

Our Community

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community@hermistonherald.com

IN BRIEF

Gospel-country singer to perform in Irrigon

A country gospel singer from Joplin, Missouri, will perform at Columbia View Community Church in Irrigon.

Eldon Potts will sing Saturday at 7 p.m. at 1230 Highway 730, Irrigon. There's no admission charge and everyone is welcome.

The musician is said to present a unique style of country gospel, which appeals to everyone. Potts, who has a degree from Ozark Bible College, shares in word and song. Potts and his wife, Sue, have worked with Christ To The Nations Ministries, mainly in the Philippines.

For more information, call the church at 541-922-4531.

Chair-ity event canceled, online auction still planned

Due to a lack of ticket sales, the annual Chair-ity Dinner and Auction has been canceled.

For those who have already purchased tickets for the event, the Clearview Disability Resource Center will provide a full refund. For individuals, businesses and groups who have already created a chair for the event, Clearview is looking to hold an online auction.

The dinner and auction, which started in 2014, had served as the primary fundraiser to support Clearview's Medical Loan Closet. The program provides short-term use of medical equipment, which can be checked out like library books.

For more information, contact 541-276-1130, clearviewoffice23@gmail.com or stop by the office at 307 S.W. Sixth St., Pendleton.

HHS class of 1966 sets reunion

The Hermiston High School class of 1966 will hold its 50-year class reunion Sept. 23-24.

The fun begins Friday and Saturday at 6 p.m. at Stet's Steakhouse (formerly Stetson's), 1619 N. First St., Hermiston. Saturday's activities include a prime rib or salmon dinner and live music by Brass Fire. Both nights feature an open bar.

The cost to attend is \$50 per person. For more information, call Terry Williams at 253-381-2198.

Episcopal bishop visits Pendleton church

Father Patrick Bell is the special guest during a celebration at Episcopal Church of the Redeemer.

Hamburgers, veggie burgers and hot dogs will be provided during the potluck gathering. Those attending are asked to bring a salad or dessert to share. The event is Saturday from 5:30-8 p.m. at the church, located at 241 S.E. Second St., Pendleton.

Bell was elected as the seventh bishop of the Episcopal Diocese of Eastern Oregon, which was announced Dec. 12. A half-time position, Bell is in the diocese two weeks a month while maintaining his residence in Coeur d'Alene, Idaho.

For more information, contact 541-276-3809 or redeemerchurch1897@gmail.com.

Emblem Club sets yard sale

The Hermiston Emblem Club is hosting a yard sale.

The event is Saturday from 8 a.m. to 2 p.m. at McKenzie Park, 320 S. First St., Hermiston. The cost for vendor tables to sell items is \$10.

For more information, call Angel Smith at 541-314-2607 or Carol Goin at 541-567-5718.

FREE EVENT FOCUSES ON HEALTH, FITNESS

Health fair features Teddy Bear Clinic, free flu shots

By TAMMY MALGESINI
Community Editor

The Family Health & Fitness Day is coming back — bigger and better.

Registered nurse Juli Gregory, director of education services at Good Shepherd Health Care System, said they were urged to bring the popular event back. A free health fair, it was discontinued a couple of years ago — even though it drew upwards of 4,500 people. After a two-year hiatus, a smaller version — S.E.A. of Health — was held in 2015.

In addition to the hospital, community partners include the Oregon State University Extension Service, the Healthy Communities Coalition and Hermiston High School. They are teaming up to offer people of all ages a free event that focuses on health and wellness.

The event, Gregory said, includes health screenings, activities, demonstrations and workshops. Event activities are both inside and outdoors Saturday from 9 a.m. to 2 p.m. at Hermiston High School, 600 S. First St. Geared for people of all ages, everything is free.

Angie Treadwell, Umatilla-Morrow SNAP-Ed program coordinator through the OSU Extension's Family and Community Health program, is thrilled to announce free flu shots are available. People are urged to arrive early to get immunized while supplies last.

Treadwell is pleased



STAFF PHOTO BY TAMMY MALGESINI

Kyler Browning listens to discharge instructions for his teddy bear at the Teddy Bear Clinic during a past Family Health & Fitness Day. This year's event, which provides free medical screenings, health-related activities and information, is Saturday at Hermiston High School.

with the variety of community organizations that have pulled together to make the event happen. Umatilla-Morrow County Head Start, she said, is heading to Portland to pick up 1,000 loaves of Dave's Killer Bread to distribute. In addition, she said the Walmart Distribution Center and Hermiston Breakfast Kiwanis have donated some great door prizes.

From kids to older adults and everyone in between, Gregory said the event offers something for everyone.

And, she said, the popular Teddy Bear Clinic will be seeing patients again. The clinic offers kids a chance to experience what it's like to go to the emergency room by receiving a teddy bear and then going through the typical steps of a visit to the hospital.

Gregory said it's a fun and educational activity. She's heard stories about kids getting home with their teddy bears and taking care of them based on treatment plans giv-

en to them at the clinic. "I just love it because it's a serious thing for them," Gregory said. "It's a fun event and the people that help with it love it. It's heart-warming."

A 8-10 hour fast is required for some of the medical screenings, Gregory said. She encourages people to come early and have that done and then attend a cooking class to get a treat.

The food demonstration sessions provide healthy meal preparation tips. In the past, Treadwell said the cooking classes were geared for kids, but people of all ages were showing up for them.

"We found people who live alone were interested because it was focused on preparing food for one person," she said.

Also, the demonstrations provide people a glimpse of things like Tai Chi or other exercise programs they may be curious about. In addition, people can get an up-close view of vehicles first responders use, including



STAFF PHOTO BY TAMMY MALGESINI

Getting an up-close view of an air ambulance drew a crowd during a past Family Health & Fitness Day. This year's event, which provides free medical screenings, health-related activities and information, is Saturday at Hermiston High School.



STAFF PHOTO BY TAMMY MALGESINI

Upwards of 45-50 booths are featured during the Family Health & Fitness Day. The event, which provides free medical screenings, health-related activities and information, is Saturday at Hermiston High School.

an air ambulance.

Also, Treadwell said, the Don Horneck Memorial Run begins and ends at Hermiston High School. Registration starts at 7:30 a.m.

"It is truly a full day of health and wellness," Treadwell said.

For more information about the Family Health & Fitness Day, call 541-667-3506.

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Representatives will be on site to support you with information on services through local, State and Federal agencies.

Presentations by: Oregon Department of Veterans Affairs, VA Health Care and more!
Over 20 service providers representing: Education, Home Loans, Compensation, Pension, Burial Benefits, Choice Program, and local resources.

Veterans Town Hall at 6:30 pm - Spouses, families and loved ones of Veterans are encouraged to attend!

Flu shots available for veterans.
RSVP 541-922-6420

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to everyone who made the Umatilla County Fair a fun event for the whole family.

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We also appreciate the many other businesses that donated items to make our fair the best possible. Thanks to all our volunteers and superintendents, and to all who made the 2016 Umatilla County Fair a huge success!

WE COULDN'T DO IT WITHOUT ALL OF YOU.