

THREE MINUTES WITH ...



RICHARD KENNEDY

Retired — former custodian at Stanfield Secondary School

When and why did you move to Hermiston?

I moved here in 1950 — I was only 10 or 12 years old, so I didn't have much choice. My dad came here to work.

What is your favorite place to eat in Hermiston?

I don't know whether I have a favorite — I just go to different places depending on what I want to eat that day.

What do you like to do in your free time?

In my free time I'm a coin collector — I collect foreign coins. You never know what you'll find. You may get one from 1895, or a brand new one. I collected pennies before I started off. The Stanfield Library has one of my books of pennies I set up.

What surprises you about Hermiston?

It's grown faster than what I realized. Hermiston was only about 4,000 people when I moved here.

What was the last book you read?

It was probably a coin book. If I pick up a book, it's going to be a coin book. I've got books on paper money and coins.

What app or website do you use most?

I don't own a computer. I don't even have a smartphone.

If you could travel anywhere, where would you go?

I've already been where I want to go — Alaska. I went to Fairbanks for 15 days. We went to see a ballgame that started at midnight.

What is the funniest thing that's happened to you?

I don't know that it's funny — I've had a lot of enjoyment and good times. I was with a lady friend — she was handicapped — for 35 or 40 years. I used to take her fishing. Seeing her catch a fish made my day. She caught an 18 and a half inch trout one day — that was a fantastic day. We had a lot of memories.

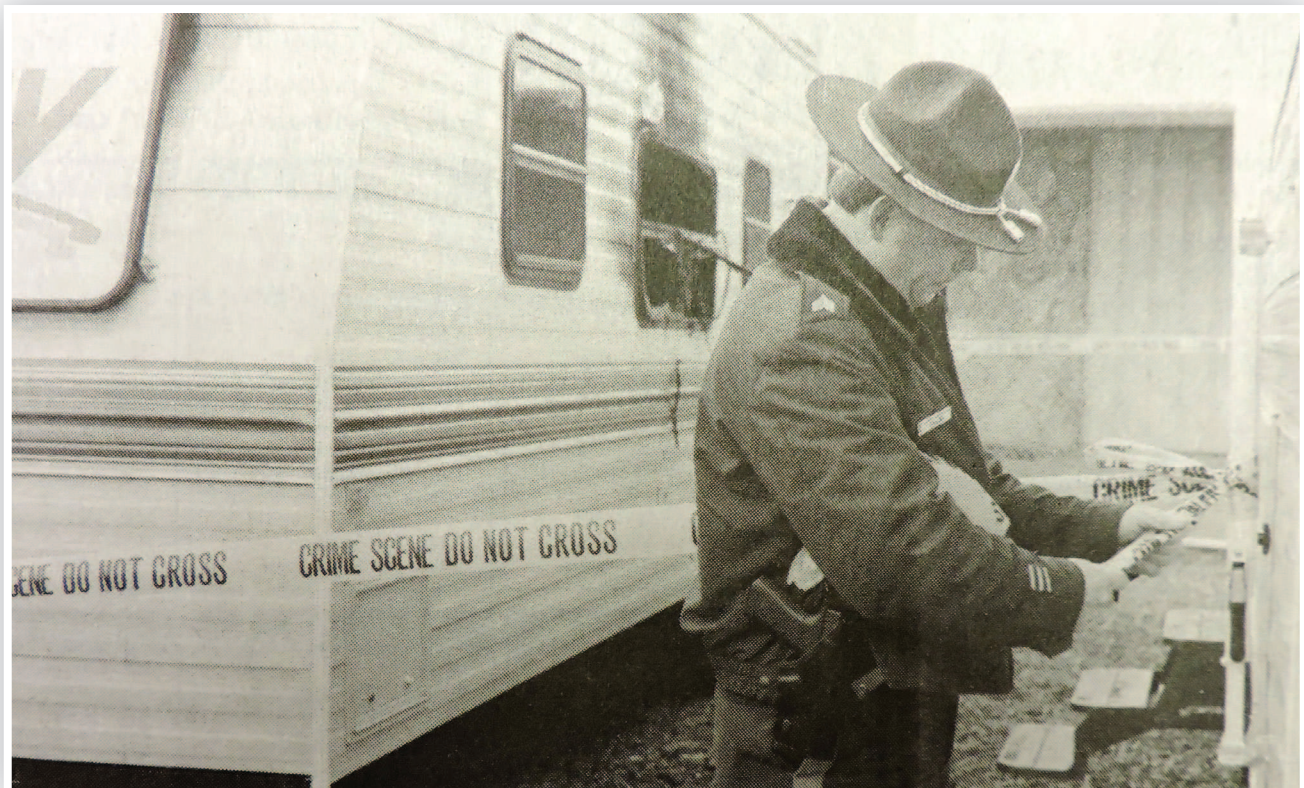
What is one of your goals for the next 12 months?

I wish the snow would get out of here — I want the roads clear so I can get out of here and go places.

What is your proudest accomplishment?

I'm lucky to be alive. I'll be 79 next month. I've been retired since March of 1999, and I've lived around here the whole time.

HERMISTON HISTORY



Oregon State Police Sgt. John Collins tapes off an area of vandalism at Columbia Travel Service in Hermiston, one of several businesses to be hit in February 1994.

25 YEARS AGO

Feb. 22, 1994

Several manufactured home and travel trailer dealerships spent Monday morning assessing damage from a rash of vandalism on Highway 395 north of Hermiston.

Investigators believe the incidents are related.

"These people weren't kind," Carol Frink, general manager of Oregon Trail Mobile Homes said. "It looks like they went through it with a baseball bat."

Five of Oregon Trail's 17 display homes suffered damage — overturned refrigerators, broken glass, spray paint on walls and cabinets ripped off their hinges.

2) A suggestion to merge Echo and Stanfield school districts was rejected at a meeting of the two school boards Wednesday.

Both boards agreed, though, to continue to explore ways to cut costs through sharing services.

Lewis Martuscelli, chairman of the Stanfield board, said he proposed the meeting to explore the Echo board's position on a merger or increasing shared academic programs.

Board members discussed sharing music teachers, shop facilities and agricultural programs as possible alternatives to combining districts.

50 YEARS AGO

Feb. 20, 1969

"Marijuana is harmful, regardless of what some groups would have you believe," said Cpl. Robert Rothermel in his talk before the Hermiston Rotary Club last Thursday.

During the colorful presentation, the corporal gave the Rotarians some practical examples of the experience he and other officers of the Oregon State Police have had in dealing with narcotic transportation and narcotic users. Most of the large caches of marijuana in Umatilla County have been taken off persons transporting the goods from one area to another, says Rothermel.

In classifying narcot-



Sgt. Vern Boyer of the Oregon State Police receives a special safety award honoring the Hermiston unit from Capt. N.W. Smith in 1969.

ics, the corporal said the "heavy" drugs such as heroin, morphine and codeine can quite often shorten a heavy user's life expectancy to only five years.

Marijuana will apparently grow anywhere and huge batches of the plant come into the United States daily from across the Mexican border, as do large quantities of other narcotics.

The smell of ignited marijuana is much like the smell of burning rope, as Rothermel demonstrated to the group by lighting some help in the ash tray at the beginning of his talk.

"There are known narcotics users in Umatilla County and the use is on the increase" said the OSP officer.

2) Three coaches in the Hermiston senior high school will no longer handle their respective coaching assignments during the 1969-70 school year as a result of action taken by the local school board Monday.

Coaches George DeLap (basketball), Bob George (football) and Arnold Owens (baseball) were all relieved of their coaching assignments for the coming years in a marathon teacher evaluation session that lasted seven hours, beginning at 7:30 p.m. Monday.

Armand Larive, superintendent for the Hermiston schools, said it was the board's general consensus of opinion that a sweep-

ing general change in the coaching staff of the three areas of basketball, baseball and football was needed to bolster the morale of these various departments.

75 YEARS AGO

Feb. 24, 1944

Precipitrons that will prevent the tiniest particle of dust, soot, smoke or dirt from entering the households they guard, and home laundry equipment that does the family wash with the push of a button are but samples of new electrical conveniences that await users in the post-war world, according to D.B. Leonard, Pacific Power & Light Co. commercial manager.

Though manufacturing facilities are devoted to war goods, and peacetime products are still in the blueprint stage, post-war development plans are now so complete that a five-fold national increase in the average home use of electricity has been predicted, he said.

Leonard was one of more than 200 representatives of the nation's major electric companies invited to attend a post-war power use forum conducted by the Westinghouse Manufacturing Co. in Pittsburgh.

New developments in lighting will deliver almost double the foot-candles of illumination that pre-war uses of electricity provided. Applications of electronics and dialectric heat hold

more miracles for industrial production.

A lesser use of application of electronics will enable you to open your garage doors with a push-button control from your approaching car.

Most post-war homes will have complete automatic laundry equipment and an economical electric clothes dryer will dispel the inconvenience of rainy wash days.

100 YEARS AGO

March 1, 1919

Editor's note: The Feb. 22 edition of the Hermiston Herald is missing from our archives.

Are there any more bachelors on North Ridge? Don't know, but we do know there is one less this week than last week. And we do know where one lonely man live heretofore on the aforesaid ridge, now two loving hearts beat as one, and the bachelor apartment there has been transformed by the hands of a woman.

The central figure in this little love episode is our time-honored friend and fellow citizen, Judge J.T. Embry, who, be it known, quietly slipped away to Pendleton Thursday, where he met Miss Anna Bridge, a cousin of Mrs. F.J. Auseon, who had that morning arrived from her home in Chicago. After procuring a marriage license they returned to this city and were quietly married at the home of Mr. and Mrs. Auseon, Father Butler tying the nuptial knot.

This was all done by prearrangement, and was the climax of a courtship extending over four years, when Miss Bridge was here visiting at the Auseon home that number of years ago.

It's hard for us to forgive the Judge for not letting us know so we could have written up in advance in more flowery language, nevertheless we extend felicitations to the happy couple, and we hope to be able to attend the forthcoming charivari that the boys are planning on giving them.

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SUBMIT A LETTER TO THE EDITOR

Letters Policy: Letters to the Editor is a forum for the Hermiston Herald readers to express themselves on local, state, national or world issues. Brevity is good, but longer letters should be kept to 250 words.

No personal attacks; challenge the opinion, not the person. The Hermiston Herald reserves the right to edit letters for length and for content.

Letters must be original and signed by the writer or writers. Anonymous letters will not be printed. Writers should include a telephone number so they can be reached for questions. Only the letter writer's name and city of residence will be published.

COLUMN

Weight is just a number

I was diagnosed with an eating disorder (some in the community call it ED) my sophomore year of high school. It's been a difficult thing for me to talk about.

At first, I knew that my eating habits changed, and I started to restrict what food I ate but I didn't see that as a bad thing. However, it wasn't a healthy thing either. I hated what I looked like; I didn't want to eat things that were high in calories, and it physically pained me to step on the scale and see how much weight I had gained. So you would think that joining a sport like wrestling, where weight is important, would be a bad idea.

The first time I had to weigh myself during the wrestling season it was the hardest thing I ever had to do.

Not only did I have to weigh myself, but I did it in front of my teammates. I was embarrassed; I felt out of shape and just fat. But over the course of the wrestling season, I came to see my weight in a more positive light.

I only dropped one weight class during the season (which is equal to 5 pounds). My teammates really helped me change my mindset about eating and weight; they had positive body images, and they got excited about eating. That sounds stupid, but it helped me feel better about myself.

Another thing that helped me was going to tournaments; there I was able to see that everybody has a different body type and that a certain body type doesn't equal a certain weight.

Wrestling taught me that weight is really just a number. It doesn't matter

in the middle of a match. What matters is that you try your best. Weight doesn't define whether you're attractive or not, it doesn't define who you are (you're not just that overweight kid or underweight kid), and it's something that a lot of people struggle with — not just physically trying to lose or gain weight — but mentally, too.

I want everyone, not just individuals with eating disorders but to everyone that has struggled with their weight, to know that they are not alone. It may sound hackneyed, but it's true. If you have an eating disorder it's important to talk to somebody. People with all different body types and backgrounds can have eating disorders, and help is available.

Sally Wooster is a member of the Women's Wrestling Team at Hermiston High School.



Sally Wooster