

HERMISTON

Naturopathic physician steps into mentor's shoes

Hermiston native returns home to practice natural medicine

By **KATHY ANEY**
East Oregonian

As a Hermiston High School student interested in medicine, Anton Alder once dreamed of becoming a neurosurgeon.

Then he got an after-school job as a filing clerk at the Peterson Clinic in Hermiston. The teenager came into the orb of naturopathic physician Kenneth Peterson — Dr. Ken — who eventually introduced him to a different approach to healing. Peterson, who started the clinic in 1953, coupled traditional medicine with alternative practices such as nutrition, herbs and chiropractic manipulation.

Alder, now 32, recently returned to Hermiston as a licensed naturopathic physician to step into his mentor's big shoes.

Peterson, who retired in 2017, was honored in 2010 as the longest continuously practicing naturopathic physician in Oregon. He received the Living Leg-

end award, given by the National University of Natural Medicine and the Oregon Association of Naturopathic Medicine. In the early days, he also provided primary care and delivered a number of babies.

After Alder earned a biology degree at Brigham Young University-Idaho, he returned to Hermiston to work as Peterson's assistant and help with the clinic's neurofeedback program, led by Peterson's son, Kris Peterson. He grew more intrigued as he assisted Dr. Ken.

"I saw people get better with really simple treatments and thought that is really cool," he said. "The more I followed him around, the more I realized that I really have to figure out what he's doing."

He attended the University of Bridgeport's College of Naturopathic Medicine. The first two years, he said, were comparable to conventional medical school with classes on microbiology, anatomy, physiology and other subjects. The next two years were largely clinical.

His dreams of becom-



Alder

ing a neurosurgeon faded into the rear-view mirror.

"The more I got into neurology, the more I realized you do not want to cut into that intricate system unless it's absolutely necessary," he said.

"There are times when it's an absolute necessity, but if there's any other way, it's worth exploring."

Alder prefers to concentrate on prevention and healing with less invasive methods. He said patients should expect long visits at least initially as he learns about physical condition, environment, eating habits and other relevant factors. He may order lab tests to provide additional information.

"We have very distinct therapeutic order that we follow," Alder said. "We consider the least invasive techniques first and work our way up."

That could mean nutritional changes, supplements, spinal manipulation, biofeedback, counseling, homeopathy or another technique.

"In school, we are given a very large array of ideas," he said.

Alder said naturopathic

physicians look for trends in the data as a way to prevent health problems from occurring.

"Say someone's blood sugar is going up and up. It's not in the danger zone yet, but the trend is worrisome," he said. "Let's not wait until you are pre-diabetic or diabetic to treat it if it can be prevented in the first place."

Alder knows his profession has its critics. Much of the criticism comes, he said, because of unlicensed naturopaths who haven't attended four-year naturopathic schools or passed licensing exams, but practice anyway. Oregon requires licensure.

Peterson expects his protégé to flourish as he launches his career.

"I'm very proud of him," Peterson said. "I'm very confident in him. He's going to be a great doctor."

Alder who lives in Hermiston with his wife, Patricia, and three children, will start seeing patients on July 16. He joins clinic owner Kris Peterson, a chiropractic internist, and Trent Teegarden, who specializes in sports medicine.

Contact Kathy Aney at kaney@eastoregonian.com or 541-966-0810.



Staff photo by Jade McDowell

A truck enters the newly-opened festival street in Hermiston.

Hermiston's festival street officially open, ribbon cutting July 14

Hermiston's festival street is officially open.

The updated section of Northeast Second Street is located between Main Street and Gladys Avenue in front of city hall. The street has been raised to the same level as the sidewalk and the city added low walls, bollards, trees, decorative lamp posts and brickwork.

The roughly \$1.5 million project, paid for by the Hermiston Urban Renewal

Agency, was to help revitalize downtown by drawing foot traffic there during events hosted by the city or other groups. The street will be open to traffic and parking most of the time but can be blocked off during events and during the Christmas season, when the city places a giant tree by city hall.

While the street opened to traffic Friday, an official ribbon-cutting will take place at 1 p.m. on July 14 during Funfest.

Hermiston to discuss \$4.5 million North First project

By **JADE MCDOWELL**
East Oregonian

The Hermiston city council will consider an intergovernmental agreement Monday for a \$4.5 million project to upgrade North First Place.

The legislature's 2017 transportation package specifies the city won't get the money until 2022, however, so assistant city manager Mark Morgan said it's a case of "hurry up and wait."

The agreement with the Oregon Department of Transportation will pave the way for the city to receive the funding to widen North First Place, add a sidewalk to the west side, add a parallel bike-

ped path along the east side, install curbs, gutters, street lights and other improvements. The city hopes to also add a turn lane at the intersection of North First Place and Elm Avenue.

All of the improvements will be designed to encourage more vehicles and pedestrians to use North First Place as an alternative north-south route through Hermiston instead of Highway 395, where traffic congestion has increased as the community grows.

Morgan said in a news release that he knows once the project is publicized people will likely ask why the city didn't focus on other projects instead, like a traffic signal by

the high school. He said the city presented \$39 million in street projects to the legislature's transportation package committee when they were crafting the bill, and this is simply the project they chose to fund.

"The good news is that receiving these funds which are dedicated to this specific area will help the City keep other funding options open to tackle those other areas in the future," he wrote.

Many Oregon cities — including Pendleton — did not receive any earmarks for their projects at all, and Morgan said the city was extremely grateful to Rep. Greg Smith and the rest of the

legislature for the funding it did receive.

Hermiston's appropriation was only one line long in the legislation, so Morgan said the intergovernmental agreement the council will be asked to approve Monday is just helping ODOT and the city get "on the same page" about the scope of the project and how payment will work. The city will be responsible for any cost overruns beyond the \$4.5 million.

Monday's regular city council meeting starts at 7 p.m. at city hall, 180 NE Second St., with a work session listed at 6 p.m. to get an update from Hermiston Energy Services.

Milton-Freewater reassigns transportation duties

East Oregonian

Following the impending retirement of Teresa Dutcher, human resource officer and public transportation coordinator, the city of Milton-Freewater is reassigning administrative duties for the transportation program to City Planner Laurel Sweeney and planning assistant Lisa Wasson.

The city runs a door-to-door taxi ticket program for seniors and disabled residents and a fixed-route program that provides three daily trips to College Place and Walla Walla.

Sweeney and Wasson will take over for Dutcher on June 29.

The pair won't be the only Milton-Freewater employees that will soon see a shift in duties.

Mike Watkins will be promoted to electric superintendent on July 1, succeeding the retiring Rick Rambo.

Over his 23 years with the city, Watkins has worked as a lineman and a community development supervisor.

Watkins will now lead City Light and Power, the oldest municipal electric utility in Oregon.

Confederated Umatilla Journal sweeps up national awards

MISSION — The Confederated Umatilla Journal won 20 awards for work it published in 2017.

The Native American Journalists Association on June 12 announced its 2018 National Native Media Award winners. The CUJ was second in general excellence and second in best layout and design, and its staff won 18 individual awards, including seven first-place awards.

The journal is the monthly newspaper for the Confederated Tribes of the Umatilla Indian Reservation. Chuck Sams, CTUIR communications director, said in a written statement about the awards he was proud of the CUJ and communications staff as a whole.

"We work together to produce a 50-plus page paper

monthly," he said. "This takes a strong team effort."

The journal competes in a category for newspapers with a circulation between 5,000 and 10,000. The CUJ prints

about 8,000 copies a month, which it distributes to tribal households, a subscriber list and are distributed free around the community.

Eric Quaempts, interim

executive director for the tribes, said the individual awards speak well of "staff's journalistic skills and work ethic to produce good stories and reporting."

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1:00* 3:30* 6:30 7:00 9:30
ED 4:00 10:00

INCREDIBLES 2 (PG)
12:50* 1:20* 6:50
ED 4:10 9:40

TAG (R)
12:40* 2:50* 5:00 7:10 9:20

OCEANS 8 (PG13)
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Our gratitude also goes to all the Girl Scout members and friends who helped plan, set up and run the event. And much appreciation to the fathers/ father figures and their princesses for sharing an evening with us!