



Staff photo by Jade McDowell

Shana Mason opened River Dawgs in Umatilla on March 18.

River Dawgs does booming business in first week

By JADE MCDOWELL
NEWS EDITOR

Hot dogs are in high demand in Umatilla, if the response to the city's newest business is any indication.

After a little-advertised soft opening on March 18, River Dawgs sold out of hot dogs before closing time by its third day. Owner Shana Mason said she had opened at 10:30 a.m. that day and had sold all 165 hot dogs she had on hand before 2 p.m.

"Now I know to really, really stock up," she said. "It's been crazy."

Mason, who lives in Irrigon, said she has experience in management and in the food processing industry but this is her first foray into the restaurant business.

"I'm a hot dog lover," she said. "There are no hot dogs around and I said, 'You know, I should give people that choice.'"

She said she has wanted to open her own business since she was 25.

"I'm really happy," she said. "It's very exciting at 56 to be able to do that. How fun is it to be able to live out a dream?"

River Dawgs is located 1300 Sixth St., Suite D. Barring more sold-out-early days, its hours will be 10:30 a.m. to 6 p.m. Tuesday through Saturday. Mason said she might end up staying open later during the summer months if the demand is there.

The hot dogs are all-beef, half-pound hot dogs. A basic hot dog is \$4.50 with whatever combination of ketchup, mustard, relish and onions the customer desires. Gourmet dogs run between \$5.50 and \$7 and are all named after rivers in Oregon. The Klamath Dawg, for example, comes topped with chili, cheese, bacon, sour cream and a pickle spear. A build-your-own hot dog option is also available, and the menu includes sides such as coleslaw, potato chips and a warm pretzel with cheese sauce.

Mason said she plans to have a grand opening sometime in the next couple of weeks after she gets into a rhythm with the business.

"I've gotten fantastic feedback," she said. "People are excited. They really like the choices."

Author/activist shares about child abuse

Guardian Care Center is gearing up to help raise awareness during National Child Abuse Prevention Month.

The public is invited to a presentation by Erin Merryn, an internationally known author, speaker and child abuse prevention advocate/activist. Merryn shares about her own childhood sexual abuse, which she wrote about as a child in a diary. Before graduating from high school, she published her writings, "Stolen Innocence."

An Evening with Erin Merryn is Thursday, April 4 at 6 p.m. at the Vert Auditorium, 480 S.W. Dorion Ave., Pendleton. Admission

is free.

Also, a Child Abuse Mandatory Reporter Training will be held. The free event is Thursday, April 4 from 3-4 p.m. at the Vert Auditorium. Area first responders, school administrators, religious leaders, medical providers and caregivers are urged to attend.

A nonprofit organization, Guardian Care Center was established in 1996 to help reduce the trauma for victims of child abuse. For more information about the center or the upcoming programs, call 541-276-6774 or visit www.guardiancarecenter.org. For more about Merryn, visit www.erinmerryn.net.



Staff photo by E.J. Harris

Hermiston High School interns Kamryn Cooke, left, and Jazmin Macias have been job shadowing in Dr. Derek Earl's office at Good Shepherd Medical Center in Hermiston.

Hermiston students plan for health careers with club, internships

By JAYATI RAMAKRISHNAN
STAFF WRITER

While their peers are in class each morning, Jazmin Macias and Kamryn Cooke are in a clinic across town, using stethoscopes and taking vital signs.

The two are interns for Dr. Derek Earl at Family Health Associates, shadowing the longtime family physician, and using the skills they've learned at school and on the job.

"We get to listen to heartbeats, take blood pressure," said Macias.

"I gave Jazmin a flu shot the other day," Cooke added.

The two girls are part of the Health Occupation Students of America club, in which students interested in health-related careers can meet with like-minded classmates, and share their knowledge of health issues with others.

The students take as many health-related classes as possible, including health services, anatomy and physiology, biology and chemistry, and early childhood development. In their Health Services class, they just learned how to measure vital signs, using equipment including a sphygmomanometer, or a blood pressure gauge.

As members of HOSA, they can apply that knowledge at state competitions, which includes a practical component and a speaking portion.

"Everything we learned, we can compete in for state," said junior Macy Pearl Morgan. "We're tested on bandaging, blood pressure, CPR, public

speaking."

Earlier this month, a few of the club members competed in medical terminology at a state competition.

The club also tries to educate other students on health issues. That includes passing out information at lunch on cancer awareness, or giving a training on tobacco cessation.

"I'd say the health services classes have helped.

Now I know what the nurses and doctors were talking about."

Yezabel Cardenas, Student

of the nurses there.

Arroyo got to see a live birth during her internship.

"A C-section," Arroyo said.

She said the internship, along with her membership in the club, has encouraged her to explore other types of medical careers beyond what she first wanted.

"I went into my internship wanting to be a doctor, and I came out wanting to be a surgeon," she said.

Several of the students said they want to work in the emergency room, or in a trauma center.

"It's something new every day," said Jesenia Macias. "I think we all really just want to do it because we'll get to save lives, and make an impact on someone's life."

Yezabel Cardenas has wanted to be a labor and delivery nurse for several years, and got interested in medicine when she had family members that went through cancer treatment.

"I'd say the health services classes have helped," she said. "Now I know what the nurses and doctors were talking about."

The students said being in HOSA has helped them recognize the value of experience, not just for their future careers, but for college.

"Dr. Earl knows what it's like to be a young teen, interested in the medical field," said Jazmin Macias, who wants to be a doctor of osteopathy, and focus on family medicine.

"He lets us be hands-on which is cool, and we get to see what it's like to actually be a doctor."

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