

HERMISTON



Staff photo by Jade McDowell

Runners set out from Riverfront Park in Hermiston for an informal, untimed 5K Resolution Run to kick off the new year.

Fun run helps resolutions stick

By JADE MCDOWELL
East Oregonian

A few dozen runners proved they were serious about their New Year's resolutions Thursday by showing up bright and early at Riverfront Park in Hermiston for a 5K run and walk.

The informal event was mostly advertised through word of mouth and social media after a group of friends decided to invite the community to their morning run.

"We decided hey, let's open it up and see who comes," Tim Beal said. "People are making New Year's resolution and it's a good way to start out the new year."

He said one of his fitness resolutions for the year is working out more with other people. Thursday's run put him off to a good start on that goal, as well as his goal

to run 1,000 miles over the course of the next year.

Beal invited everyone there to join him and his friends on Monday nights at 6 p.m. at the Armand Larive track, and said he hoped other exercise enthusiasts were able to network and make plans for working out together at a time that works for them.

"It's good to be more connected to the community," he said.

Adrian Perez was one of the runners who showed up Thursday, and he said he had a good first run of 2015. One of his New Year's resolutions is to compete in one of the running events at the Richland Runfest in the Tri-Cities in February.

"I'm trying to find more fun runs," he said. "It makes me more accountable to run consistently."

Dawn Kennison-Kerrigan

said she took the challenge in December to run every day, and she hopes to keep that pattern up for as long as possible in 2015. She didn't have a specific strategy for keeping her goal.

"Just keep running," she said.

Megan Wright said she didn't set any fitness goals for this year, but "just knowing it will pay off later" was enough to keep her running through the new year.

Studies show more than a third of New Year's resolutions are broken within a month, and weight loss goals top the list. According to Men's Health magazine gyms tend to see their traffic increase 30 to 50 percent every January — a fact that should come as no surprise to every regular who braces for the yearly onslaught of newbies stealing their preferred treadmill until they resolve

peters out sometime in February.

Having a workout buddy to keep you accountable is one of the strategies recommended by experts, so Thursday's Resolution Run and the subsequent networking that went on after the run was a step in the right direction. Other suggestions include writing goals down, keeping an inspiring photo or quote up as a reminder and setting a series of smaller, more manageable goals instead of one broad one (i.e. "Only have one dessert a week and always take the stairs at work" versus "Lose 15 pounds").

Beal said he hopes to make the Resolution Run an annual event.

"It was a fun morning," he said.

Contact Jade McDowell at jmcdowell@eastoregonian.com or 541-564-4536.

PENDLETON

Shooting suspect to face assault, weapons charges

PENDLETON — The suspect in the recent shooting of a Pendleton man faces charges during an arraignment Friday in Hermiston.

The Umatilla County District Attorney's Office plans to charge Anthony Michael Sabin, 25, of Pendleton, with two counts of second-degree assault, unlawful use of a weapon against another, unlawful discharge of a weapon and felon in possession of a firearm, according to the county's circuit court calendar.

Pendleton police Chief Stuart Roberts identified Sabin as the suspect who pistol-whipped Brandon Valera, 25, of Pendleton, and then fired the bullet that struck Valera in his side during a confrontation at about midnight Dec. 24 in a garage at 723 S.W. 28th St., Pendleton.

Valera required surgery at a Seattle trauma center. Sabin remains in the Umatilla County Jail, Pendleton. His arraignment is Friday at 10 a.m. in circuit court at Stafford Hansell Government Center, Hermiston.

BRIEFLY

UEC offers free D.C. trip

HERMISTON — Eastern Oregon students have the opportunity to visit Washington, D.C., on the Umatilla Electric Cooperative's dime this summer.

The cooperative is offering an all-expenses paid trip in June to a high school junior from Umatilla County or Morrow County whose parent is a member of UEC.

The student would be representing UEC on the National Rural Electric Cooperative Association's Washington, D.C. Youth Tour on June 11-18. He or she will tour the nation's capital, listen to speakers explain the importance of local electric cooperatives and meet Oregon's representatives and senators.

Interested students can download the application from www.umatillaelectric.com.

Applicants must also submit a parental consent form, two letters of reference and choose from one of three essay prompts to respond to.

Applications are due Jan. 8 at the UEC offices at 750 W. Elm Ave. in Hermiston or 203 E. Boardman Ave. in Boardman, or faxed to 541-564-4345.

Fiber fans invited in to spin

PENDLETON — Ring in the new year by starting a new project or resolving to finish an old one.

Pendleton Center for the Arts hosts its monthly Spin-In Saturday from 1-4 p.m. at 214 N. Main St. Fiber enthusiasts are invited to bring spinning wheels, knitting and crochet projects and those great goodies Santa left under the tree for show and tell.

Coffee, tea and good company will be provided around the fireplace. All fiber fanatics and those interested in learning about fiber arts are encouraged to attend.

For more information, call 541-278-9201.

Briefs are compiled by staff and wire reports. Send community news items to community@eastoregonian.com

COMING EVENTS

FRIDAY, JAN. 2
WALKING FOR WELLNESS, 8:30-9:30 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave., Pendleton. Free. (541-276-8100).

STORY TIME, 10:15-11 a.m., Hermiston Public Library, 235 E. Gladys Ave. (541-567-2882).

TODDLER STORY TIME, 10:15-10:45 a.m., Pendleton Public Library, 502 S.W. Dorion Ave. (541-966-0380).

PENDLETON SENIOR MEAL SERVICE, 12 noon, Pendleton Senior Center, 510 S.W. 10th St., Pendleton. Cost is \$3.50 for seniors, \$6 for those under 60. Meet new friends, enjoy pool, puzzles, crafts, snacks, Second Time Around thrift store and more from 9 a.m. to 1 p.m. For Meals On Wheels call CAPECO at 541-276-1926. (Maxine 541-276-5303).

STORY & CRAFT TIME, 2 p.m., Echo Public Library, 20 Bonanza St. Oct-May only

AFTER SCHOOL STORY TIME, 4 p.m., Pendleton Public Library, 502 S.W. Dorion Ave. Older siblings welcome. (541-966-0380).

VFW BINGO, doors open at 6 p.m., games start at 7 p.m., Hermiston VFW, 45 W. Cherry St.

SATURDAY, JAN. 3
ALL-YOU-CAN-EAT BREAKFAST, 6-10 a.m., White Eagle Grange, between Pendleton and Pilot Rock on Highway 395 South. Suggested donation \$7 for ages 8 and up, \$4 for ages 5-7 and free for 4 and under. Donate 2 non-perishable food items for \$1 discount. (Gail 541-276-3778).

PANCAKE BREAKFAST, 7-10 a.m., Stanfield Community Center, 225 W. Roosevelt, Stanfield. \$5 for full breakfast/\$3 for lighter meal. Benefits general maintenance fund. Volunteers welcome. (541-449-1332).

SCHOLARSHIP AND FAFSA FAIR, 9 a.m. to 1 p.m., Riverside High School, 210 Boardman Ave., Boardman. Riverside and Irigon High School students can receive help with filling out the FAFSA and make plans to earn college credits through Eastern Promise. Scholarship drawing and door prizes for all high school students attending; free pizza will be served. A flu shot and immunization clinic for children 11 and older also will be available; bring insurance information and immunization records.

FREE FOR ALL, 9:30-10:15 a.m. Pendleton Center for the Arts, 214 N. Main St., Pendleton. Family art experience for children up to age 12. Children under 8 should be accompanied by an adult. (541-278-9201).

HIP & HANDMADE, 11 a.m. to noon, Pendleton Center for the Arts, 214 N. Main St., Pendleton. Free drop-in art project class for adults. (541-278-9201).

SATURDAY SPIN-IN, 1-4 p.m., Pendleton Center for the Arts, 214 N. Main St., Pendleton. Fiber enthusiasts are encouraged to bring spinning wheels, portable looms and other tools of the craft to share

fellowship and expertise. Coffee and tea provided. (541-278-9201).

SUNDAY, JAN. 4
SPECIAL NEEDS OPEN GYM, 12 noon to 1:30 p.m., Pendleton Recreation Center, 510 S.W. Dorion Ave. Free for special needs children and families. (541-276-8100).

ADULT OPEN GYM, 7-9 p.m., Pendleton Recreation Center, 510 S.W. Dorion Ave. Free access for ages 16 and up. (541-276-8100).

MONDAY, JAN. 5
WALKING FOR WELLNESS, 8:30-9:30 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave., Pendleton. Free. (541-276-8100).

SENSORY PLAY, 10 a.m., Children's Museum of Eastern Oregon, 400 S. Main St., Pendleton. For children ages 0-3. Lots of sensory stimuli to encourage young children to explore their world. Free with paid admission. (541-276-1066).

PRESCHOOL STORY TIME, 10:30 a.m., Athena Public Library, 418 E. Main St. For ages birth to 6. (541-566-2470).

TOT TIME, 10-11 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave. For children ages 0-5. Cost is \$1 per child. (541-276-8100).

PENDLETON SENIOR MEAL SERVICE, 12 noon, Pendleton Senior Center, 510 S.W. 10th St., Pendleton. Cost is \$3.50 for seniors, \$6 for those under 60. Meet new friends, enjoy pool, puzzles, crafts, snacks, Second Time Around thrift store and more from 9 a.m. to 1 p.m. For Meals On Wheels call CAPECO at 541-276-1926. (Maxine 541-276-5303).

ART STUDIO, 4:00-5:30 p.m. Pendleton Center for the Arts, 214 N. Main St. Free class for ages 7-12 to develop skills and encourage art exploration. (541-278-9201).

BOARDMAN TO HEMINGWAY TRANSMISSION LINE PROJECT OPEN HOUSE, 5-8 p.m., Port of

Morrow Riverfront Center, 2 Marine Drive, Boardman. Interact with project staff, learn more about the draft Environmental Impact Statement, ask questions about the National Environmental Policy Act analysis and decision process, discuss concerns and submit written comments. Everyone welcome.

TUESDAY, JAN. 6
TERRIFICALLY FREE TUESDAY, all day, Children's Museum of Eastern Oregon, 400 S. Main St., Pendleton. Free admission all day. (541-276-1066).

WALKING FOR WELLNESS, 8:30-9:30 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave., Pendleton. Free. (541-276-8100).

PRESCHOOL STORY TIME, 10:30-11 a.m., Stanfield Public Library, 180 W. Coe Ave. (541-449-1254).

BOARDMAN SENIOR MEAL SERVICE, 12 noon, Boardman Senior Center, 100 Tatone St., Boardman. Cost is \$4 for seniors 55 and older and \$5 for adults. All ages welcome. (541-481-3257).

HERMISTON SENIOR MEAL SERVICE, 12 noon, Hermiston Senior Center, 435 W. Orchard Ave. Costs \$3.50 for seniors 50 and over, \$4 for adults under 50, \$4 for Meals on Wheels home delivery. Extra 50 cents if center provides table service. Transportation can be arranged by donation. (541-567-3582).

JUNGLE STORY TIME, 12 noon to 2 p.m., Children's Museum of Eastern Oregon, 400 S. Main St., Pendleton. Free with paid admission. (541-276-1066).

PENDLETON SENIOR MEAL SERVICE, 12 noon, Pendleton Senior Center, 510 S.W. 10th St., Pendleton. Cost is \$3.50 for seniors, \$6 for those under 60. Meet new friends, enjoy pool, puzzles, crafts, snacks, Second Time Around thrift store and more from 9 a.m. to 1 p.m. For Meals On Wheels call CAPECO at 541-276-1926. (Maxine 541-276-5303).



ART. View it, buy it, make it. At the Arts Center.
www.pendletonarts.org