

Car collectors strut their stuff at Hermiston show



Photos by Erick Peterson/Hermiston Herald

Jesselee Leachman of Pendleton, left, poses next to his "zombie finding" vehicle, and attendees check out sports cars, right, Saturday, July 9, 2022, in Hermiston's Mckenzie Park at the Cool Rides Car Show.

The characteristics of a successful marriage



MARC MULLINS

MARC'S REMARKS

This past July 7, my wife Wendy and I celebrated our 43rd wedding anniversary. Aware of this, a young couple asked what advice I could give that might help them achieve success in their marriage. (The assumption behind their inquiry was that a long-time marriage is the same as a successful marriage. Sadly this is not always the case. I've known couples who've remained unhappily together for many years despite ongoing and unaddressed problems in their marriages.)

The truth is that a good marriage, or any committed relationship that is considered successful, requires certain characteristics that both people agree with and practice daily. From my education and training in pastoral counseling, including 43 years of experience in pastoral ministry, I've identified several characteristics that I believe are important for relationships to excel. Here are just a few:

1. Good relationships begin with a healthy self-awareness and self-acceptance. When we completely appreciate and embrace ourselves, accepting ourselves without destructive self-criticism or judgment, we establish a foundation that allows for healthy and productive relationships to follow.

2. Good relationships can be established when we are fully accountable for our own emotions. It's important that we take full responsibility for our own emotions and choose not to blame others for our emotional inadequacies or

needs. Thoughts or phrases that begin with "Because of you" or "You're the reason why" or "You made me do (such and such)" are dangerous to entertain and can be destructive to one's relationship with others.

3. Good relationships occur when we establish and live within healthy boundaries. An online search for "healthy boundaries" can provide considerable information on this important subject.

4. Good relationships exist when people handle conflicts together with respect, love and appreciation for each other. Conflict is bound to happen whenever people who are unique and different live in close proximity with each other. Healthy conflict addresses the issues of a concern or disagreement, and refrains from attacking the person or character of the one you love.

5. Good relationships could benefit from regular relationship health check-ups. Just as it is important to have regular check-ups with one's physician to maintain optimal physical health, so it also can help to have relationship check-ups with a qualified counselor. Some people put more importance on making sure they follow regular required maintenance on their vehicles than they do on improving their relationships. Others may focus more time on hair care, skin care or facial make-up than they do on what makes a relationship look and be good.

There are many other characteristics that could be added to this list. I'm hopeful that these I've listed may prove helpful to some who seek to build healthy and rewarding relationships with others.

Marc Mullins is pastor of the First Christian Church of Pendleton, where he also utilizes his gifts as a musician, singer and songwriter.

Mosquito Control District to conduct aerial spray July 14

UMATILLA — The West Umatilla Mosquito Control District announced it will conduct targeted aerial mosquito control spraying with a twin-engine airplane after sunset on Thursday, July 14, weather permitting.

The application will be scheduled for the following day if the weather causes a cancellation.

According to the district, a total of 5,000 acres will be targeted in the Highway 730 area, between Umatilla and Irrigon. This area includes the South Hill neighborhood and the city of Irrigon.

The district had these suggestions to reduce the risk of exposure to mosquitoes:

- Get rid of old tires and other containers where water can accumulate and serve as a breeding ground for mosquitoes.
- Flush or replace the water in horse troughs weekly.
- Be sure to flush or add mosquito fish to ornamental ponds.
- Avoid outdoor activities at dusk and dawn when mosquitoes are most active.
- Wear long-sleeved shirts and long pants when in mosquito infested areas.
- Use mosquito repellents containing DEET, oil of lemon eucalyptus or Picardin, making sure to follow the directions on the container.
- Ensure screen doors and windows are in good repair.
- Report mosquito infestations and dead bird sightings to your local mosquito or vector control district.

For more information or to report mosquito infestations, contact the West Umatilla Mosquito Control District at 541-567-5201 or the North Morrow Vector Control District at 541-481-6082.

Blood donations still needed during the summer

HERMISTON — American Red Cross is reminding community members that patients are counting on the generosity of blood and platelet donors.

Good Shepherd Medical Center, 610 N.W. 11th St., Hermiston, is hosting a blood drive Monday, July 18, 12:45-5:30 p.m. And Our Lady's of Catholic Church, 565 W. Hermiston

COMMUNITY BRIEFING

Ave., Hermiston, is hosting a blood drive Thursday, July 21, 11 a.m. to 4 p.m.

To schedule an appointment to donate download the Red Cross Donor App, visit RedCrossBlood.org or call 800-733-2767.

Verizon-Cellular Plus gives away backpacks to students

PENDLETON — Verizon-Cellular Plus will be giving away free backpacks filled with school supplies to local students in the Pendleton area. The event is Saturday July 30, from 10 a.m. to noon.

The Verizon-Cellular Plus Backpack to School program incorporates employees, customers and vendor partners. An internal employee donation program was organized while stores are also accepting donations from their guests in order to help as many families as possible.

No purchase is necessary to receive a backpack, but a child must be present with an adult to claim their backpack. There are a limited number available and backpacks will be distributed while supplies last.

Cellular Plus is at 814 S.W. Dorion Ave., next to Bi-Mart in Pendleton.

Bank of Eastern Oregon school supplies drive

HEPPNER — The Bank of East Oregon will be collecting and distributing school supplies for local elementary school students, the bank announced in a press release July 13.

Each branch will feature a drawing for several backpacks filled with supplies for a local student. Community members with a grade school student are encouraged to stop in and fill out a ticket

You do not have to be a Bank of Eastern Oregon customer to donate supplies or enter the drawing and no purchase is necessary. If you would like to help, drop school supply donations at any branch of Bank of East Oregon.

BEO branches in Oregon are in Arlington, Athena, Boardman, Burns, Condon, Enterprise, Fossil, Heppner, Hermiston, Ione, Irrigon, John Day, La Grande, Moro and Prairie City.

PCA opens new exhibit and offers discount on a class

PENDLETON — The Pine Meadow Ranch Center for Arts & Agriculture exhibit is open for viewing until July 30

at the Pendleton Center for the Arts.

An exhibit of 44 works by the facility's residents will be on view in the East Oregonian Gallery at the center, 214 N. Main St., Pendleton.

Another opportunity to check out PCA comes in the form of a discounted book binding class.

There will be a book arts class Saturday and Sunday, July 16 and 17, 9 a.m. to 4 p.m. This class combines the fundamentals that inform sound construction with the satisfaction of finishing a fun, ready-to-enjoy book. Beginners will gain skills and better understand the nuances of good form, and experienced binders will discover unexpected opportunities for creative flair that can be exploited in future work.

PCA Executive Director Roberta Lavadour is opening the class at a discount for those who are PCA supporters. Use the discount code BOOKARTS to take \$100 off the tuition at check out. The class cost is \$150 (before discount) with a \$10 supply fee.

For any questions contact info@pendletonarts.org.

PAWS fundraiser brings inflatable fun to BackFire Station

PENDLETON — BackFire Station in Pendleton is hosting a fundraiser Saturday, July 23, for Pioneer Humane Society/Pendleton Animal Welfare Shelter.

Lisa Blagg and a group called the "Cherry Bombs" will be dressed in inflatable costumes entertaining the public and collecting donations from passing cars.

BackFire Station, 911 S.W. Court Ave., invites the public to come 7-9 p.m. A fundraiser bucket will be inside for cash donations.

PHS class of 1970 returns for group 'birthday party'

PENDLETON — The Pendleton High School graduating class of 1970 is returning to Pendleton to celebrate together as its members approach their 70th birthdays. This year also marks their 52nd reunion since graduation.

The reunion is Aug. 12-13. The first event is Aug. 12 at 6:30 p.m. at Hamley Steakhouse & Saloon, 8 S.E. Court Ave., Pendleton. The last event is a buffet dinner and social Aug. 13 at the Sundown Bar & Grill, 233 S.E. Fourth St., Pendleton.

Dinner is \$35 per person. For details, contact Chris Henson Woodard at woodardch@comcast.net.

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