

LOCAL WEATHER

EBERT:
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people. I just can't do it 40 hours a week. When you have four heart attacks and (almost) die, you get to thinking life's pretty short. I wanted to see my family and do some other things."

In addition to her health problems, Ebert has had to overcome many other obstacles in her life.

Ebert abused alcohol for years, but she kicked the habit in her early 50s. She is looking forward to celebrating 14 years of sobriety next week. She survived being sexually assaulted. She lost a husband and a grandchild within two months of each other and overcame the grief. She spent 11 years in a relationship where she was the victim of domestic violence and didn't even realize she had been abused until she was out of the situation, when she moved to the area and attended a training to volunteer for DVS.

"I took the training, and it really opened my eyes," she said. "When they showed me the cycles (of abusive situations), I knew that was me. I think education is really the best thing in the world. It really would have saved me a lot of trouble before those 11 years. I just thought we couldn't get along, like most people."

Like herself, many people do not realize they are in a domestic violence situation or that resources are available to help them escape, she said. After training as a volunteer for DVS, Ebert applied for and eventually received a full-time position as an advocate for the organization and worked for years helping people understand what was happening and what they could do to improve their lives.

"When they come in and they are not convinced, we can help them see," she said. "We can do abuse assessments, so they can see it themselves. My job as an advocate was to empower our clients to



SEAN HART PHOTO

Mickie Ebert stands outside the Hermiston office for Domestic Violence Services, where she worked as an advocate for victims of domestic violence and sexual assault for almost 10 years. After retiring last month, the 65-year-old plans to continue using her personal experiences as a victim and ability to help others by becoming a motivational speaker.

To help or
get help

For more information about Domestic Violence Services, or to donate to or volunteer for the nonprofit agency that provides emergency services to victims of domestic violence and sexual assault, call 541-276-3322 or visit domesticviolenceservices-or.org.

do what they needed to do to get out of domestic violence or sexual assault situations. We don't make decisions for them, but we help them be strong enough to make the right ones. We get them resources to get out and stay in touch with the community. You've got to have a good heart and know that you can do it and be able to convince them they can."

Ebert helped victims at DVS shelters, at the hospital and through the Oregon Department of Human Services in various positions with the organization. Last year, she was one of two recipients of the Oregon Attorney General's Excellence in Victims Services Award. Reluctantly, she retired from DVS last month.

"I honestly stayed there probably a month and a half longer than I should have because I just couldn't let it go," she said. "I know that my job was to help other people let

God help them. I feel very blessed that I did some good. It's probably one of the best things I've ever done in my life. I already miss it."

While she worked as an advocate, Ebert gave presentations on her experiences and about escaping unhealthy situations, and she said people always approached her afterward seeking guidance. After she retired, Ebert decided to continue to turn the negative events from her past into positive inspiration for others as a motivational speaker.

"I believe it's a God-given knack. I think God just gives me the right thing to say at the right time," she said. "I guarantee, every time I speak, at least one or two people will disclose that they need help, and that's what needs to happen. People need to be educated."

Ebert said she understands people's situations because she experienced them herself, and she tries to help people understand the reality of what they are experiencing. Although it can be difficult, she said, anyone can move forward and create a better life.

"No matter what you've got going on in your life, you can overcome it," she said. "Sometimes, you just need an advocate showing you what you can do."

For more information about Ebert's next step as a motivational speaker, contact her at 541-571-7708.

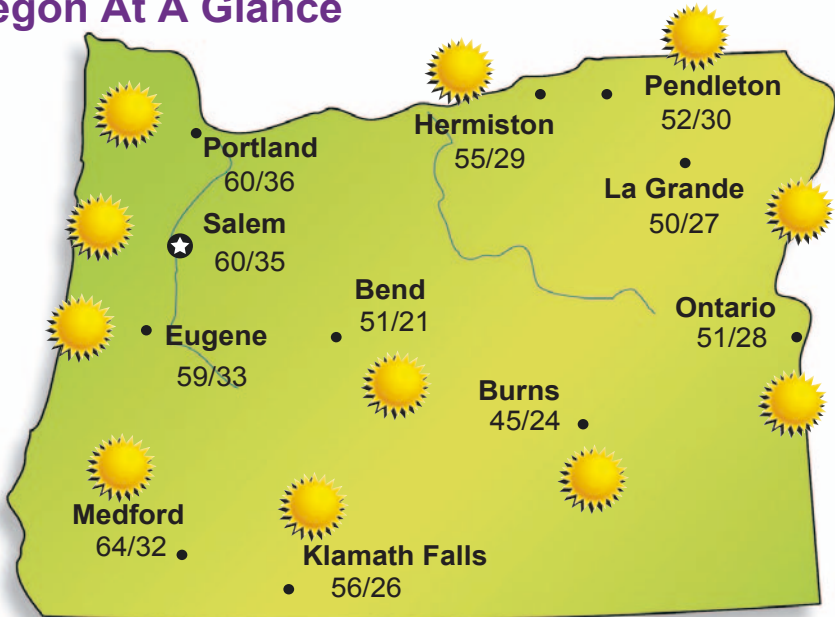
Today's Weather

Local 5-Day Forecast

Wed 3/4	Thu 3/5	Fri 3/6	Sat 3/7	Sun 3/8
55/29 Mainly sunny. High around 55F. Winds light and variable.	61/34 Times of sun and clouds. Highs in the low 60s and lows in the mid 30s.	63/34 More sun than clouds. Highs in the low 60s and lows in the mid 30s.	65/37 Mainly sunny. Highs in the mid 60s and lows in the upper 30s.	67/39 Sunshine. Highs in the upper 60s and lows in the upper 30s.
Sunrise 6:30 AM Sunset 5:47 PM	Sunrise 6:28 AM Sunset 5:49 PM	Sunrise 6:26 AM Sunset 5:50 PM	Sunrise 6:24 AM Sunset 5:52 PM	Sunrise 7:22 AM Sunset 6:53 PM

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Oregon At A Glance



Area Cities

City	Hi	Lo	Cond.	City	Hi	Lo	Cond.	City	Hi	Lo	Cond.
Albany	59	36	sunny	Florence	59	37	sunny	Newport	56	40	sunny
Ashland	63	33	sunny	Grants Pass	63	34	sunny	Pendleton	52	30	sunny
Astoria	55	36	mst sunny	Hermiston	55	29	sunny	Portland	60	36	sunny
Baker City	49	23	sunny	John Day	46	26	sunny	Redmond	55	26	sunny
Bend	51	21	sunny	Klamath Falls	56	26	sunny	Roseburg	61	36	sunny
Brookings	62	42	sunny	La Grande	50	27	sunny	Salem	60	35	sunny
Burns	45	24	sunny	Lakeview	52	24	sunny	Springfield	59	31	sunny
Coos Bay	59	37	sunny	Lincoln City	58	42	sunny	The Dalles	58	35	sunny
Corvallis	60	35	sunny	Mcminnville	59	35	sunny	Tillamook	59	38	sunny
Eugene	59	33	sunny	Medford	64	32	sunny	Vale	52	29	sunny

National Cities

City	Hi	Lo	Cond.	City	Hi	Lo	Cond.	City	Hi	Lo	Cond.
Atlanta	72	52	cloudy	Houston	77	38	t-storm	Phoenix	65	42	mst sunny
Boston	42	30	cloudy	Los Angeles	68	47	sunny	San Francisco	67	48	sunny
Chicago	19	0	pt sunny	Miami	82	72	pt sunny	Seattle	55	37	mst sunny
Dallas	53	25	rain	Minneapolis	10	-6	mst sunny	St. Louis	25	10	sn shower
Denver	22	4	sn shower	New York	44	31	rain	Washington, DC	49	36	rain

Moon Phases



UV Index

Wed 3/4	Thu 3/5	Fri 3/6	Sat 3/7	Sun 3/8
3	2	3	3	3
Moderate	Low	Moderate	Moderate	Moderate

The UV Index is measured on a 0 - 11 number scale, with a higher UV Index showing the need for greater skin protection.

HOUSING:

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the house from its basic framing stages to the near completion of the insulation process. Students in the program conducted the tours and explained each stage of the construction process.

Herrera explained they had worked with a number of contractors and craftsman to get the exact look and design they hoped will attract buyers. She said they have worked with those same contractors and tradesman to incorporate elements of the

house that are top of the line.

Herrera said the home features a vacuum system that runs throughout, including in the garage. The house also features energy efficient windows, an insulated heating and cooling system known as inside ducts, double-layered insulation in the ceiling, walls and floor, and a tankless water heater that heats water only when needed.

Some of the other "wow" factors, Herrera said, include a surround-sound system that runs throughout the house, tile in the entry and other areas that they designed them-

selves and energy-efficient lighting.

Susan Badger-Jones, outreach manager for the Energy Trust of Oregon, said, by the time the house is complete, it will have an energy score of 72 out of 200. She said a house of similar size in Oregon has an average score of 112, and a house built to code would have a score of about 98.

"This house is considerably better," she said.

The eventual owner of the house will have a monthly energy bill of about \$74, which Hermiston School District Deputy Superin-

tendent Wade Smith said is significantly lower than what the average homeowner of a house that size would pay.

"Folks will see some serious savings," he said.

Hermiston resident John Lauck said he couldn't believe how much the students had accomplished in so little time. He said he also couldn't believe how innovative they were in the design and the features included.

"I think it looks fantastic," he said. "I think it's a great program. They're truly creating an immersive experience for kids."

Hermiston resident and HHS teacher Kirby Warner brought his family to tour the house for the first time, and, before even stepping foot inside the main part of the house, he said he was already impressed.

"I think this is great," he said. "I know some of these kids as a teacher at the high school. It's fun to see all they have accomplished out here."

Berger said he wanted community members to see all the hard work that went into the structure before students put up the drywall, and the walls are sealed for

good. He said the home will look much different at the next open house, which will be closer to when they sell the home.

"Our next step in the process will be to roll out the sheet rock, and we start on that tomorrow," he said Monday.

Stanfield High School student Nathan Hurty, also a homebuilding student, said he can't wait to see the finished product.

"In 20 years, I can look back at this house and say, 'I built that,'" he said to a couple as they gave them a tour of the home.

McKay Creek Estates
presents:

SafetyMan says
"Always be Safe to Ensure an Active & Independent Lifestyle"

Avoid Bathroom Dangers - CONCLUDED
TUESDAY, FEBRUARY 24, 3:30 PM

Dangers exist all around your home, and unless safety precautions are in place, you leave yourself in danger. Aside from the kitchen, the bathroom is one of the most dangerous rooms in your home. Recognizing these dangers, and making some common sense decisions, will go a long way in protecting you and your family.

Learn the 411 on Medicare Coverage
TUESDAY, MARCH 24, 3:30 PM

Medicare is a government-sponsored program that people over the age of 65 and those who meet their special criteria turn to for their social insurance. This program provides health insurance, normally to seniors. Come and learn more about what it covers and what it does not.

Durable Medical Equipment Can Keep You Independent
TUESDAY, APRIL 28, 3:30PM

Durable medical equipment is any medical equipment used in the home to aid in a better quality of living. It is a benefit included through most insurance. In some cases, certain Medicare benefits may pay for them.

For more information or to RSVP, call us at (541) 276-1987 or visit us today!

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