLY FREE TUESDAY, 10 a.m.-5 p.m., Children's Museum of Eastern Oregon, 400 S. Main St., Pendleton. Free admission all day. (541-276-1066)

PRESCHOOL STORY TIME, 10:30-11 a.m., Stanfield Public Library, 180 W. Coe Ave., Stanfield. (541-449-1254)

PENDLETON SENIOR MEAL SERVICE, 12 p.m., Pendleton Senior Center, 510 S.W. 10th St., Pendleton. Costs \$3.50 or \$6 for those under 60. Pool, puzzles, crafts, snacks, Second Time Around thrift store 9 a.m. to 1 p.m. For Meals On Wheels, call 541-276-1926. (541-276-7101)

BOARDMAN SENIOR MEAL SERVICE, 12 p.m., Boardman Senior Center, 100 Tatone St., Boardman. Cost is \$4 for seniors 55 and over or \$5 for adults. (541-481-3257)

HERMISTON SENIOR MEAL SERVICE, 12 p.m., Hermiston Senior Center, 435 W. Orchard Ave., Hermiston. Cost is \$4 for adults, free for children 10 and under, \$4 for Meals on Wheels. Extra 50 cents for utensils/dishes. Bus service to Senior Center by donation. (541-567-3582)

TAI CHI: MOVING FOR BETTER BALANCE, 1:30-2:30 p.m., Hermiston Senior Center, 435 W. Orchard Ave., Hermiston. Falls prevention program for older adults. Free; no registration needed. (Helena Wolfe 541-561-5443)

TEEN TRIVIA AND DRINK GET-TOGETHER, 4-5 p.m., Hermiston Public Library, 235 E. Gladys Ave., Hermiston. Harry Potter-themed event for teens. Free. (541-567-2882)

CRAFTERNOONS, 4:15 p.m., Pendleton Public Library, 502 S.W. Dorion Ave., Pendleton. Drop in for a group or individual craft project. All ages. (541-966-0380)

BINGO, 5 p.m., Hermiston Senior Center, 435 W. Orchard Ave., Hermiston. Doors open at 5 p.m., games begin at 6:30 p.m. Everyone welcome. (541-567-3582)

PENDLETON EAGLES TACOS AND BINGO, 6 p.m., Pendleton Eagles Lodge, 428 S. Main St., Pendleton. Regular packet \$10, special packet \$5. Proceeds donated to local charities. Public welcome. (541-278-2828)

INSIDE OUTSIDE THE LINES ADULT COLORING, 6-7:30 p.m., Irrigon Public Library, 490 N.E. Main St., Irrigon. Materials provided. Bring snacks to share. (541-922-0138)

PENDLETON KNITTING GROUP, 6 p.m., Prodigal Son Brewery & Pub, 230 S.E. Court Ave., Pendleton. (541-966-0380)

STORY AND CRAFT TIME, 6:30 p.m., Milton-Freewater Public Library, 8 S.W. Eighth Ave., Milton-Freewater. For elementary school-age children. (541-938-8247)

WEDNESDAY, JAN. 18 ADULT OPEN GYM, 6-7 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave., Pendleton. Half-court basketball. Adults only. (541-276-8100)

WALKING FOR WELLNESS, 8:30-9:30 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave., Pendleton. (541-276-8100)

TER BALANCE, 9-10 a.m., Good Shepherd Wellness Center, 610 N.W. 11th St. (modular behind hospital), Hermiston. Falls prevention program for older adults. Space limited to 15 participants. Free, but registration is requested. (541-667-3509)

BABY BOOGIE & TAPPIN' TODDLERS, 10-10:45 a.m., Hermiston Public Library, 235 E. Gladys Ave., Hermiston. (541-567-2882)

STORY TIME, 11:15 a.m., Hermiston Public Library, 235 E. Gladys Ave., Hermiston. (541-567-2882)

STANFIELD SENIOR MEAL SERVICE, 12 p.m., Stanfield Community Center, 225 W. Roosevelt, Stanfield. Cost is \$3.50 for seniors, \$6 for others. (541-449-1332)

PENDLETON SENIOR MEAL SERVICE, 12 p.m., Pendleton Senior Center, 510 S.W. 10th St., Pendleton. Costs \$3.50 or \$6 for those under 60. Pool, puzzles, crafts, snacks, Second Time Around thrift store 9 a.m. to 1 p.m. For Meals On Wheels, call 541-276-1926. (541-276-7101)

ADULT BEGINNERS' COMPUTERS, 3-4 p.m., Pendleton Public Library meeting room, 502 S.W. Dorion Ave., Pendleton. Registration is required. Classes tailored to the needs of the attendees. (541-966-0380)

COMMUNITY FEEDBACK SESSION, 6:30 p.m., Washington Elementary School, 1205 S.E. Byers Ave., Pendleton. Oregon Dept. of Education invites community members to give feedback on education in Oregon. Free. (Michelle Madril 541-966-3115)

VEGAN/SUSTAINABLE LIVING POTLUCK SUPPER, 7 p.m., location varies, location varies, Pendleton. Bring a vegan dish and recipe. Gluten-free friendly group. Call to RSVP and for driving directions. (541-966-3057)

ERIC JOHN KAISER CD RELEASE SHOW, 7-9 p.m., Great Pacific Wine & Coffee Co., 403 S. Main St., Pendleton. National touring artist and French-American singer songwriter Eric John Kaiser, originally from Paris, France, will celebrate the release of his fifth studio album "Made in Gaspésie," recorded this summer in Québec. No cover; all ages. (Gini 503-839-3968)

THURSDAY, JAN. 19 ADULT OPEN GYM, 6-7 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave., Pendleton. Half-court basketball. Adults only. (541-276-8100)

RELAY FOR LIFE UMATILLA COUNTY COMMITTEE/TEAM CAPTAIN MEETING, 6-8 a.m., St. Anthony Hospital meeting room 3, 2801 St. Anthony Drive, Pendleton. Umatilla County Relay for Life committee meeting 6 p.m., Team Captain meeting 7 p.m. Come and be involved in raising money for cancer research for the American Cancer Society. (Carol Preston 541-379-6294)

WALKING FOR WELLNESS, 8:30-9:30 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave., Pendleton. (541-276-8100)

PRESCHOOL STORY TIME, 10:15-11 a.m., Pendleton Public Library, 502 S.W. Dorion Ave., Pendleton. Stories and activities for young children. (541-966-0380)

PRESCHOOL STORY AND CRAFT TIME, 10:30 a.m., Milton-Freewater Public Library, 8 S.W. Eighth Ave., Milton-Freewater. (Lili Schmidt 541-938-8247)

Relay combines Pendleton, Hermiston events

By TAMMY MALGESINI East Oregonian

Organizers for Relay for Life encourage people throughout Umatilla County to participate in planning its 2017 event.

Due to a larger focus on money for research, the American Cancer Society is reducing the number of relay fundraising events. The Pendleton and Hermiston events will be combined to form Relay for Life of Umatilla County, said Carol Preston, event lead.

"It's exciting," Preston said. "There's just so many backside administrative fees to do so many relays. We're throwing one big party."

The upcoming planning meeting is Thursday at 6 p.m. in Meeting Room 3 at St. Anthony Hospital, 2801 St. Anthony Way, Pendleton. Team captains will meet at 7 p.m.



File photo

Luminaries honoring survivors and people who died from the cancer line the walkway during the 2016 Hermiston Relay for Life.

According to the American Cancer Society, one in three women and one in two men in the United States will be diagnosed with cancer during their lifetime. These startling statistics are the reason many of the participants support the event.

Money raised from Relay

for Life helps fund research and provides assistance with patient care programs. In addition, money is used to develop and distribute education and prevention information.

A doctor who wanted to do something to fight the disease started Relay for Life

in 1985. Dr. Gordon Klatt and some friends spent 24 hours running and walking around a track in Tacoma — raising \$27,000 in donations from supporters.

Klatt, 71, died Aug. 3, 2014, as a result of heart failure after fighting stomach cancer. His legacy continues as Relay for Life events are held across the globe.

Relay for Life of Umatilla County is Saturday, June 17 from 10 a.m. to 10 p.m. at Roy Raley Park, Pendleton. Organizers will continue meeting the third Thursday of each month at First Community Credit Union, 705 S.W. Emigrant Ave., Pendleton.

For more information, contact Preston at relaypendleton@yahoo.com, 541-379-6294 or visit www.facebook.com/pdrelayorwww.relayforlife.org/umatillacounty.org.

Tuesday Morning

Table with columns for Station, Time, and Program. Includes FOX, CBS, NBC, ABC, KATU, KTNW, and OPB channels.

January 17, 2017

AFTERNOON

Table with columns for Station, Time, and Program. Includes FOX, CBS, NBC, ABC, KATU, KTNW, and OPB channels.

EVENING

Table with columns for Station, Time, and Program. Includes FOX, CBS, NBC, ABC, KATU, KTNW, and OPB channels.

Large table with columns for Station, Time, and Program. Includes channels like A&E, AMC, ANPL, CMT, CNBC, CNN, DISN, ESPN, ESPN2, FNC, FOOD, FREE, FX, GOLF, GSN, HALL, HGTV, HIST, LIFE, NICK, ROOT, SPIKE, SYFY, TBS, TCM, TLC, TNT, UNI, USA, WE, WGN, STZ ENC, HBO, HBO2, HBO3, MAX, SHOW, and STARZ.

NIGHT OWL

Table with columns for Station, Time, and Program. Includes FOX, CBS, NBC, ABC, KATU, KTNW, and OPB channels.