

Add spice to our community news recipe

GARY L. WEST
SHADES OF GRAY



your vocation or your avocation.

If you are interested in writing a column, email us a letter of interest to editor@hermistonherald.com with the subject line of Column Proposal. Mail applications can also be sent to 333 E. Main St, Hermiston OR 97838. In your letter, tell us what topic you would like to write about on a regular basis. Please include a draft of a sample column of about 500 words. If we accept your proposal, your draft submission will serve as your first column for publication.

We are also looking for a key position to help us with our news coverage. We have an opening for a news assistant. To see the job posting and other job opportunities with EO Media group, see our list of current openings at <http://careers.comediagroup.com>.

We are building a recipe for a bigger, better, more interesting Hermiston Herald. But something is still missing.

Perhaps that missing ingredient is you.

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Perhaps that missing ingredient is you.

Our community is full of experts on a variety of topics and careers, and we are looking for local experts with information they can share to benefit the community as a whole.

We have a variety of options you can choose from to help your neighbors or to help us at the Hermiston Herald be a more valuable resource for the community.

A few weeks ago we announced that we were forming a citizens advisory committee to help us make improvements to the paper. We have received a few letters of interest, but we are still taking self-nominations for people who can devote an hour or two once a month to talk about the changes we are making in the Herald and advise us on how to make the best use of our staff and our space to keep the people of our community informed.

To apply for a position on the Herald's advisory committee, email a letter of interest to editor@hermistonherald.com with the subject line of Advisory Board. Mail applications can also be sent to 333 E. Main St., Hermiston OR 97838. In your letter of interest, tell us a little about yourself and why you would like to be a member of our advisory panel.

In the coming weeks you may also be asked to participate in a focus group about the Herald and how we can make the paper more valuable to you and your neighbors.

The focus groups are a follow up to a recent online survey. That survey has helped us decide on some of the changes we have already made but also prompted some questions for us at the paper that require more examination. One of the big ones for me was seeing survey results that seem to show that our comics pages are not popular. Does that mean we should eliminate the comics and puzzles pages completely, or do we just not have the right mix of comics and puzzles? We can't tell from the survey responses alone.

We also will be looking for local experts to write columns on topics of local interest.

Ideally, we'd like to get several columnists lined up to write on a variety of topics so that we could have a rotation with each columnist only having to write about once a month, so that the column deadlines won't interfere with career or family responsibilities.

Columns could be on virtually any topic, like taking better photographs or how to use social media effectively in a small business or tips for finding great locations for outdoor hiking or biking. A nutritionist, for example, may offer tips for healthier eating without breaking your food budget.

You tell us what you think is missing and how your knowledge and experience can fill the void.

We would be looking for a column of about 500 words, at least once a month, on a topic you know well, because it's

Saving seconds saves lives

Eagles Auxiliary donates portable defibrillator to HHS

By SEAN HART
Staff Writer

A recent donation could save the lives of Hermiston student athletes, coaches and fans suffering from cardiac problems.

After fundraising in February, the Hermiston Eagles Auxiliary recently presented to Hermiston High School Athletic Director Blaine Ganvoa an automated external defibrillator to be kept on the sidelines during sporting events. Ganvoa said the ability to provide quicker treatment would enhance the safety of everyone in attendance.

"It's certainly something that is proactive, for sure," he said. "Even though we have several on the facilities, their goal is to have it right there available at all times to lessen the response time. You never really know until that moment gets there and you realize just how important it is to not have to run into the building or the concessions stand to get something. That 30 seconds extra makes all the difference in the world."

Teams will also take the portable device to events in other cities. Ganvoa said the teams are usually not familiar with the facilities at other schools, so the traveling AED could save time and even lives outside of Hermiston.

The defibrillator was part of a toolkit from the David Heller Foundation that also included information about setting up teen athlete cardiac screenings. David Heller died in his sleep from an undiagnosed heart condition in 2005 at the age of 17 follow-



STAFF PHOTO BY SEAN HART

Hermiston High School Athletic Director Blaine Ganvoa shows the new defibrillator donated by the Hermiston Eagles Auxiliary. It will be kept on the sidelines during sporting events and will travel with teams.

ing a high school basketball game in Portland. The foundation has sponsored an annual screening clinic in Portland since 2006, and Ganvoa said he would look into the possibility of replicating the program in Hermiston.

"I'm always interested in enhancing the welfare of our student athletes," he said. "In the end, they're somebody's children. They're somebody's family member. With that in mind, that's where the screening comes into place. That awareness is what allows us to be as prepared as we possibly can."

Toni Baldassarre, vice president of the Hermiston Eagles Auxiliary, led the local fundraising effort for the David Heller Foundation in February. She said the group was able to raise more than \$1,200.

Auxiliary groups across the state participated in the fundraiser, she said, and Hermiston raised more than any other single lodge. For its effort, she said the group was one of five in the state to be awarded the toolkit, and she hoped a screening clinic could be established.

"Mr. and Mrs. Heller of the Heller Foundation are willing to come out and work with Hermiston High School to get that seed planted and get the clinic

Hermiston Eagles Auxiliary

Last year, the Hermiston Eagles Auxiliary raised more than \$6,000 for charitable causes, including \$1,200 for the David Heller Foundation and \$1,400 for the Desert Shrine Club to provide transportation to the Portland hospital for local children.

The group also made donations to local dialysis and rehabilitation centers, Special Olympics, Christmas Express, 4-H, Project Graduation, Music Ambassadors, Domestic Violence Services, Cub Scouts, Friends of the Library, the senior center, the warming station, Agape House and The Arc of Umatilla County.

For more information about the group, call 541-567-2909 or stop by the lodge, 160 N.W. Second St., Hermiston.

going," she said. "It's my understanding that they'll need volunteer physicians. They'll need nurses to do screenings and possibly a cardiologist or two to donate their time for this clinic."

Baldassarre said she and the other Auxiliary members were happy to make a local impact with the donation of the defibrillator. The impact of the screenings,

she said, would be even broader.

"The defibrillator is with Hermiston High School, but this screening clinic has the potential to cover most of Umatilla County and maybe part of Morrow County," she said. "This is a big deal. This is saving families from having to make a trip to Portland and potentially saving lives."

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AUGUST 11-15, 2015



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Wed. Aug. 12 • 9pm
JOHN MICHAEL MONTGOMERY



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ANTIFAZ



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