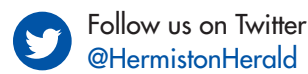


Herald Business



STAFF PHOTO BY E.J. HARRIS

Hermiston Police Sgt. Bill Osborne talks about mass shooters during a CRASE training Thursday in Hermiston.

CRASE trains civilians to respond to active shooters

By **JADE McDOWELL**
Staff Writer

It's one of the most high-stress situations a person can be in: A gunman enters a building, opening fire on everyone in sight as crowds attempt to flee or hide.

In the panic, it's easy for people to freeze, or do other things that increase their chance of being harmed. The Civilian Response to Active Shooter Events course offered for free by the Hermiston Police Department gives people tools to reduce their chances of being harmed.

"Nobody in here is helpless," Sgt. Bill Osborne told Umatilla-Morrow Head Start staff members during a training on Thursday.

The message shared over and over again during the three-hour course: In an emergency situation your actions matter.

The CRASE training, offered by law enforcement agencies around the country, focuses on helping people train their brain to act on three steps: avoid, deny and defend.

The best-case scenario is for people to avoid the danger. Osborne said they

can do that by being aware of their surroundings and taking threats seriously. If it sounds like maybe there are gunshots coming from another part of the building, he said, assume those are gunshots and act accordingly until you know otherwise. Don't assume a fire alarm or lockdown is just a drill. Often people waste precious time they could have used to get to safety telling themselves nothing is wrong.

"Take things seriously," Osborne said. "If you treat it as if it's real until you're sure it's not, you increase your chances of survival."

Osborne said making note of all available exits when entering a building and not just following the crowd can help people get out of harm's way more quickly in situations ranging from active shooters to fires. He also said often people ignore secondary exits like windows because society has ingrained in them that it's not OK to break things.

"Don't look at things as barriers, look at things and think, 'How do I defeat this barrier?'" he said.

If people don't have time to get out or the shoot-

er is blocking the only exit, the next step is to deny them access to victims. The training included various methods for doing that, including locking doors, turning off lights, barricading entrances with furniture, wedging doorstops under the door or tying it shut. One method participants used during a hands-on practice was wrapping a belt around the large hinge found on the top of many doors in offices, schools or churches.

If that fails, Osborne said, people have a moral and legal right to defend themselves. They can use everyday objects as weapons, they can disorient the shooter by throwing things and they can fight dirty.

After volunteers practiced barricading the door Osborne had them practice defending it. As he came through it, wielding a Nerf gun, the participants waiting on either side of the door tackled him, threw things and grabbed the gun before he managed to fire a single shot.

"There is a mental component to this," he said. "People do not have the right to hurt you. They do not have the right to kill

you. If they're trying to do that it should make you mad. You can use that."

The training used videos throughout, showing in some cases re-enactments and in other cases real-life footage of incidents such as a man who pulled a gun at a school board meeting. Osborne used the videos to point out actions that saved lives or put them in danger.

Proactive decisions people make to avoid, deny or defend can help buy time for people to call 9-1-1 and for law enforcement to arrive, he said. Once they do people should be careful to keep their empty hands visible, make no sudden movements and follow instructions.

The CRASE training helps give people tools to respond decisively in an emergency, but at the end of the day, Osborne said, people can make their own moral choices, like the staff of a hospital in Seattle where a mass shooting took place.

"Some of the nurses ran, some of the nurses fought back and some of them covered their patients," he said. "None of them made the wrong choice."

Good Shepherd welcomes two new doctors

Good Shepherd Health Care System has welcomed two new doctors recently.

Jennifer Poste, M.D., an internal medicine and endocrinology physician, is taking new patients after moving to Hermiston from New York City. She said she and her husband were looking for a simpler, more rural life and immediately felt at home when visiting Hermiston and meeting the Good Shepherd staff.

"Both of us being West

Coast natives we knew that eventually, we'd return," she said in a news release. "So we began our search in Oregon and Washington and visited several places in each state."

As an internal medicine and endocrinologist doctor Poste's focuses will include chronic disease management, diabetes, and thyroid and glandular issues.

Good Shepherd also welcomed obstetrician and

gynecologist (OB/GYN) Allison Khavkin, M.D. to its Women's Center team. Khavkin joins the team just as the hospital begins work on an expansion of its north wing that will greatly increase the size of the Good Shepherd Women's Center.

Khavkin recently completed her residency in obstetrics and gynecology at the State University of New York at Buffalo. She spent her childhood in a small

town outside of Vancouver, Canada, and said after completing her training she was looking for an opportunity to return to the Pacific Northwest.

"I love the outdoors, fresh food, and beautiful weather — and for me, Hermiston has plenty of everything," she said in a news release.

The new doctors are now taking patients. Khavkin can be reached at 541-667-3801. Poste can be reached at 541-667-3801.



Dr. Allison Khavkin



Dr. Jennifer Poste

BOTTLE RECYCLING CENTER NOW OPEN

Hermiston Herald

Hermiston's new center for recycling cans and bottles is now open.

The BottleDrop Redemption Center, operated by the Oregon Beverage Recycling Cooperative, is located at the former Goodwill building at 740 W. Hermiston Avenue. It will be staffed and open seven days a week from 9 a.m. to 7 p.m.

As members of the recycling cooperative, Wal-Mart, Safeway, Fiesta Foods, Rite Aid, Bi-Mart and Big Lots in Hermiston will no longer be required by the state to take bottles and cans at their stores after Sept. 9.

Customers will be offered three different ways to redeem deposits. The center's self-serve machines will accept up to 350 containers per customer per day. Staff can accept and hand-count up to 50 containers per person. And regular customers can open a BottleDrop

Account.

The account offers pre-labeled bags that customers can drop off at the center 24 hours a day for staff to count. Within 48 hours the deposit money will be available in the customer's account, which they can redeem for cash at participating grocery stores or use it to pay for groceries.

The Oregon Beverage Recycling Cooperative said in a news release that the Hermiston center will be the state's 16th BottleDrop center after the legislature approved a statewide rollout in 2013.

"You really have to experience one of our clean, spacious BottleDrop Redemption Centers to appreciate this whole new level of returning bottles and cans," John Andersen, President of OBRC, said in a statement. "We are excited for Hermiston residents to see how fast and convenient collecting your refund can be."

H&R Block offering tax preparation courses

Eastern Oregon residents interested in making extra money as a tax preparer can learn more about training opportunities during two recruiting events at H&R Block.

The Hermiston open house will be Sept. 9 from 1-3 p.m. at the Hermiston WorkSource office, 950 S.E. Columbia Drive, Suite B.

The Pendleton open house will be Sept. 1 from

10 a.m. to noon at the Pendleton WorkSource office, 408 S.E. Seventh St.

Interested parties will be able to visit with tax professionals and learn about the H&R Block Income Tax Course that can teach them to prepare taxes and develop tax-saving strategies.

For more information call Melissa Gorham at 509-579-9976 or visit hrblock.com/class.

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