

BRIEFS

HHS class of '68 seeks classmates

Hermiston Senior High School class of 1968, where are you?

Organizers of the upcoming 50-year class reunion are seeking classmates who haven't registered. There's still time to sign up for the event, which runs Thursday through Sunday and includes lots of food, fun and friends.

For more information, call 541-564-0887 or 541-561-3011.

Community bands together for Butch Parrish

A benefit event will help raise money for Butch Parrish.

Parrish, who has worked for the Boardman Police Department since 1995, was left paralyzed when injured in the line of duty while working for the Stanfield Police Department in 1994. Due to some recent health issues, Parrish is facing another major surgery.

A spaghetti dinner will be served Wednesday, Sept. 26 from 5-8 p.m. at the Boardman Senior Center, 100 Tatone St. The cost is \$10 for adults and \$5 for kids 12 and under. For those unable to attend or who would like to contribute more, an account has been set up at Banner Bank. People can make a donation to the Butch Parrish Recover Fund at any branch of the bank.

For more information, contact the Boardman Chamber of Commerce at 541-481-3014 or info@boardmanchamber.org.

Cut a rug with dance classes

There's still time to register for upcoming dance classes offered through Hermiston Parks & Recreation.

Two different classes are available the first four Wednesdays in October and are held at the Hermiston Public Library, 235 E. Gladys Ave. No prior dance instruction is required to join.

The first session, which runs from 6:15-7:15 p.m., features the Country 2-Step and 4-Step Swing. The same basic step is used for each of them — learning to lead and follow is key to success with the two dances. The other class, which runs from 7:30-8:30 p.m., focuses on the West Coast Swing. The unique dancing style offers movement for a variety of music, including the funky and sassy sounds of pop, country, hip-hop, and rhythm and blues.

The fee for each class is \$30 for Hermiston residents or \$38 for non-residents. For more information or to register, contact 541-667-5018, visit www.hermiston.or.us/parksrec_recreation or stop by the recreation office at the Hermiston Community Center, 415 S. Highway 395.

Youth livestock auction set for Saturday

The public is invited to help support area youths from across Umatilla and Morrow counties during the Pendleton Jr. Livestock Show and Auction.

The event is Saturday at the Pendleton Round-Up Grounds pavilion, 1205 S.W. Court Ave. The show, featuring steers, lambs and hogs, begins at 9 a.m. The auction starts at 6 p.m.

The show and auction features 4-H and FFA youths. All purchases are tax-deductible.

For more information, including bump/absentee buyers, contact Chuck Wilcox at 541-571-2523 or Terry Hamby at 541-969-8277 or nnelson838@gmail.com.

Fire district plans open house

The Umatilla Rural Fire Protection District is showing off its new equipment and sharing information about services they provide.

An open house is set for Saturday from 10 a.m. to 2 p.m. at Umatilla Fire Station 11, 921 Sixth St., located in downtown Umatilla. The public is invited to the free event, which also features food and activities for the whole family.

For more information, contact Craig Bensen at craig.bensen@umatillafire.org or 541-922-3718.

Walla Walla VA celebrates Remembrance Day

A Remembrance Day event is planned at the Jonathan M. Wainwright Memorial VA Medical Center.

Veterans, their families and the general public are invited to honor former POWs and remember the MIAs Friday at 11 a.m. in the theater building, 77 Wainwright Drive, Walla Walla. The special guest speaker is former Cmdr. Laurence (Larry) Friese of the U.S. Navy.

He served during Vietnam and was a prisoner of war for 1,842 days. Friese was taken prisoner Feb. 28, 1968, and released during Operation Homecoming March 14, 1973. An excerpt from his Silver Star citation reads: "Despite the fact that he was consistently maltreated and subjected to severe cruelties, Captain Friese refused to cooperate with his captors in any manner."

Special thanks go to AMVETS Post #1111 for setting up the "Missing Man Table," which symbolizes members are missing. A light lunch will be served by the American Red Cross of Central and Southeastern Washington and Walla Walla VA's Voluntary Service is providing cake and drinks.

For more information, contact Linda Wondra at 509-525-5200 or linda.wondra@va.gov.

Health & fitness event is Saturday

Free event offers family fun, health screenings

By TAMMY MALGESINI
COMMUNITY EDITOR

The Teddy Bear Clinic will again be taking patients during the upcoming Family Health & Fitness Day.

The free health and wellness fair is appropriate for all ages. Jamie Crowell, a community health educator at Good Shepherd Health Care System, said the event offers people an opportunity to receive free health care screenings and gain information to address health concerns.

The event is Saturday from 9 a.m. to 2 p.m. at Hermiston High School, 600 S. First St. A number of community partners come together to offer the free event as a way to encourage people to focus on activities and prevention that assist with their overall health and fitness.

The educational event, Crowell said, arms people with information to assist them in making healthy lifestyle choices that benefit their health. Also, the public can receive a variety of free health screenings.

"In addition to having a health focus, it's a lot of fun," Crowell said.

The Teddy Bear Clinic is designed to help alleviate a child's fear in regards to a visit to the emergency room, Crowell said. Each participant receives a teddy bear and the child takes it through the admitting process, describes symptoms and give a health history of the stuffed animal. Medical testing and a diagnosis is provided on the bear. The child is given discharge instructions to carry out when taking the bear home.

"The kids love it," Crowell said. "It's a really great activity because the children are able to see the process if they have an accident or have to come to the



FILE PHOTOS

Brownie the teddy bear goes into surgery for a broken femur at the Teddy Bear Clinic during the 2016 the Family Health & Fitness Day. This year's event is Saturday at Hermiston High School.

emergency room."

Also, back for a second year is Nolan the Colon. The attention-getting giant inflatable colon replica provides an inside look at health concerns relating to colon cancer. It provides visitors with a better understanding of how colorectal cancer is identified, how it advances and ways to lower their risk for the disease.

Also, Crowell said personnel from the hospital's emergency department will be conducting bicycle helmet fittings. Children will receive a free helmet and encouraged to wear it while riding their bike.

Crowell said health screenings offered will provide immediate preliminary results. No fasting is required for such testing as lipids, which helps identify risk factors for heart disease, heart attack and strokes, as well as A1c screening, which checks blood sugar to determine pre-diabetes or diabetes. In addition, diagnostic imaging staff from Good Shepherd will be on hand to perform mammograms. People are encouraged to regis-



Family Health & Fitness Day offers free medical screenings, health-related activities and information Saturday at Hermiston High School.

ter in advance for limited appointment times. While people's insurance will be processed for the testing, those without medical insurance are encouraged to inquire about grants and financial aid programs available if they can't afford a mammogram.

The event also features dental and vision screenings, door prizes, healthy snacks and information about community health resources. Also, representatives from the Senior

Health Insurance Benefits Assistance program will be on hand to discuss available resources.

"I want everyone in the community to know that the health stuff may bring a certain level of seriousness to the event, but it's also a fun and family-friendly event," Crowell said.

For more information, contact Crowell at 541-667-3509 or Angie Treadwell at 541-567-8321 or angie.treadwell@oregonstate.edu.

Cason's Place celebrates first anniversary

The unveiling of a new outdoor activity area at Cason's Place is featured during the organization's one-year anniversary.

The nonprofit organization provides grief support. It was founded to help children and families adjust to their loss and heal in a healthy way.

Cason's Place was created in memory of Cason Terjeson, a 16-year-old who died during a farming accident in Umatilla County in 2007. The teen's family found grief support at the Dougy Center in Portland. Based on their experience, they spearheaded efforts to create something similar in Umatilla County.

The open house anniversary is Sunday from 1-3 p.m. at 1416 S.E. Court Ave., Pendleton. The event includes food and rock painting activities for the center's

memorial rock garden.

The new outdoor space honors the memory of Adrian Stump. The Pendleton native died in 2005 in Afghanistan while serving our country during Operation Enduring Freedom.

In its first year, Cason's Place served 46 children and their parents. Services are free for those grieving the death of a child, sibling or parent who reside in any Eastern Oregon community.

For more information, leave a message at 541-612-0828, visit www.casonspc.org or search Facebook.



HH FILE PHOTO

A volcano room offers guest a place to blow off steam in a safe environment. Cason's place has two volcano rooms.

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