

# Hermiston gym owner returns to roots

Cindee Henderson says smaller gym location is perfect for her, clients

By ERICK PETERSON  
East Oregonian

HERMISTON — Higher Power Fitness in Hermiston is up and running right where the owner wants it — in a small building next to her home.

That's where Cindee Henderson began her physical training business eight years ago. After some success, she opened other locations, which she has since closed. Henderson said she could not be happier to return to where she started.

"There seemed to be a market for larger group training, which I thought we could grow into," Henderson said, explaining why she moved into a couple of different locations — first the Cornerstone Building in Hermiston for a couple of years and then the 2120 Building off of Highway 395 in Hermiston for another five years. She said she found it easier at the time to get insured in the building rather than in her home, but she has solved that problem, too.

While in 2120, she had seven staff trainers and offered fitness classes, but the business did not grow the way she wanted, she said.

"The large classes that we wanted to do just didn't take off with our client base," she said.

She said she mostly works with older women who don't want to be in a large gym and prefer the "close camaraderie" encouraged by a smaller,



Erick Peterson/East Oregonian

Cindee Henderson picks up some equipment in her training studio, Nov. 24, 2021, in a small building next to her home in Hermiston.

less industrial space.

This suits Henderson just fine, because she also likes smaller settings and smaller groups more. In her current location, available by appointment only, she has one-on-one sessions and group workouts of up to six people.

"A lot of them have been with me for six or seven years, or I know them really well," she said.

She described her classes as "functional fitness," with unique routines based on the needs of her clients, her observation and their feedback. They use resistance bands, dumbbells, barbells and kettlebells.

Her gym in the 2120 Building closed in March

2020, just as the pandemic was starting, she said. Then she opened for a few weeks in June 2020 and a few weeks in July. When she was open, she said, she had people wear masks and "followed all the rules" to protect herself and her older clients. Meanwhile, trainers came and went, she said.

She said the closings and uncertainty gave her a chance to step back and ask if it was really what she wanted. At 65 years old, she decided she did not want to spend the time and effort it would take to build a large gym.

"This is it," she said, motioning around toward her small location and its equipment. "My clients and I love it."

## Man armed with hunting knives loses to police armed with less-lethal round

By PHIL WRIGHT  
East Oregonian

HERMISTON — Hermiston Police Chief Jason Edmiston reported officers early Tuesday, Dec. 7, used less-lethal rounds to subdue and arrest a man who refused to drop knives and threatened to kill the officers.

Police at about midnight responded to a residence in the 1000 block of West Hermiston Avenue on a report of a man, Matthew Earns, 30, armed with a gun. Four Hermiston officers — one was still in field training — responded, Edmiston said.

Officers found Earns in the parking lot, but instead of a gun, according to Edmiston, Earns pulled out two large hunting knives.

"Earns kept officers at bay with the knives for approximately one hour," he said. "During that time, Earns threatened to kill each officer more than once. Earns was

highly intoxicated and still drinking during the encounter. At one point, Earns stabbed a knife into the Tonneau cover of a department pickup."

Edmiston also said police repeatedly told Earns, who jail records show is 6 feet tall and weighs 230 pounds, to drop the knives, but he would not. And as he was advancing on police, one officer shot Earns with a 40 mm less-lethal round.

Even then, Edmiston said, Earns did not drop the knives, so police shot him a second time.

The police chief explained given Earns' state, the 40 mm rounds — which are about 1.6 inches in diameter, have a plastic body and a sponge nose — were the best options. The weapon is accurate, he said, while a Taser stun gun needs both prongs to hit a person to be effective. Edmiston said if one of the prongs missed Earns, the situation could have

been much worse.

Police took Earns to the emergency department at Good Shepherd Medical Center, Hermiston, for X-rays, Edmiston said, and once medical staff cleared him, it was off to the Umatilla County Jail, Pendleton.

After taking Earns into custody, police questioned his girlfriend and her elderly mother. Edmiston reported officers found Earns strangled his girlfriend and threw her on the floor and forced her mother into a bedroom and threatened to kill her if she came out.

During an arraignment the morning of Dec. 7, the Umatilla County District Attorney's Office brought initial charges against Earns of felony strangulation, three counts of unlawful use of a weapon, two counts of menacing, one count of second-degree criminal mischief and two counts of harassment. The court set his bail at \$150,000.

## Former Echo boys basketball coach files lawsuit for more than \$200K

Aaron Noisy alleges gender discrimination in lawsuit against school district

By PHIL WRIGHT  
East Oregonian

ECHO — The former head coach for the Echo High School boys basketball team has filed a discrimination lawsuit against the Echo School District.

Aaron Noisy, through the Dolan Law Group, a Portland firm, filed the complaint Thursday, Dec. 2, in Umatilla County Circuit Court. Noisy seeks \$203,391 — \$2,391 in economic damages and noneconomic damages of at least \$200,000.

Echo School District Superintendent Raymon Smith said he received a copy of the lawsuit but the district could not comment on pending litigation, and the district's insurer would handle representation.

The district employed Noisy from 2018-20 as an alternative education teacher, head high school boys basketball coach, assistant high school girls basketball coach and assistant high school football coach. According to the eight-page complaint, Smith in March 2020 asked Noisy if he was interested in taking over the head high school girls basketball coach position.

During the next few months, according to the court filing, "Smith made it clear that the job was (Noisy's) to turn down," and Noisy said he wanted to take over the position.

The complaint claims Noisy applied for the job in May 2020 and on June 9 had an in-person interview for the job with a committee that included Athletic Director Don Walker, high school football coach Thomas VanNice and school board member Jennifer Cox.

The complaint also claims the district interviewed Brandi Russell, district math

teacher, physical education teacher and middle school girls basketball coach.

After the interview, Walker told Noisy he did not get the job because the district wanted a woman coaching the girls team.

The complaint claims Noisy asked the district several times to rectify the gender discrimination, including an in-person meeting with Smith and Walker that resulted in Walker agreeing to write an apology for discriminating against him.

That letter came in an email Sept. 24, 2020, according to the complaint, but was not an apology, although it acknowledged Noisy's gender was a reason he did not get the job. Noisy on Oct. 12, 2020, gave the Echo School District a tort claim notice.

Following that, the district became a difficult place for Noisy to work, the complaint alleges, with once friendly co-workers now excluding him. Noisy left the district in early June.

EO-11715 NOTICE OF SUPPLEMENTAL BUDGET			
A public meeting, at which proposed supplemental budgets for Umatilla County, State of Oregon for the fiscal year July 1, 2021 to June 30, 2022 will be discussed, will be held in Room 130, Umatilla County Courthouse, 216 S.E. Fourth Street, Pendleton, Oregon. The meeting will take place on the 1st day of December at 9:00 a.m. A copy of the supplemental budget documents may be inspected or obtained on or after November 25, 2021 at the Umatilla County Courthouse, Room 116 between the hours of 8:00 a.m. and 5:00 p.m.			
<b>Fund: Emergency Mgmt Grants</b>			
Resources:	Amount:	Requirements:	Amount:
State Revenue	\$57,418	Materials & Services	\$35,550
Transfers In	\$10,000		
Revised Total Fund Resources	<b>\$122,418</b>	Revised Total Fund Requirements	<b>\$122,418</b>
Comments: The <u>Emergency Management Grants Program</u> requires a supplemental budget to appropriate funding not known at adoption of the budget. This requires a decrease in State Revenue of \$86,632, an increase in Transfers In of \$10,000, a decrease in Materials & Services of \$25,500, a decrease in Capital Outlay of \$57,582 and an increase in Contingency of \$9,450			
<b>Fund: Economic Development Program</b>			
Resources:	Amount:	Requirements:	Amount:
Federal Revenue	\$100,000	Materials & Services	\$1,846,626
Revised Total Fund Resources	<b>\$2,311,867</b>	Revised Total Fund Requirements	<b>\$2,311,867</b>
Comments: The <u>Economic Development Program</u> requires a supplemental budget to appropriate funding not known at adoption of the budget. This requires an increase in Federal Revenue of \$100,000 and an increase in Materials & Services of \$100,000.			
<b>Fund: Central Water Project</b>			
Resources:	Amount:	Requirements:	Amount:
Transfers In	\$2,020,000	Materials & Services	\$2,112,885
Revised Total Fund Resources	<b>\$3,076,000</b>	Revised Total Fund Requirements	<b>\$3,076,000</b>
Comments: The <u>Central Water Program</u> requires a supplemental budget to appropriate funding not known at adoption of the budget. This requires an increase in Transfers In of 2,000,000 and an increase in Materials & Services of \$2,000,000.			
<b>Fund: Economic Development Reserve</b>			
Resources:	Amount:	Requirements:	Amount:
Transfers In	\$1,600,000	Materials & Services	\$1,946,626
Revised Total Fund Resources	<b>\$2,411,867</b>	Revised Total Fund Requirements	<b>\$2,411,867</b>
Comments: The <u>Economic Development Reserve Program</u> requires a supplemental budget to appropriate funding not known at adoption of the budget. This requires an increase in Transfers In of \$100,000 and an increase in Materials & Services of \$100,000.			
<b>Fund: Facilities Reserve Program</b>			
Resources:	Amount:	Requirements:	Amount:
Transfers In	\$2,000,000	Capital Outlay	\$2,000,000
Revised Total Fund Resources	<b>\$3,400,000</b>	Revised Total Fund Requirements	<b>\$3,400,000</b>
Comments: The <u>Facilities Reserve Program</u> requires a supplemental budget to appropriate funding not known at adoption of the budget. This requires an increase in Transfers In of \$500,000 and an increase in Capital Outlay of \$500,000.			
<b>Fund: Public Works</b>			
Resources:	Amount:	Requirements:	Amount:
Transfers In	\$2,367,240	Contingency	\$6,297,103
Revised Total Fund Resources	<b>\$21,330,560</b>	Revised Total Fund Requirements	<b>\$21,330,560</b>
Comments: The <u>Public Works Program</u> requires a supplemental budget to appropriate funding not known at adoption of the budget. This requires an increase in Transfers In of \$2,000,000 and an increase in Contingency of \$2,000,000.			
<b>Fund: GF-General County</b>			
Resources:	Amount:	Requirements:	Amount:
Transfers Out	\$2,245,636	Contingency	\$759,663
Revised Total Fund Resources	<b>\$36,469,398</b>	Revised Total Fund Requirements	<b>\$36,469,398</b>
Comments: The <u>General County Program</u> requires a supplemental budget to appropriate funding not known at adoption of the budget. This requires an increase in Transfers Out of \$10,000 and a decrease in Contingency of \$10,000.			
<b>Fund: GF-Communicable Disease</b>			
Resources:	Amount:	Requirements:	Amount:
State Revenue	\$4,443,663	Personnel Services	\$21,730,987
		Materials & Services	\$9,833,112
Revised Total Fund Resources	<b>\$37,569,398</b>	Revised Total Fund Requirements	<b>\$37,569,398</b>
Comments: The <u>Communicable Disease Program</u> requires a supplemental budget to appropriate funding not known at adoption of the budget. This requires an increase in State Revenue of \$1,100,000, an increase in Personnel Services of \$500,000 and an increase in Materials & Services of \$600,000.			
<b>Fund: GF-Health Department</b>			
Resources:	Amount:	Requirements:	Amount:
Federal Revenue	\$587,170	Materials & Services	9,873,112
Revised Total Fund Resources	<b>\$37,609,398</b>	Revised Total Fund Requirements	<b>\$37,609,398</b>
Comments: The <u>Health Department Program</u> requires a supplemental budget to appropriate funding not known at adoption of the budget. This requires an increase in Federal Revenue of \$40,000 and an increase in Materials & Services of \$40,000.			
<b>Fund: Parks</b>			
Resources:	Amount:	Requirements:	Amount:
Transfers In	\$150,000	Contingency	\$207,939
Revised Total Fund Resources	<b>\$469,000</b>	Revised Total Fund Requirements	<b>\$469,000</b>
Comments: The <u>Parks Program</u> requires a supplemental budget to appropriate funding not known at adoption of the budget. This requires an increase in Transfers In of \$150,000 and an increase in Contingency of \$150,000.			
<b>Fund: HUMAN SERVICES-SE63 Peer</b>			
Resources:	Amount:	Requirements:	Amount:
Beginning Balance	\$2,178,819	Personnel Services	\$2,995,059
		Materials & Services	\$2,561,376
		Contingency	\$1,238,564
Revised Total Fund Resources	<b>\$6,814,999</b>	Revised Total Fund Requirements	<b>\$6,814,999</b>
Comments: The <u>SE63 Peer Program</u> requires a supplemental budget to appropriate funding not known at adoption of the budget. This requires an increase in Beginning Balance of \$214,000, a decrease in Personnel Services of \$260,000, an increase in Materials & Services of \$503,000 and a decrease in Contingency of \$29,000.			
<b>Fund: HUMAN SERVICES-SE66 Treatment</b>			
Resources:	Amount:	Requirements:	Amount:
Beginning Balance	\$2,254,819	Personnel Services	\$2,818,059
		Materials & Services	\$2,969,376
		Contingency	\$1,083,564
Revised Total Fund Resources	<b>\$6,890,999</b>	Revised Total Fund Requirements	<b>\$6,890,999</b>
Comments: The <u>SE66 Treatment Program</u> requires a supplemental budget to appropriate funding not known at adoption of the budget. This requires an increase in Beginning Balance of \$76,000, a decrease in Personnel Services of \$177,000, an increase in Materials & Services of \$408,000 and a decrease in Contingency of \$155,000.			
<b>Fund: HUMAN SERVICES-SE66 IDPF</b>			
Resources:	Amount:	Requirements:	Amount:
Beginning Balance	\$2,268,819	Personnel Services	\$2,808,059
		Materials & Services	\$2,993,376
Revised Total Fund Resources	<b>\$6,904,999</b>	Revised Total Fund Requirements	<b>\$6,904,999</b>
Comments: The <u>SE66 IDPF Program</u> requires a supplemental budget to appropriate funding not known at adoption of the budget. This requires an increase in Beginning Balance of \$14,000, a decrease in Personnel Services of \$10,000 and an increase in Materials & Services of \$24,000.			
<b>Fund: HUMAN SERVICES-SE80 Gamble Prevention</b>			
Resources:	Amount:	Requirements:	Amount:
Beginning Balance	\$2,290,819	Materials & Services	\$3,015,376
Revised Total Fund Resources	<b>\$6,926,999</b>	Revised Total Fund Requirements	<b>\$6,926,999</b>
Comments: The <u>SE80 Gamble Prevention Program</u> requires a supplemental budget to appropriate funding not known at adoption of the budget. This requires an increase in Beginning Balance of \$22,000 and an increase in Materials & Services of \$22,000.			
<b>Fund: HUMAN SERVICES-2145 Alcohol/MH Tax</b>			
Resources:	Amount:	Requirements:	Amount:
Beginning Balance	\$2,302,819	Personnel Services	\$2,796,059
		Materials & Services	\$3,131,376
		Contingency	\$991,564
Revised Total Fund Resources	<b>\$6,938,999</b>	Revised Total Fund Requirements	<b>\$6,938,999</b>
Comments: The <u>2145 Alcohol/MH Tax Program</u> requires a supplemental budget to appropriate funding not known at adoption of the budget. This requires an increase in Beginning Balance of \$12,000, a decrease in Personnel Services of \$12,000 and an increase in Materials & Services of \$116,000 and a decrease in Contingency of \$92,000.			
<b>Fund: HUMAN SERVICES-School Based MH</b>			
Resources:	Amount:	Requirements:	Amount:
Beginning Balance	\$2,337,819	Personnel Services	\$2,783,059
		Materials & Services	\$3,179,376
Revised Total Fund Resources	<b>\$6,973,999</b>	Revised Total Fund Requirements	<b>\$6,973,999</b>
Comments: The <u>School Based MH Program</u> requires a supplemental budget to appropriate funding not known at adoption of the budget. This requires an increase in Beginning Balance of \$35,000, a decrease in Personnel Services of \$13,000 and an increase in Materials & Services of \$48,000.			
<b>Fund: Assessment &amp; Taxation</b>			
Resources:	Amount:	Requirements:	Amount:
Beginning Balance	\$320,000	Materials & Services	\$1,360,000
Local Revenue	\$1,311,000		
Revised Total Fund Resources	<b>\$1,631,000</b>	Revised Total Fund Requirements	<b>\$1,631,000</b>
Comments: The <u>Assessment &amp; Taxation Program</u> requires a supplemental budget to appropriate funding not known at adoption of the budget. This requires an increase in Beginning Balance of \$50,000, an increase in Local Revenue of \$250,000 and an increase in Materials & Services of \$300,000.			
<b>Fund: Capital Purchases Management</b>			
Resources:	Amount:	Requirements:	Amount:
Beginning Balance	\$100,000	Capital Outlay	\$420,000
Transfers In	\$328,000		
Revised Total Fund Resources	<b>\$440,000</b>	Revised Total Fund Requirements	<b>\$440,000</b>
Comments: The <u>Capital Purchases Management Program</u> requires a supplemental budget to appropriate funding not known at adoption of the budget. This requires an increase in Beginning Balance of \$100,000, an increase in Transfers In of \$140,000 and an increase in Capital Outlay of \$240,000. Publish December 9, 2021			