

HERMISTON

Whatever floats your goat

New yoga studio brings in barnyard friends for river event

By **JADE MCDOWELL**
East Oregonian

The goat yoga craze is coming to Eastern Oregon.

No, the baby goats won't be doing downward facing dog — but they will be hanging out with the humans stretching and posing on May 25 at 6:30 p.m. at Boardman River Lodge.

"I had a huge request for it because they've been doing it in Portland and someone just did one in the Tri-Cities," said Lauren Barth of Nourish Yoga.

The special class, which will take place outdoors as participants play with six baby goats and watch the sun begin to set, is one of a variety of just-for-fun yoga classes Barth offers as part of her new yoga-only studio based in Hermiston.

Nourish Yoga offers gentle yoga, Vinyasa flow, hot yoga, meditation, "brogas" for men, kids' yoga and a variety of other classes in Suite 202 of the Cornerstone Plaza, behind Kobe Hibachi Sushi. But Barth also likes to

mix it up with special events like the goat yoga.

On June 17 at 3:30 p.m. Barth will offer a wine and yoga event at Echo Ridge Cellars in Echo. She said she moved the event earlier in the day to encourage people to go check out the food and artists at the Echo Open Air Market afterward. She is also offering free yoga at Riverfront Park in Hermiston at 7 a.m. this Saturday.

Barth said she first got into yoga when her high school offered a class, and continued with classes through college and adulthood, eventually earning her teaching certification and becoming an instructor. She opened her own studio in January.

She said she also has an extensive background in martial arts and enjoys how perfectly the two disciplines fit together.

"I love the yin and the yang," she said.

She said yoga can help with balance, strength, flexibility, focus, sleep, stress management and can even



Contributed photo by Lauren Barth

Nourish Yoga will add baby goats to a yoga class on May 25.



Contributed photo by Lauren Barth

Lauren Barth, pictured, opened Nourish Yoga in Hermiston in January.

help combat anxiety and depression.

If people want to introduce their children to yoga, Barth is offering classes at 9 a.m. and 6 p.m. on May 26 in her studio, targeted toward children ages 3 to 10. The fee will be by donation only, and 100 percent of funds donated to the two classes will benefit the Made to Thrive nonprofit that helps low-income Hermiston students participate in sports teams.

"Twenty-five kids came last time," she said.

She said all of her classes are "beginner-friendly" and she's always happy to take

requests for new times or types of classes.

For a full schedule of class offerings, pricing, event sign-ups and other information, visit www.nourishwholeyoga.com or follow Nourish Yoga on Facebook.

Barth is borrowing goats from a friend for the event on May 25, and said spaces in the class are filling up fast. "Baby goats only stay baby goats for so long," she said, "so I don't know how long I'll be able to offer that."

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

Elgin man killed in logging truck crash

La Grande Observer

A 41-year-old Elgin man was killed Thursday in a logging truck wreck.

According to a Union County Sheriff's Office press release, the Union County Dispatch Center received a call from the Lookout Mountain area in northern Union County about a logging truck crash.

UCSO Deputy Travis Perkins arrived on scene from Elgin. The deputy administered first-response medical aid to Justin Lee "Bud" Hook until an ambulance arrived, but Hook was pronounced dead at the scene due to injuries sustained in the crash. Hook was the sole occupant of the truck at the time of the accident.

Hook was the nephew of Union County

Commissioner Steve McClure, who said he was a very nice person.

"He was the second of two kids my brother had," McClure said. "Bud had a couple of kids. He was a super, nice, gentle man."

McClure said he hasn't been able to speak to his family directly.

UCSO Sgt. Bill Miller could not offer many additional details of the accident Thursday afternoon. Miller said deputies were still on the scene. He said it was a "remote area" and there was no cause of the accident determined.

From what he had been informed, Miller said the accident occurred on a county road near Forest Service Road 62, north of Lookingglass Fish Hatchery.

BRIEFLY

Local dancers to present ballet performance

PENDLETON — The Jr Jam Ballet will present a fully narrated version of the Russian fairy tale "The Firebird," along with "Aurora's Wedding" from "The Sleeping Beauty."

Julie Sneden-Carlson brings 50 local dancers together to perform the ballet classics. The performances are Thursday, May 25 and Friday, May 26 at 7 p.m., and Saturday, May 27 at 2 p.m. in the Bob Clapp Theater at Blue Mountain Community College, 2411 N.W. Carden Ave., Pendleton. The cost is \$5 for adults and \$3 for youths under age 12.

For more information, contact Sneden-Carlson at snedcarl@yahoo.com or 970-261-5331.

Funfest seeks vendors

HERMISTON — As Hermiston prepares to celebrate the 12th annual Funfest, organizers are seeking vendors for the July 8 event.

Debbie Pedro, Hermiston Chamber of Commerce executive director, said last year's event attracted more than 5,000 people. Vendors have an opportunity to get a lot of visibility with thousands of people in attendance. Setting up a vendor booth, Pedro said, offers an opportunity to promote your business, art work, crafts, commercial products or fundraisers. Also, vendor booths can join the fun by setting up a game booth.

Different size booths are available. Space is \$35 or \$65 for nonprofit vendor booths, \$45/\$80 for chamber members or \$65/\$125 for commercial vendors.

The application and additional information is available at www.hermistonchamber.com. For questions, contact 541-567-6151 or info@hermistonchamber.com.

Special grief camp accepting applications

WALLA WALLA — A camp that specializes in providing a weekend experience is available for grieving children ages 7-14.

Camp Amanda programs help kids begin to talk about their feelings related to a death of someone special and teaches them coping skills. Camp leaders include professional bereavement counselors and specially trained volunteers. Participants also engage in traditional camp activities.

In its 33rd year, up to 30 children may participate in Camp Amanda. There is no charge to the children or their families. The camp dates are July 28-30.

The deadline for registering is June 15, or when the available spaces are filled. For more information, call Walla Walla Community Hospice at 509-525-5561 or visit www.wwhospice.org/campamanda.

PENDLETON

Downtown comes alive with the underground

East Oregonian

As Pendleton Underground Tours come to life Saturday, the Pendleton Downtown Association wants to ensure Main Street remains lively as well.

On the same day the underground tours conducts its annual re-enactment of old Pendleton, the association will be putting on its Downtown Comes Alive event to promote shopping and patronage.

After the Downtown Holiday Stroll brought more than 900 people to Main Street in December, the association board wanted to create a follow-up event.

"We wanted to find ways to get people downtown and show community pride," said Molly Turner, the association's executive director.

The resulting event was Downtown Comes Alive, which will feature similar events and promotion without the icy weather and yuletide theme from 9 a.m. to 11 p.m.

Shortly after the event kicks off, the Pendleton Lions will parade down Main Street at 10 a.m.

The Main Street Cowboys will bring their calliope to the downtown area while actors performing as period characters from Blue Mountain Community

College theatre program will be strolling through the area throughout the day.

A beer garden with cocktails from Oregon Grain Growers Brand Distillery will be featured at the Great Pacific Wine & Coffee Co.

This is in addition to the two dozen downtown businesses and organizations offering special sales and events, including the ReRide Resale Western Store and Boutique, Hamley SteakHouse, New York Richie's, Pendleton Coffee Bean & Bistro, the Children's Museum of Eastern Oregon, Bella Cosa and the Pendleton Center for the Arts.

In addition to cocktails at Great Pacific, the Oregon Grain Growers distillery at 511 S.E. Court Ave. is hosting a "Mix it Up!" fundraiser for the Oregon East Symphony.

The event will include unique cocktails inspired by the symphony musicians, hors d'oeuvres and a Dutch auction. Tickets are sold at the door.

Turner said the association is already planning bring back the holiday stroll for 2017, and if Downtown Comes Alive is successful, these types of association-sponsored events could become regular mainstays 2-3 times per year.

New ag wells prohibited in Walla Walla subbasin

By **MATEUSZ PERKOWSKI**
EO Media Group

SALEM — Oregon's water regulators have unanimously voted to stop permitting new agricultural wells in Northeast Oregon's 300,000-acre Walla Walla subbasin due to groundwater depletion concerns.

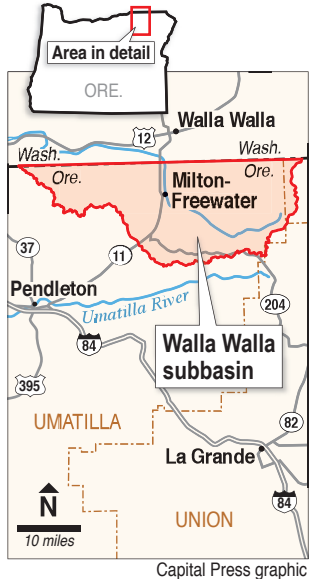
At its May 11 meeting, the Oregon Water Resources Commission also designated the subbasin as a "serious water management problem area," which means irrigators with existing basalt wells must install flow meters to measure their water usage and report it to state regulators.

The restriction on new wells doesn't apply to exempt uses, such as domestic uses and livestock watering.

The decision was prompted by requests from senior water right holders in the region who complained of being unable to pump enough water, said Justin Iverson, groundwater section manager for the Oregon Water Resources Department, which is overseen by the commission.

"We do have a pretty wide distribution of water level declines across the full basin," Iverson said.

Groundwater levels have



Capital Press graphic

flow meters on their wells, which is a year longer than initially planned, he said.

The deadline was extended because local contractors likely wouldn't have enough time to install the equipment by the end of 2017, since they'd have to wait until the irrigation season ends in autumn, Iverson said.

There's no sunset clause for the prohibition on new agricultural wells, so new permits cannot be issued unless the commission changes the rules, he said.

It's possible the commission could reach such a

decision if new data shows that additional well drilling in some areas would not be harmful, he said.

Even before the new rules were adopted, OWRD was denying new groundwater rights applications on a case-by-case basis, since hydrogeological evaluations have consistently shown the water isn't available, said Brenda Bateman, administrator of the agency's technical services division.

The situation has gotten to the point where the agency needed to establish a broader policy against new well permits, she said.

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Special thanks go to family, friends and neighbors for their love and kindness.