

OurCommunity

E-mail your community news items to:
community@hermistonherald.com

IN BRIEF

Benefit walk accepts donations for Cooling Station

The Umatilla County Peer Support Network, in conjunction with Lifeways Inc., is heading up the Running Hot and Walking Cold 5K/10K run/walk.

The event is Saturday from 9 a.m. to noon at Riverfront Park and the Orchard Trail, 1400 W. Orchard Ave., Hermiston.

There is no set fee to participate, but participants are asked to make a donation of supplies for the Hermiston Warming & Cooling Station.

Suggested items include cases of water, packaged cookies/crackers, laundry detergent, pre-packaged bleach, oatmeal, disinfectant wipes, paper products, creamer/sugar packets, fruit/soup cups, hand sanitizer, hand soap, playing cards, games, books, non-latex gloves, coloring books, crayons, flashlights, batteries, socks and DVDs.

For more information,

visit www.evenbrite.com and search “Running Hot and Walking Cold.”

TV raffle benefits Meadowood

The public is invited to purchase raffle tickets for a 65-inch Samsung HDTV to help support Camp Meadowood Springs.

Tickets are \$10 each or three for \$20. The winner will be drawn during the Camp Meadowood Springs Golf Tournament June 4 at Big River Gold Course in Umatilla.

The winner doesn’t need to be present.

Established in 1964, Camp Meadowood Springs is a unique summer camp experience for children/teenagers and their families impacted by communication and/or social learning challenges.

For more information or to purchase tickets, contact Megan Olsen at 541-922-3006 or megan@golfbigriver.com.

Relay for Life event goes to the dogs

By TAMMY MALGESINI
Community Editor

Man’s best friend joins the fight against cancer this weekend as Bark for Life highlights the benefit dogs provide with cancer patients and survivors.

“Dogs love you unconditionally,” said Jennifer Pittam, Bark for Life organizer. “They don’t care if you are losing your hair or don’t feel good. They can make a lot of difference in people’s lives.”

Pittam, who has been active with Relay for Life for 15 years, helped organize the first Bark for Life event in Hermiston after researching events that could include people’s dogs.

“People love walking their dogs. Unfortunately we’d have to ask them to take their dogs home because they weren’t allowed on the fairgrounds,” Pittam said about Relay for Life events in Hermiston.

In its sixth year, Bark for Life has grown each year. The first event included about 25 people, Pittam said, and last year



FILE PHOTO

Marlie, a terrier mix, sneaks a taste of Brecella Nash’s shaved ice while Marissa Navejar and Brennin Nash visit during a past Bark for Life. This year’s event is Saturday at McKenzie Park in Hermiston.

saw more than 100 participants and raised \$5,000.

The past couple of years, the event has been held at the same location as Hermiston’s Own Saturday Market. The shared space, Pittam said, has been beneficial for Bark for Life — in regards to people learning about the event and financial support.

“It helps draw attention to us,” she said. “The farmers’ market donates part of their vendor fees to us, which is super nice of them.”

Prior to the main event, there will be a 5K fun run and dog walk. Registration begins Saturday at 7 a.m. at McKenzie Park, 320 S. First St., Hermiston. The walk begins at 8 a.m. It costs \$15. Awards will be presented at 9:30 a.m., which include top finishers, best dressed dog and an honorable mention.

The Bark for Life opening ceremonies start at 10 a.m., also at McKenzie Park. The cost is \$20 with dogs or \$10 for peo-

ple without dogs. Also, special event T-shirts will be available for purchase. Proceeds from the event go to the American Cancer Society, which uses money to fund research, education and to support people with cancer.

The event, which runs until 1 p.m., includes a silent auction, games, music, a doggie wash, free nail trims, a photo booth, dog agility demonstrations, training tips, information about the Canine Good Citizen test and a hot dog barbecue. Prizes will be handed out for contests, including biggest dog, smallest dog, best dressed and pet-owner lookalike.

Also, be sure to stop by the Ask a Vet booth. Local veterinarians will be on hand to answer questions pet owners may have. Also, Fuzz Ball Animal Rescue will bring some animals that are available for adoption, Pittam said.

For more information, call Pittam at 541-230-0780 or visit www.facebook.com/events/562297360585627.

ENGAGEMENT

Rodriguez-Royer

Mike and Debbie Royer of Hermiston are announcing the engagement of their son, Mike Royer, to Melina Rodriguez.

Melina is the daughter of Santiago and Maria Rodriguez of Hermiston. She is a 2013 graduate of Hermiston High School, and is currently studying exercise science at Western Oregon University in Monmouth.

Mike graduated from Hermiston High School in 2010, and from WOU in 2015 with a bachelor’s degree in exercise science. He is currently in the Masters of Education program at



Melina Rodriguez and Mike Royer

WOU, and works as a graduate assistant there.

The couple will be married Sept. 4, 2016, in Lincoln City.

Cystic fibrosis patient takes strides in combating disease

By TAMMY MALGESINI
Community Editor

Growing up, Jessica Brown-Grooms was told she wouldn’t live past age 25.

Now 32, the 2001 Hermiston High School graduate doesn’t focus on that — she’s more interested in raising awareness and money for cystic fibrosis. A genetic disease, cystic fibrosis causes thick mucus, which builds up in the lungs, pancreas and other organs. The progressive condition limits a person’s ability to breathe.

Recently, Brown-Grooms has been busy organizing a pair of fundraising events, which are scheduled for Saturday.

Great Strides for CF, a 1K and 5K run/walk, begins with registration at 9:30 a.m. at Riverfront Park, West Orchard Extension, Hermiston. The 1K starts at 10 a.m. and the 5K begins at 10:30 a.m.

There is a suggested donation of \$15 for entries or \$20 for a family of four. Kids 10 and under are free. Medals will be presented for



FILE PHOTO

Jessica Brown-Grooms sits with her dog, Izzy, while using a nebulizer for cystic fibrosis. The 2001 Hermiston High School graduate is organizing a pair of fundraisers for the CF Foundation of Oregon this weekend.

the 5K and other prizes for the 1K.

Breath of Life for Cystic Fibrosis starts at 5 p.m. in the commons at Hermiston High School, 600 S. First St. Tickets are \$10 each and children under 10 are admitted free. Tickets will be sold at the door and are available in advance at Smitty’s Ace Hardware, 1845 N. First St., Hermiston.

The evening event includes dinner, dessert, a live and silent auction, a kid’s corner (basketball shoot, bouncy house and coloring station) and live music with Brewer’s Grade. A video presentation about Brown-

When Brown-Grooms was younger, doctors indicated if she didn’t gain weight she would need a feeding tube. Determined to avoid that, Brown-Grooms focused on eating higher calorie foods.

“I have to think of food as medicine,” she said. “It’s important I maintain an appropriate weight because it helps lung function.”

One thing she really wants people to understand is that cystic fibrosis isn’t contagious.

“If I’m coughing, it sounds like I have pneumonia or bronchitis, but it’s not,” she said. “It’s not anything people can catch.”

Proceeds from both events will go to the CF Foundation of Oregon. For more information about the run/walk, visit www.facebook.com/events/216327522078185 and for the evening event, visit www.facebook.com/events/1685263345023695.

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STUDENT OF THE WEEK

Armando Mendoza

UMATILLA HIGH SCHOOL

Armando Mendoza is an outstanding student at Umatilla High School. Armando is a senior leader at Umatilla High School inside and outside the classroom. Armando currently has a 3.93 cumulative GPA and a 4.12 weighted GPA. He also has obtained over 70 college credits during his time at Umatilla High School. Outside the classroom Armando has excelled in cross country, track and basketball. Outside of school Armando enjoys hanging out with friends and family and helping those around him. This fall Armando will attend Clackamas Community College where he will run track.

Proudly Sponsored by

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A.C.E. CAR CLUB OF ECHO HIGH SCHOOL

CAR SHOW

MAY 28, 2016 • 12-5pm

DOWNTOWN HISTORICAL ECHO, OREGON

- Student Cars Wanted!
- All Cars & Motorcycles Welcome!
- Volleyball Team Italian Soda Bar!
- Football Team BBQ (Burgers & Dogs)
- Food, Raffles and Fun For All!

Registration Starts 10am Day - Of Show Only

CLASSES:

PRE-1930
1930-1939
1940-1949
1950-1959
1960-1969
1970-1979
1980-1989
1990-1999
2000-2009

2010-NEWER
BEST MUSCLE CAR CLASSIC
BEST MUSCLE CAR MODERN
BEST IMPORT STOCK
BEST IMPORT MODIFIED
BEST STOCK OVERALL
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BEST MOTORCYCLE
BEST OF SHOW
PEOPLE'S CHOICE
AT LEAST I HAVE A CAR
BEST PEDAL CAR
BEST BICYCLE

Car Entry Fee: \$20 Student Car Entry Fee: \$5 with student ID

For information, call ACE Club advisors
Rick Denning (541) 571-4417
or Mitch Correa (541) 701-8929

Find us on Facebook

www.facebook.com/ACEAutomobileClubofEchoHighSchool

BABYSITTING BASICS

For babysitters ages 10-15. Learn childcare techniques, children's developmental stages and what to expect, basic first aid and infant and child CPR. \$30, includes lunch & all class materials.

9:00am - 3:00pm
June 4th or July 16

Must pre-register and pre-pay, call 541-667-3509

LIVING WELL WITH CHRONIC CONDITIONS

Find positive and practical ways to deal with chronic health issues and make a step-by-step plan to improve your health. Six weekly classes. Please pre-register.

Starting June 1
2:30 - 5:00pm
Call 541-667-3509 to pre-register

DEMENTIA CONVERSATIONS:

Education workshop offered by the Alzheimer's Association. This program will offer helpful tips to assist families with difficult conversations related to dementia, including going to the doctor, deciding when to stop driving and making legal and financial plans.

June 23 • 6:00 - 7:30pm
GSMC Conference Room 1
To register, please call 541-667-3509

HEALTHY FRIDAYS

FREE health screenings & health coaching: Blood pressure checks, weigh-ins, body mass index, cholesterol and glucose.

First & Third Friday of each month
9:30 - 11:30am
GSMC Conference Center 7 (by Education Dept)

Information or to register call (541) 667-3509 or email healthinfo@gshealth.org