

# Hermiston Herald

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### REMEMBERED

Friends of Brett Jewett, a Hermiston student who died in a car crash last week, share memories. **Page » A3**

### DONATION

Altrusa gives Made to Thrive a boost with a new van. **Page » A4**

### RED CROSS

An uptick in house fires in Umatilla and Morrow counties highlights the need for local Red Cross volunteers. **Page » A6**

## BY THE WAY

### City accepting trees for recycling

Hermiston residents looking for a place to dispose of their Christmas tree can drop it off at **Butte Park**.

The city of Hermiston is once again taking trees at the park, on the south side of the parking lot. No artificial trees will be accepted, and trees must be free of ornaments, lights, tinsel and other decorations.

Trees will be accepted through Jan. 31, after which **RDO Equipment** and **Vermeer** will assist the city in turning the trees into mulch to be used in city parks throughout the year.

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Princess **Kyleigh Sepulveda** of Hermiston is returning to serve on the 2020 **Umatilla County Fair** court. Joining her as ambassadors of the fair and county are **Keeva Hoston** of Hermiston, and **Baylee Marshall** and **Brielle Youncs**, both from Pendleton. In addition, **Rebecca Manning** of Pendleton is the new fair court chaperone. The 2020 Umatilla County Fair is Aug. 11-15. See next week's **Hermiston Herald** for a full story about the court.

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**Megan Olsen**, general manager of **Big River Golf Course**, is predicting a great year on the

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## Small steps add up



Hermiston High School cross-country coach Troy Blackburn and several of his runners lead the pack after the start of the Resolution Run at Riverfront Park in Hermiston on New Year's Day.

Staff photo by Kathy Aney

## Experts urge people to start with realistic goals when making New Year's resolutions in 2020

By **JADE MCDOWELL**  
NEWS EDITOR

It's just one week into 2020, but some New Year's resolutions might have already fallen by the wayside.

According to *U.S. News & World Report*, as many as 80% of New Year's resolutions have failed by February, as people struggle to convert an aspiration into a lasting lifestyle change.

So what can people do if they want their new goals to stick? One of the top recommendations by experts is to focus on small, manageable steps.

Chris Madrigal, wellness coordinator at Good Shepherd Health Care System in Hermiston, said when it comes to exercise, people need to focus on consistency instead of overdoing it right away and then getting discouraged.

"Don't go in cold turkey," he said. "I tell people, you didn't get unhealthy and out of shape in one day. It's going to take some time to reverse it, too."

Madrigal, a certified personal trainer, helps teach wellness classes hosted by Good Shepherd, such as Work-Out Herd. The free exercise class will run Mondays from 5-6 p.m. at the Dance Unlimited studio in Hermiston starting next Monday.

Local gyms always report an uptick in memberships and usage in January, as people feel unhealthy or worry about their weight gain after overindulging on food over



This runner was among the dozens of people who welcomed 2020 by participating in the Resolution Run at Riverfront Park in Hermiston on New Year's Day.

Staff photo by Kathy Aney

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## Good Shepherd welcomes first baby of the decade

By **JESSICA POLLARD**  
STAFF WRITER

Kris Neville was out hunting ducks near Irrigon when his wife, Danielle Davies-Neville, went into labor on New Year's Eve.

"My wife did give me permission to go out hunting," Kris joked.

And while he only caught two ducks that day, he got a bigger prize when the couple welcomed Colton David Neville into the world just 17 minutes after the dawn of the new decade — at 12:17 a.m. on New Year's Day — making him the first baby of the new year at Good Shepherd Family Birth Center and in Umatilla County.

Colton, a cool-natured boy weighing in at 8 pounds and 2 ounces and 22 inches long, gripped his mother's finger fondly last Wednesday afternoon.

"He's very calm," Danielle said.

"That's a mom trait," Kris added.



Kris Neville, left, and his wife Danielle Davies-Neville enjoy a quiet moment with their newborn, Colton David Neville, amid visits from hospital staff and a portrait session at Good Shepherd Family Birth Center in Hermiston. Colton David Neville was the first baby of the decade in Umatilla County. He was born at 12:17 a.m. Jan. 1, weighing 8 pounds 2 ounces.

Staff photo by Ben Lonergan

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