

BHS grad seeks to help families communicate

By Chris Collins
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A 2013 Baker High School graduate who is working toward a degree in marriage and family studies will offer two free workshops to teach families how to improve their communication skills this month.

Jordyn Hobson, 24, will present the workshops titled "Family Communication for Improved Family Functioning," as part of a faculty supervised practicum. Hobson is a senior in the online program at Brigham Young University-Idaho. She will graduate in July with a bachelor's of science degree.

The first workshop is scheduled Saturday, March 16, from 11:30 a.m. to 1:30 p.m. at the Baker Elks Lodge, 1896 Second St. The next session is scheduled the following Saturday, March 23, at the same time and same location.

The fliers she's distributed to promote the workshops ask those who might consider

participating: "Do you feel like you keep on repeating yourself, but your family never listens? Are you tired of arguments, due to miscommunication with the people you love? Most importantly, are you ready for a new approach?"

Topics that will be covered during the two-part education series are:

- The basics of human communication.
- Different theories and principles that apply to the condition and development of children, which affect how they comprehend the world around them, as well as their ability to communicate.
- Research-based findings, as well as tried-and-true principles discovered by well-known professionals, which can improve the quality of communication in marital relationships.
- Group break-outs for collaboration on communication issues, based on case studies.
- Compilation of useful resources and toolkits to take

home. The first session will focus on marital relationships and the second will be aimed at parental communication, Hobson stated in an email to the Herald.

Participants are asked to make arrangements for their children. Child care is not provided as part of the workshop. Light refreshments will be served and participants are encouraged to dress in layers for comfort during the session.

Hobson said she was eager to teach this workshop in the town where she grew up. "I feel that our community is underserved as far as family life education goes," she wrote in the email. "If not underserved, it can be difficult to know where or to whom to go for help before a crisis occurs."

"The value of family life education is that it is preventative in nature and tailored to the 'felt' needs of its participants," she said. "Family life educators are great resources

since they can make referrals to other resources and agencies when families need help beyond the means of the educator."

Hobson said her post-graduation plans include working to obtain Family Life Educator certification through the National Council on Family Relations, which would allow her to continue offering classes in the community.

"This is only a small part of my plans and goals as a future professional, she said. Hobson's husband, Seth Hobson, works as marketing director at Settler's Park. His parents, Michelle Hobson and Coby Meeker, also live in Baker City.

Although her father, Dave Aydelotte, who worked for the Oregon State Police in Baker City, and her mother, Kelly Wheelhouse, have moved from the area, along with her brother and three stepsisters, her sister, Savannah Nichols, also has remained in Baker City, she said.

Dietitian to talk nutrition myths

By Lisa Britton
For the Baker City Herald

Andrea Rice's experience as a dietitian is growing by leaps as her job expands at St. Alphonsus Medical Center-Baker City.

Rice is a registered dietitian. She discovered an interest in this career path while attending Boise State University, where she graduated in 2013 with a degree in health education and promotion.

"My last semester I worked with a dietitian and loved it," she said.

After graduation from BSU, she worked in home health for several years before going back to school. She graduated from Idaho State University in 2016 with a bachelor's in nutrition and dietetics, and completed her internship in 2018.

In her role at St. Alphonsus, she provides education for both inpatient care — diabetic patients, tube feeds, nutrition-related labs — and provides outpatient services in diabetic counseling, weight loss, and failure to thrive in children. She also works with oncology patients.

Rice recently began managing the hospital's dietary department, and will give her first community education class next week.

"I get to do a little bit of everything, which is nice," she said.

She will present "Nutrition Myths and Facts" on Wednesday, March 20, at the YMCA, 3715 Pocahontas Road. The seminar runs from 11:30 a.m. to 12:30 p.m. It is free for all members and nonmembers.



Rice

FORESTS

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French, who oversaw the objection resolution meetings, said the proposed forest plans did not account for the "unique social and economic needs of local communities." "The resulting plans are

very difficult to understand," French said in a press release. "I am concerned that there will be ongoing confusion and disagreement about (the plans).

Local residents who attended the Baker City meeting cited several concerns about the proposed forest plans,

including the possibility that the Forest Service would ban motorized vehicles from a significant number of roads.

The three national forests will continue to operate under their existing plans, which date to 1990.

Forest Service will continue to work on creating new

management plans for the Blue Mountains forests, both French and Casamassa said.

"I am confident that the information and data collected and analyzed, as well as the breadth of objection issues, can be used to inform our next steps," French said in the press release.

NEWS OF RECORD

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FUNERALS PENDING

Robert "Bob" Summers: Graveside memorial and interment, 11 a.m., Sunday, May 5, at the Pine Haven Cemetery in Halfway. Friends are invited to join the family for a celebration of life reception afterward at the Lions Hall. Memorial contributions may

be made to the Robert S. Summers Student Research Assistant Fund at the Cornell University Law School or the Robert S. Summers Scholarship Fund at the University of Oregon Law School through Tami's Pine Valley Funeral Home and Cremation Services, P.O. Box 543, Halfway, OR 97834. Online condolences may be made at www.tamispinevalleyfuneralhome.com

POLICE LOG

Baker City Police Arrests, citations
PROBATION VIOLATION (Baker County warrant): Kenzie Renae Sherman, 18, of 2470 20th St., 1:08 p.m. Thursday, on North Cedar Street; jailed.
DRIVING WHILE OPERATOR'S LICENSE SUSPENDED: Jason Douglas Heimgartner, 29, of Pendleton, 5:22 p.m. Thursday, at Birch

and H streets; jailed.
CRIMINAL MISCHIEF II: Justin Michael Shelton, 29, transient, 5:26 p.m. Thursday, on Dewey Avenue near the railroad tracks; jailed.
Baker County Sheriff's Office
PAROLE VIOLATION (Umatilla County warrant): Kevin Shawn Chamberlain, 29, of Pendleton, 5:22 p.m. Thursday, at Birch and H streets; jailed.

WOLF

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Ramona Phillips, a Wallowa County rancher and member of the group Oregon Wolf Education, said a neighbor told her the "four wolves had the dog pinned down by the porch of the house."

According to Brian Ratliff, district wildlife biologist for the Oregon Department of Fish and Wildlife, the Pine Creek pack currently consists of nine wolves. There had been 11 wolves in the pack, but Ratliff suspects

that a pair of 2-year-olds dispersed.

The Pine Creek pack has been moving around recently, mainly in the low hills country east of Halfway.

One former member of that pack, a young female, has paired with a young adult male wolf, Ratliff said.

Biologists have attached tracking collars to both wolves, and to two wolves from the Pine Creek pack. ODFW tries to keep ranchers apprised of the wolves' locations when possible, Ratliff said.

Baker County



CHURCH DIRECTORY

Haines United Methodist Church
Sundays:
Gather at 11 AM
Service at 11:15
Reverend Lisa Payton
Just west of Haines on the Anthony Lakes Hwy
Come Join Us!

Baker United Methodist Church
Sunday Worship
Casual Service: 8:30 AM
Traditional Service: 10 AM
1919 2nd Street, Baker City
541-523-4201

FIRST PRESBYTERIAN CHURCH
Sunday Worship Service
10:30 AM
1995 4th Street, Baker City
541-523-5201
firstpresbaker.blogspot.com

Third & Broadway
541-523-3891
Calvary Baptist Church
Sundays
10 AM Service
& Children's Church
6-7:30 pm Youth Group (Grades 7-12)
Thursdays
5:30-6:30 pm
Free Community Dinner
www.bakercalvarybaptist.com

CHRISTIAN SCIENCE CHURCH
Sunday Service
11:00 AM
www.spirituality.com
3rd & Washington, Baker City
541-523-5911

CHURCH OF NAZARENE
Sunday Worship
9:45 AM
Pastor Troy Teeter
1250 Hughes Lane, Baker City
(Corner of Cedar & Hughes)
541-523-3533
www.bakernaz.com

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
Baker City 1st Ward
Sacrament Meeting 1 PM
Baker City 2nd Ward
Sacrament Meeting 9 AM
Baker Valley Ward
Sacrament Meeting 11 AM
2625 Hughes Lane, Baker City
541-523-2397

Elkhorn Baptist Church
Sunday School 10 AM
Morning Worship 11 AM
Evening Worship 6 PM
Discovery Kids Worship 6:30 PM
3520 Birch St, Baker City
541-523-4332

Harvest Church & HARVEST CHRISTIAN ACADEMY
(Preschool-12 Grade)
Harvest Cafe 9:15 am
Morning Worship 10:10 AM
3720 Birch St, Baker City
541-523-4233
The first Sunday of each month is Mission Breakfast. Donations and non-perishable donations for NEOCC are accepted.

New Beginnings Fellowship PC of G
Sunday Morning Worship 10:30 AM
Sunday Evening 6 PM
Weds Service 7 PM
Zan & Dawn Coen
1820 Estes, Baker City
541-524-1394

FIRST LUTHERAN CHURCH
Sunday Service 11 AM
1734 Third Street, Baker City
541-523-3922
firstlutheranbakercity@gmail.com

ST. BRIGID'S IN THE PINES COMMUNITY CHURCH
11:30 a.m. Services
1st & 3rd Sunday
Holy Eucharist
East Auburn Street, Sumpter
541-523-4812
A Mission of St. Stephen's Episcopal Church in Baker City

BAKER CITY CHRISTIAN CHURCH
Sunday Worship
First Service 8:30 AM
2nd Service & Sunday School 10 AM
Jr. High & High School Youth
Tues 6:30 PM
Youth Pastor Silas Moe
675 Hwy 7, Baker City • 541-523-5425

SAINT ALPHONSUS HOSPITAL CHAPEL
Open to all patients, family and friends for reflection and prayer.
St. Alphonsus Hospital
in Baker City

AGAPE CHRISTIAN CENTER
Sunday Services
10:00 AM & 6:30 PM
South Highway 7,
Baker City
541-523-6586

SEVENTH-DAY ADVENTIST CHURCH
Saturday Worship
11:00 AM
www.bakercitysda.com
17th & Pocahontas, Baker City
541-523-4913

St. Francis De Sales Cathedral
Daily Masses at 9 AM at the Cathedral
Established 1904
Baker City Saturday Mass 6 pm
Sunday Mass 9:30 am
Spanish Mass 1:30 pm (2nd & 4th Sun)
St. Therese in Halfway 2 pm Sat
St. Anthony's in North Powder 1:30 Sun
541-523-4521
Corner of First & Church, Baker City

St. Stephen's Episcopal
Services at 9 AM
1st & 3rd Sundays, Holy Eucharist
2nd & 4th Sundays, Morning Prayer
5th Sunday, Morning Prayer
2177 First Street • Baker City
Entrance on 1st Street
Corner Church & First Streets
541-523-4812

Faith Center Foursquare
A Four Square Gospel Church
Worship Service
10:45 AM
1839 3rd St, Baker City
541-523-7915

The church directory is published the third Friday of every month. Information for this directory is provided by participating churches, please call 541-523-3673 for more information.

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