

Quick TAKES

SAFELY OUT & ABOUT IN NORTHEAST OREGON

Visit the Oregon Trail in October

BAKER CITY — The Bureau of Land Management's National Historic Oregon Trail Interpretive Center will showcase the pioneer spirit and settlement of the West throughout October.

Beginning Oct. 1, the center will shift to its fall operating schedule of 9 a.m. to 4 p.m. Thursday-Sunday, with free admission and interpretive programs at 10 a.m., noon and 2 p.m. Thursday-Sunday.

Celebrate Frontier Day Saturday, Oct. 4, from 11 a.m. to 2 p.m. at the center, and learn more about the settlement of Northeast Oregon, which exploded after prospector Henry Griffin struck gold in 1861 just south of Baker City in what is now known as Griffin Gulch. See gold panning and blacksmithing demonstrations and living history tours of a stamp mill once used to crush mined material to extract metal ore.

On World Migratory Bird Day, Oct. 10, from 10 a.m. to 2 p.m., the center will offer family-friendly activities and programs showcasing the many birds of the sagebrush desert.

Meet adopted wild horses and learn more about them at Wild Horse Day on Oct. 24. Come out between 10:30 a.m. and 2:30 p.m. and meet adopters and their horses, watch training demonstrations and talk to BLM specialists about wild horse management on public lands.

In addition, a self-guided exhibit

titled "Tech on the Trek" is open through Nov. 1. The display explores how cutting-edge technological advances of the 1800s made the grueling overland journey easier for later emigrants.

Find the Oregon Trail Interpretive Center on Highway 86, 5 miles east of Baker City.

Sign up for virtual Girls in Science event

LA GRANDE — Registration is now open for the 2020 Girls in Science, hosted by the Northeast Oregon Area Health Education Center. Typically held at Eastern Oregon University, the event this year we be an all-day virtual crash course.

Open to girls in sixth to eighth grade, Girls in Science participants will put their chemistry, biology, math and computer science skills to work to delve into the biomedical topic of COVID-19.

The session will go from 10 a.m. to 2 p.m. Registration is \$5 and closes Oct. 16. Access the application form at www.neoahec.org/programs/girls-in-science or call 541-962-3422.

Only 50 girls will be selected to attend the online event, and the program gives preference to those who are new to the program.

The \$5 application fee provides admitted students with a face mask and all the supplies that will be needed for the day. It will be refunded if a student is not selected to attend.



"I Don't Want To Lose Weight Safely, Healthfully, And Rapidly," ...Said No One, Ever!"

If you'd like to lose weight gained over the past few months—Or 10 to 150+ pounds that you've struggled to lose for some time, come see us.



James R. Kopp, MD
Weight Loss Physician

"We continue to help of men, women, and adolescents lose 10 to 150+ pounds—safely, healthfully, and rapidly. If you struggle to lose weight and keep it off, we'd love to help you too."
—Dr. Kopp

What people who MetTrim Say

Matt S, Yelp Review: "I lost **50 pounds, in 12 weeks.**"*

Rachel R, Facebook Review: "I lost **30 pounds, in 9 weeks.**"*

Jacki L, Google Review: "I lost **16.6 pounds, in 4 weeks.**"*



Call 541-963-9843

Or visit MettrimMD.com/LaGrandeOR
to Schedule your Free No-obligation Consultation

MetTrimMD La Grande

907 Washington Ave, La Grande, OR 97824
MetTrimMD.com/LaGrandeOR | 541-963-9843

*Personalized plans. Compliance required. Individual results vary.

