

Dancing with the Hermiston Stars returns

Seventh annual event is Jan. 12

By TAMMY MALGESINI
COMMUNITY EDITOR



A handful of local “stars” will get schooled during the seventh annual Dancing with the Hermiston Stars. Taking over organizing the popular event, the Hermiston Education Foundation is looking forward to a fun time while also providing an opportunity for seven local nonprofit organizations to raise money during the event. Each of the local stars will be paired with a professional from the Utah Ballroom Dance Company. After working with the professionals during the week, the dancers will attempt to work the crowd to raise additional money for their cause and in hopes of bringing home the coveted mirror ball trophy.

Dancing with the Hermiston Stars is Saturday, Jan. 12 at 7 p.m. in the auditorium at Hermiston High School, 600 S. First St. Advance tickets are \$20 for adults and \$10 for students. They are available by clicking “Events” at www.hermistoneducationfoundation.org or at the Hermiston School District office, 305 S.W. 11th St. Tickets purchased at the door are \$25.

With a theme of Music Legends, the performances should be legendary. The local dancers include Beth Anderson, a drama teacher with the Hermiston School District. She is dancing for the host organization to raise money for the Hermiston Education Foundation,

who provides grants to local educators to enhance educational opportunities for students in the district. Anderson reports her last dance performance at age 6 was a tap routine to “I’m a Little Teapot.”

As for Jake Bacon, Highland Hills Elementary School principal, it’s Hammer Time. He will attempt to dispel rumors that “you can’t touch this” as he raises money for the Kiwanis Club of Hermiston.

Jonny Badillo, who’s dancing for Court Appointed Special Advocates, picked up some tips from Umatilla-Morrow County Head Start co-worker Jesus Rome, who was a participant in the 2016 event (view at www.youtube.com/

based teen program. M a r y Winebarger, who moved to Hermiston in 2010, got involved with Altrusa of Hermiston in 2017, serving as treasurer. A semi-retired bookkeeper, she’s hoping to add some cash to the ledger of the local service club.

Getting people to commit to dancing wasn’t a difficult process, said HEF co-president Karen Sherman. The education foundation contacted several nonprofit organizations and asked if they wanted to be involved with the fundraiser. The local organizations then found a willing person to dance on their behalf.

“I think that speaks volumes about our community — that organizations are full of people that will put themselves out there,” said Tricia Mooney, Hermiston School District superintendent.

Tony Garberg, director of cardiopulmonary services at Good Shepherd Health Care System, will breathe easy as he’s raising money for the Hermiston Rotary Club. The service club is supporting Pioneer Relief Nursery to help prevent child abuse.

Kara Frazier, a first grade teacher at Desert View Elementary School, will kick up her heels for Made to Thrive. The local nonprofit provides support to at-risk youngsters through sports, activities music and art.

Ashley Umbarger, who grew up attending Hermiston Campus Life, now serves as its executive director with her husband, Jeff. And, she’s hoping to cut a rug and a check for the faith-

And, Mooney, herself, knows what it means to put her money where her feet are. Despite being apprehensive, Mooney danced during the 2018 event.

“I felt like I really accomplished something when I made it through my 90 seconds,” she said with a laugh. “I’m not a dancer, so it was a little scary but it was fun.”

The winner will be determined by a combination of the judge’s scores, audience votes and money raised by each dancer. People can cast votes in the form of donations at the event or via <https://squareup.com/store/hef>.

The first half of Dancing with the Hermiston Stars features the local dancers pairing up with professionals. The second half of the show includes a program presented by the Utah Ballroom Dance Company. In addition to an evening of fun, Mooney said it serves as a way to support multiple nonprofits.

New year ... new resolutions

Resolutions ... smesolutions. While I don’t really get into the whole thing, I decided to read about making New Year’s resolutions.

After employing the assistance of Google, I found an article on *Good Housekeeping* that caught my eye, “35 Achievable New Year’s Resolutions for Healthier and Happier Living: Boost your energy and stress less.”

I shouldn’t have clicked. But I did — I was lured by the promise of more energy and less stress. The last time I referenced an article in a column, it seemed to ruffle the feathers of the author (but really, 19 step-by-step instructions on the best way to carve a turkey). So, Kate Rockwood, if you’re reading this, please know I mean no disrespect with my random musings.

First of all, 35 things to read, evaluate and consider incorporating into my life is way too much. Aside from the attention deficit issue, I would assume that to consider these behavior changes as part of a New Year’s resolution, at the very latest I should at least begin tackling them before January is over.

I laughed at No. 7: “Do one thing at a time.” If only. Seriously, the very nature of my job doesn’t allow this. Then I got to No. 14, which suggests I listen to an audiobook while working out. That, my friends, doesn’t seem

to be very congruent with what Ms. Rockwood said about staying focused on one thing.

And then there’s a downright crazy suggestion that I could replace caffeine with climbing stairs for 10 minutes. Evidently, some scientific survey in the *Physiology & Behavior* journal determined it’s of greater benefit for sleep-deprived women than the energy boost from a can of pop or half a cup of coffee. Whatever!

I did find a few tips that are appealing. While it was relegated to No. 28 on Rockwood’s list, I’m looking forward to starting the year on the right foot by shopping for a new pair of shoes.

Although, No. 18 might not garner the same amount of enthusiasm from my husband, it spoke to me: “Delegate more chores.” And, I figured if planning a vacation leads to healthier and happier living, why not get triple the benefit. I already submitted three different time off requests.

In addition, I have found the suggestion of playing upbeat music when engaged in activities to be beneficial. Aerosmith’s “Walk This Way” led to the perfect soufflé. Oh, who am I kidding, it was more like “Mama Kin” in the kitchen — or more accurately, “Dream on, dream on, dream on, dream until your dreams come true.”



TAMMY MALGESINI
COMMENT

BRIEFS

Libraries announce reading promotion

Children who use their Ready 2 Learn library card in January will be entered in a drawing to win an early learning gift pack.

As a way to encourage early learning and visits to the library, the promotion is open to children ages 0 to 5 with a Ready 2 Learn card at most libraries in Umatilla and Morrow counties.

For more information, visit www.ready2learnoregon.weebly.com or stop by your local library.

Library program gets crafty

Free craft activities are available at the Hermiston Public Library each Saturday from 11 a.m. to 1:30 p.m., while supplies

last. The library is at 235 E. Gladys Ave. Kids of all ages are invited to join the fun and get creative.

For more information, call the library at 541-567-2882 or visit www.hermistonlibrary.us.

School board association seeks input

A town hall meeting on state school funding is being hosted by the Oregon School Boards Association.

Community members are invited to share their thoughts on how to improve education in Oregon. Discussion will include how to approach members of the legislature to urge them to provide stable funding for Oregon schools.

The meeting is Thursday from 7-9 p.m. at Blue

Mountain Community College, 2411 N.W. Carden Ave., Pendleton. Several area school board members will be in attendance, including Josh Goller of Hermiston. For information, call 503-588-2800 or visit www.osba.org.

Service features singing of hymns

A special service featuring fellowship and the singing of old hymns is planned at Victory Baptist Church on Sunday from 4:30-5:30 p.m. at the church, 193 E. Main St., Hermiston. There is no admission charge for the informal service and everyone is welcome.

For information, contact Chris Finley at johnchris_1@msn.com or 541-571-2516.

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Hermiston Herald

All New!

The Little Black Dress Project

Clean Eating • Fat-Burning Workouts • Daily Inspiration

“Have You Completely Eliminated The Little Black Dress From Your Wardrobe And Given Up Hope Of Ever Wearing One Again?”

“Are You Hesitant To Even Try It On For Fear Of How You Might Feel?”

“Are You Unhappy With What You See When You Slip On Your Little Black Dress?”

So many women that I talk to have settled for answering ‘YES’ to at least one of these questions.

They’ve slowly drifted away from sexy and confident to a point where they’ve given up hope of ever looking good enough and getting back into a dress that makes them feel beautiful and draws compliments and double takes.

What’s even WORSE is that so many women who do desire to pull it off and wear a more fitting dress on that special occasion end up resorting to extreme diets, cleanses and workouts that leave them disappointed and they end up simply giving up on ever looking and feeling sexy again.

Why a Little Black Dress?

The “Little Black Dress” is the most essential fashion piece of any woman’s wardrobe. It is a symbol of confidence and beauty. Slipping into one allows you to step out of the ordinary everyday clothes and step away from being a caretaker, household CEO and the additional two-dozen responsibilities that you have... and for just a few hours enjoy feeling confident, sexy and stunning. Every woman deserves to experience this feeling.

ARE YOU READY?

Starting January 21 - HPF’s Annual New Year New You In Your New Black Dress Program will help you gain confidence in how you look, help you feel better, and most of all you will know you look better! Just picture the smile on your face when you go try on your dress and you Feel Good about how it fits! You are glowing! You are excited and happy! Why? Because you feel Gorgeous!

OUR 7 WEEK PROGRAM INCLUDES:

- Unlimited group classes - Schedule available
- Weekly informational seminars with check-ins
- Done for you meal plan with recipes and grocery list
- Food journal • Daily inspiration & coaching
- Weekly price drawings • At home bonus workouts
- Free app to hold all of your info
- One additional week of group classes - Surprise!

All of this for a great low price!
New Members: \$179
Don’t delay - sign up today - registration closes Jan 18 at 5 PM.

Also a celebration Gala for you and a guest!

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Higher Power Fitness
MOVE • EAT • LIVE better