

Health & Fitness Day promotes wellness

By **JADE McDOWELL**
Staff Writer

Dozens of health care clinics, fitness companies, nonprofits and other Umatilla County agencies teamed up Saturday to promote health and wellness in Hermiston.

The Family Health & Fitness Day was back after a two-year hiatus, and drew a steady crowd to Hermiston High School throughout the day.

One draw might have been the free loaf of multi-grain Dave's Killer Bread from Portland that everyone was given as a healthier alternative to processed white bread.

Other free samples came from booths that lined the walls, offering free merchandise, information, healthy snacks, flu shots and health screenings.

Helena Wolfe of the Area Agency on Aging was advertising health-promoting programs such as Tai Chi for Better Balance. The class is free at the Hermiston Senior Center and helps avoid painful falls by improving core strength and balance.

"It's gentle, it's fun and anyone can do it as long as they can walk in under their own power," she said.

Wolfe said she was pleased to see such a large turnout for the event and hopes that people walked away with information that could help them and their families lead healthier lives.

"It's getting people aware that there are programs in place — and these programs are all free — that can help them improve their health," she said.

In another gym Good Shepherd Health Care System employees hosted the "teddy bear clinic" to walk children through the procedure of going to the emergency room.

Children picked out a teddy bear and named it, giggling as nurses proclaimed "Batman needs an x-ray" or "Brownie broke his femur." Once the bears were "x-rayed" on an overhead projector their human companions were handed a photo of a real x-ray to give to a staff member so that they could diagnose



STAFF PHOTO BY JADE McDOWELL

Brownie the teddy bear goes into surgery for a broken femur at the teddy bear clinic at the Family Health and Fitness Day at Hermiston High School.



STAFF PHOTO BY JADE McDOWELL

Umatilla Morrow County Head Start staff work a booth at the Family Health & Fitness Day at Hermiston High School on Saturday.

the broken bone, treat it, and send the patient out the door with an individualized care plan.

In the culinary classroom, high school volunteers were teaching a healthy cooking class supervised by HHS family and consumer sciences teacher Susie Cobb. Children made pizzas using English muffin halves, tomato sauce, low fat cheese and an array of colorful vegetable toppings to choose from.

"We want them to know that there are healthy snacks available, that they have options," Cobb said. "One of the things that kids can really do to improve their diets

is just eating more vegetables."

HHS freshman Anahy Lomas said she thought the event was a good one.

"It's pretty cool getting to see the little kids have fun," she said.

In another part of the building, Amy Coven of the Oregon Health Insurance Marketplace was helping educate people on their health insurance options.

"The biggest thing is that open enrollment starts Nov. 1, so we want people to know they need to start logging in and looking at health plans, because they've changed a lot in the area," she said.



STAFF PHOTO BY JADE McDOWELL

Bob Green, executive director of the Good Shepherd Community Health Foundation, hands out teddy bears for the teddy bear clinic at the Family Health & Fitness Day at Hermiston High School on Saturday.

Coven said the Family Health & Fitness Day was a perfect opportunity for health-related organizations to reach community members.

"There is a lot of free assistance available to people locally," she said.

Umatilla County moves fair to EOTEC next year

By **PHIL WRIGHT**
Staff Writer

Umatilla County commissioners stressed the 2017 fair will be at the Eastern Oregon Trade and Event Center — no matter what.

The three-member board during its meeting Wednesday, Sept. 21, in Pendleton discussed the plan to move the fair from the site near Hermiston High School to the event center at 1705 E. Airport Road, Hermiston. Commissioner Larry Givens, who sits on the EOTEC board, said the fair will place equipment into storage containers at the event center and Hermiston School District will take possession of the fairgrounds site on Jan. 1.

The county board approved spending up to \$30,000 to buy five shipping containers, build a security fence and install lighting and related items at a new, permanent storage area. Givens also said the county would cut employees whose jobs are no longer necessary due to moving the fair to new location.

Board Chairman George Murdock said he and Givens met the previous week with the fair board to talk about an "aggressive transition" to EOTEC and expressed deep concerns about the event center's readiness, particularly barns that the fair needs to operate.

"There's no question the barns have to be there," Murdock said.

The EOTEC board plans to seek bids on the metal buildings in October, which will be installed under the supervision of Frew Development Group, which is acting as the general contractor on the project. Murdock told Givens the board must understand the barns are "imperative."

EOTEC also recently selected Hendon Construction as the contractor for the arena to house the Farm-City Pro Rodeo, which has a long history with the county fair. Givens said that relationship was due to the rodeo operating on the county's fairgrounds.

Now, he said, the county's sole focus is the fair. The county board also heard from Robert Pahl, county chief financial officer, who reported youth livestock sales were down about 10 percent at the 2016 fair, and overall attendance was down too.

In other business, the board approved moving forward with having county planning and environmental health departments take over permitting and inspection of on-site septic systems from the Oregon Department of Environmental Quality. Planning director Tamra Mabbott said permitting fees in the county come to about \$100,000 a year, enough to cover the county's cost to do the work.

And the board approved several vehicle purchases, including \$124,891 for the sheriff's office to buy four Ford police interceptor SUVs from a Gresham dealership to replace older vehicles. Commissioner Bill Elfering again stressed he would like departments to give local dealers at least the opportunity to bid for county business.

The next meeting of the EOTEC board is scheduled for 7 a.m. Friday at the event center.

Umatilla woman killed, man injured in crash near Stanfield

By **PHIL WRIGHT**
Staff Writer

Running a stop sign turned fatal near Stanfield on Tuesday, Sept. 20, when a two-vehicle crash killed a Umatilla woman and injured her male passenger.

Umatilla County Sheriff Terry Rowan said Bori Sandoval, 55, and Raul Frias Enriquez, 58, both of Umatilla, were in a 2005 blue Chevrolet Impala heading south on South Edwards Road about 7:45 p.m. Tuesday. Sandoval was the driver, Rowan said, and did not stop for the stop sign at the intersection of East Feedville Road.

That was when Dustin Scott, 45, of Stanfield, was going west on Feedville in a 2009 Ford pickup, Rowan said, and

"essentially T-boned" the Impala.

Rowan said the first 9-1-1 call came in soon after and Umatilla County Fire District 1 responded. Enriquez was able to get out of the car, Rowan said, and an ambulance took him to Good Shepherd Medical Center in Hermiston. From there, an air ambulance flew him to Legacy Emanuel Medical Center in Portland.

Sandoval died at the scene, Rowan said.

Scott had a broken knee and cuts and bruises, according to the sheriff's

department. The crash shut down both roads for about 15-20 minutes, Rowan said, then responders opened one lane on each road. Emergency workers remained at the scene until 12:30 a.m. Wednesday.

The intersection has stop signs on South Edwards Road but not Feedville and has been the site of other bad wrecks and deadly crashes. Rowan said the sheriff's office will review the intersection to consider adding more signs or other features to make the intersection safer.

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Steven Ebker

UMATILLA HIGH SCHOOL

Steven is the ASB president, a member of the National Honor Society and a Key Club member.

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