

651 Help Wanted

Community Counseling Solutions

Community Counseling Solutions is a 501(c)(3) corporation serving Oregon in Wheeler, Gilliam, Grant, and Morrow Counties. We are currently recruiting for a

MENTAL HEALTH SPECIALIST

to provide out-patient mental health services in our Fossil office. Qualified applicants must have a Bachelors degree from an accredited college in social work, psychology or other human service related field and have a CADAC or the ability to obtain one within one (1) year of employment. On-call rotation during non-business hours is required for crisis services. This is a full time, benefited position with a salary range of \$35,600 - \$83,400 DOE. CCS offers an excellent benefit package, including 401K. Position will remain open until filled. Apply online and upload resume at communitycounselingsolutions.org

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EAST OREGONIAN

COMING FEBRUARY 13

SCREEN time

Exclusively in the Wednesday East Oregonian and Hermiston Herald

Meatless Wednesday: Flavortown Market goes to the greens and beans

By Andrew Warren TV Media

In the first round of the competition, host Guy Fieri gives the competing chefs a list of ingredients that their dishes must feature. Then, in the second round, the chefs split subject that randomly gives each of them a meat dish that they must make vegetarian. Finally, Guy gets tricky in the final round and takes away the remaining competitors' shopping carts before sending them out to shop for the ingredients needed to make their guilty pleasure dishes.

"Guy's Grocery Games" is similar to other cooking competition shows, with a chef getting the go after each round once the judges have had a chance to taste and evaluate all of the dishes. The contest is held inside of a supermarket, and the competitors are required to "shop" for their own ingredients from the store's shelves, and all sorts of twists tie into the unique menu.

The judges that Guy has brought in to taste the week's amazing meals are a who's who of Food Network celebrity chefs. There's a pair of "Food Network Star" winners in Danarri Phillip ("Southern at Heart") and hard Soper's ("Aarti Party"), along with frequent judge and "Top Chef All-Stars" winner Richard Blais.

Vegans don't have to be boring, and with these three discerning judges ready to taste everything on the plate, the contestants in this week's "Guy's Grocery Games" have to pack as much punch into their dishes as they can.

cooking this week

Sunday	12:00 p.m. CBS The Great British Baking Show (R)	2:00 p.m. FOOD Chopped Junior	4:00 p.m. FOOD Chopped	6:00 p.m. FOOD Best Bobby Flay
1:00 p.m. CNN Eat & Drink	3:00 p.m. FOOD Chopped	5:00 p.m. KONG-DT2 The Rachael Ray Show	7:00 p.m. FOOD Chopped	8:00 p.m. FOOD Chopped
2:00 p.m. FOOD Holiday	4:00 p.m. FOOD Chopped	5:00 p.m. KONG-DT2 The Rachael Ray Show	7:00 p.m. FOOD Chopped	8:00 p.m. FOOD Chopped
3:00 p.m. FOOD Holiday Baking Championship	4:00 p.m. FOOD Chopped	5:00 p.m. KONG-DT2 The Rachael Ray Show	7:00 p.m. FOOD Chopped	8:00 p.m. FOOD Chopped
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6:00 p.m. FOOD Guy's Grocery Games	4:00 p.m. FOOD Chopped	5:00 p.m. KONG-DT2 The Rachael Ray Show	7:00 p.m. FOOD Chopped	8:00 p.m. FOOD Chopped
Monday	12:00 p.m. KCBS Martha Bakes	2:00 p.m. FOOD Chopped	4:00 p.m. FOOD Chopped	6:00 p.m. FOOD Best Bobby Flay
1:00 p.m. FOOD The Pioneer Woman	3:00 p.m. FOOD Chopped	5:00 p.m. KONG-DT2 The Rachael Ray Show	7:00 p.m. FOOD Chopped	8:00 p.m. FOOD Chopped
2:00 p.m. FOOD Christmas Cookie Challenge	4:00 p.m. FOOD Chopped	5:00 p.m. KONG-DT2 The Rachael Ray Show	7:00 p.m. FOOD Chopped	8:00 p.m. FOOD Chopped
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Guy Fieri as seen in "Guy's Grocery Games"

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Tubing and Sledding

Tubing is a great winter activity; it doesn't require much expensive special equipment or skills, you don't need an expensive lift ticket and you don't even need a big hill to have a good time. Young and older children can participate and have fun.

However, tubing and sledding don't come without risk, as you would expect when speeding down an icy or snowy hill. According to the UPMC Health Beat, 30 percent of children who are hospitalized from sledding injuries suffered significant head injuries; 10 percent of those children suffered a permanent disability. Every year, more than 20,000 teenagers and children go to the emergency room.

But there's no reason to not go have a great time tubing. Many cities have designated parks or tubing areas; some of these are free, while others have an entry fee. Some winter parks actually include the sled or tube in the cost of entry, so you don't have to worry about bringing your own. If you don't go to a specifically designated sledding area, make sure you're on public property and are sledding in good terrain.

To have a fun, safe day on the hill, follow these simple rules from UPMC:

- Use a sled, disc or tube that's in good condition. Don't use lunch trays or cardboard boxes.
- Wear a helmet.
- Choose a hill specifically designated for sledding and tubing that has a long, flat area at the bottom that allows



sledders to gradually come to a stop. The hill should be clear of trees, bumps, rocks, poles and other obstacles; do not build an artificial bump either. A bump that causes sledders to go airborne can

seem fun, but landing can hurt.

- Sit facing forward on the sled; this can reduce the chance of head injury.
- Walk up the side of the hill, not up the middle where

sledders are coming down. Injuries happen when sledders and tubers collide on the way down with people walking up.

- As with any outdoor winter activities, tubers and sled-

ders should dress appropriately for the weather as well. Children may be less likely to mention if they're getting cold, so check in and make sure kids aren't experiencing any symptoms of frostbite.