

COLUMN

Things to be grateful for in the age of COVID-19

These past few weeks have been bewildering. Tiring. Worrying. I'm sure you can think of plenty of other adjectives.

As we have been hit with whirlwind of news the likes of which most of us have never seen before, it can be easy to feel a sense of anxiety and gloom. So in an effort to ease that just a little, I offer you a few positive things to keep in mind.

First, the cancellation of so many activities we enjoy or were looking forward to is disappointing, but it means that we as a society are addressing this threat head on instead of burying our heads in the sand, and medical experts say we are saving many lives this way.

There are examples everywhere of people putting their community's health ahead of profits — in my own industry, despite losing significant advertising revenue right now because canceled events and closed businesses, news outlets are still lowering paywalls and sharing stories freely with their competitors in order to get important information to the public, even if it hurts our bottom line. Other industries are stepping up in their own ways.



Jade McDowell NEWS EDITOR

Just over 100 years ago, the Hermiston Herald's archives show, Hermistonians were disappointed by the the cancellation of movies, school, church, parades, the county fair and more to stop the spread of the lethal Spanish influenza. History shows that those measures were highly effective and were then able to be retired so that people could return to their normal activities.

Today, we are in far better shape than our ancestors a century ago. We have better medical technology and medications to fight illnesses and save the lives of some who would have died under the care of 1918 medicine. And remember that any measures we take to slow the spread of COVID-19 is also helping spare people from colds, influenza and other illnesses.

Those who won't get sick but are merely waiting out the wave of COVID-19 cases are also far better off than our ancestors. We live in the golden age of streaming television and movies, not to mention more audio books, e-books, podcasts, games, news, YouTube videos and more at our fingertips than we could possibly consume in 1,000 lifetimes.

We have endless ways to connect with the outside world elec-

WE HAVE ENDLESS WAYS TO CONNECT WITH THE OUTSIDE WORLD ELECTRONICALLY WHILE STUCK AT HOME, TO FIGHT LONELINESS AND CHECK ON OUR FRIENDS AND FAMILY WITH NO RISK OF EXPOSURE.

tronically while stuck at home, to fight loneliness and check on our friends and family with no risk of exposure. Using many of those same technologies, public health officials, school districts and other government agencies are able to get important information to us faster than ever before. We can order supplies online if we want to avoid the store. And while many workers have been hit by loss of income, technology has also allowed some to continue earning a paycheck from home despite their office shutting down.

Over the weekend, people in Hermiston were panic-buying everything in sight at local stores. While it might have felt alarming to see empty shelves that evening, we know that new truckloads of supplies are being sent to these stores each day. There is not an increased need or

decreased production of products such as toilet paper, just a temporary spike in demand.

For years, including a column I wrote in September, I've been using my platform as a journalist to encourage people to follow the Red Cross and Oregon Emergency Management's advice to be "2 Weeks Ready" by keeping two weeks worth of food, toiletries and other supplies on hand in case of an emergency. Two weeks, incidentally, is how long people have been asked to stay quarantined if they were exposed to a case of COVID-19.

The 2 Weeks Ready campaign was mostly designed with a major earthquake in mind, so the fact that it has been tested through COVID-19 instead is good news. Instead of the sudden loss of power, water and other resources, people have been given a much more slow-roll-

ing timeline to see where their preparedness is lacking and buy extra supplies.

This can help people be more prepared on an individual level in the future, just as hospital and other entities will likely be more prepared with needed supplies in the future.

While the closure of schools in Oregon for at least two weeks is unfortunate, less than 24 hours after the governor announced the closure, every single one of our local school districts had a plan for making sure students who depend on school breakfasts and lunches will continue to have access to meals during the shutdown.

The last week hasn't been easy, and we know that all of this won't go away overnight. I don't want to downplay the real harm that people have suffered. But I hope through all of this that everyone is able to remember to count their blessings, too.

As you focus on increasing your physical health through measures such as hand-washing, take care of your mental health too.

Read a book. Have a family (or solo) dance party in your living room. Make cookies. Write in a journal. Learn a new skill. Paint. Call a friend. Do whatever you need to during this time to take care of yourself and others.

Five Dawgs pick up all-conference wrestling accolades

By ANNIE FOWLER SPORTS EDITOR

Sophomore Sam Cadenas leads a contingent of five Hermiston wrestlers named to the Mid-Columbia Conference all-conference team.

Cadenas was named to the first team at 220 pounds by the conference coaches. Cadenas won district and regional titles, and placed third at state. He finished the season with record of 39-8.

Trevor Wagner, a junior, was selected to the second team at 160 pounds. Ssenior Dustyn Coughlin was a second-team pick at 285.

Wagner, who was 34-9 on the season, won a district title, was second at regionals and third at state.

Coughlin finished third at district, won the regional title, and then placed sixth

at state. He finished the season with a 28-15 record.

Sophomores Hunter Dyer (132) and Jon Lee (195) earned honorable mention honors.

Dyer placed third at district, and finished fourth at regionals to earn a trip to state. Dyer went 1-2 in his first trip to the Tacoma Dome in Tacoma, Washington. He finished the season 26-19.

Lee, who was second at district, finished fifth at regionals to miss out on a return trip to state. His season record was 23-11.

Chiawana's Robby Vaughn (138) was named the lower weight Wrestler of the Year, while Pasco's Isaiah Gonzalez (160) was the upper weight Wrestler of the Year. Both won state titles. Coach the Year hon-



Wagner



Cadenas



Lee



Dyer



Coughlin

MID-COLUMBIA CONFERENCE

Lower weight Wrestler of the Year: Robby Vaughn, sr., Chiawana.

Upper weight Wrestler of the Year: Isaiah Gonzalez, sr., Pasco.

Coach of the Year: Jack Anderson, Chiawana.

First Team

106 — Isaiah Medina, fr., Chiawana. 113 — Nathaniel Tovar, sr., Pasco. 120 — Eric Correa, jr., Pasco. 126 — Antonio Ramos, jr., Kennewick; Jackson Salazar, jr., Chiawana. 132 — Lance Stover, so., Chiawana. 138 — Robby Vaughn, sr., Chiawana. 145 — Jordan Tobery, so., Southridge. 152 — Joey Chavez, sr., Kamiakin. 160 — Isaiah Gonzalez, sr., Pasco. 170 — Riley Cisse, sr., Chiawana. 182 — Tyson Stover, sr., Chiawana. 195 — Isaiah

Anderson, so., Chiawana. 220 — Sam Cadenas, so., Hermiston. 285 — Damian Silva, sr., Pasco.

Second Team

106 — Por Htoo, fr., Chiawana. 113 — Ler Pweh Htoo, jr., Kennewick. 120 — Victor Godinez, so., Pasco; Nate Montelongo, so., Chiawana; Guillermo Ramirez-Diaz, sr., Kamiakin. 126 — Eduardo Manzo, sr., Pasco. 132 — Miguel Hinojosa, sr., Pasco. 138 — Antonio Ramos, jr., Pasco. 145 — Judah Bishop, fr., Chiawana. 152 — Darion Johnson, so., Chiawana. 160 — Trevor Wagner, jr., Hermiston. 170 — Ryan Stayrook, sr., Southridge. 182 — Nathaniel Torres, jr., Pasco. 195 — Gilbert Marquez, jr., Kamiakin. 220 — Kaden James, jr., Richland. 285 —

Dustyn Coughlin, sr., Hermiston.

Honorable Mention

106 — Devin Boone, sr., Southridge; Payton Smith, jr., Kamiakin. 113 — Ruben Lozano, sr., Walla Walla. 120 — Saw Thee, so., Kennewick. 132 — Hunter Dyer, so., Hermiston. 145 — Eli Lemieux, sr., Richland. 152 — Treyton Keller, sr., Hanford; Caleb Mendenhall, jr., Hanford. 160 — Brody Ray, sr., Kennewick. 170 — Dylan Holt, sr., Kennewick; Travis Thorn, jr., Pasco. 182 — Cody Hudson, sr., Southridge. 195 — Jon Lee, so., Hermiston; Jakobie Reynolds, jr., Hanford. 220 — JJ Rodriguez, sr., Chiawana; Chay Cottum, jr., Kennewick. 285 — Colby Blasdel, sr., Chiawana.

CRYPTOQUIP

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: L equals D

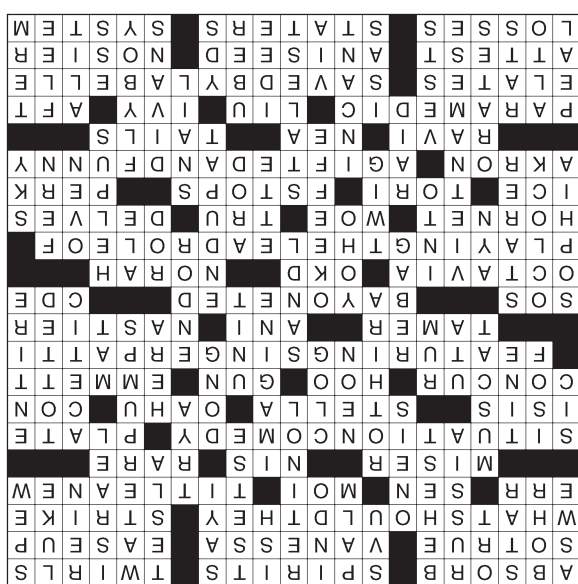
FABK WTZNL B XYGTY XYQEGLQDK'E

LQDKZYQE VQ WBNNQL?

KAQ OQTYOQ FBEAGDOKTD VYGLOQ.

The George Washington bridge. dentures be called? What could a prior president's answer

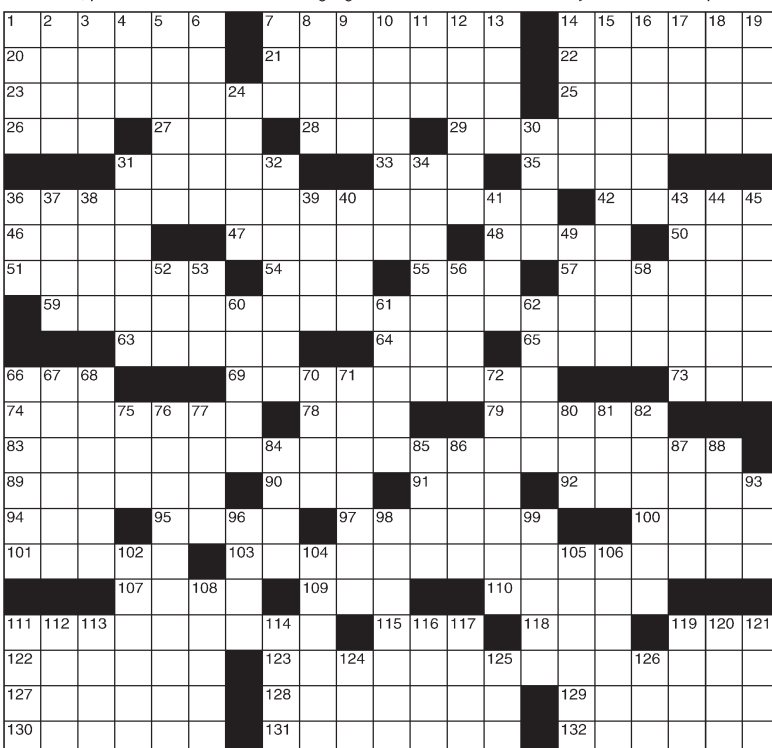
CryptoQuip



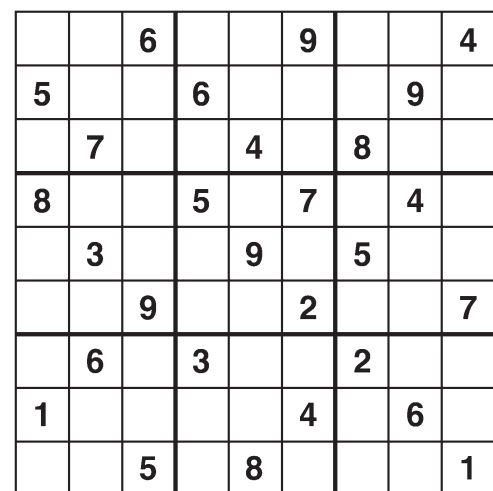
Answers

SUPER CROSSWORD: SOUL RESCUER

- ACROSS 1 Sop up 7 Liquor 14 Spins 20 "Amen to that!" 21 Actress Hudgens 22 Abate 23 Start of a riddle 25 Batter's miss 26 Do wrong 27 Pol with a six-yr. post Me, to Michel 29 Riddle, part 2 31 Pinchpeny 33 Sue 35 Steak order 36 Riddle, part 3 42 Food holder 46 Goddess with a cow's head 47 McCartney of fashion 48 Kailua Bay locale 50 Scam 51 Agree (with) 54 "Yoo-!" 55 Paintball need 57 Circus clown 59 Riddle, part 4 63 Big-top star 64 DiFranco of folk rock 65 More spiteful 66 "We need assistance!" 69 Used a daggerlike weapon on 73 B followers 74 Wife of Mark Antony 78 Consented to 79 "Nick and —'s Infinite Playlist" (2008 film) 83 Riddle, part 5 89 Wasp variety 90 Suffering (for Noses) 91 Capote, to his buddies 92 With 77- Down, does thorough research on 94 Freezer trayful 95 TV's Spelling 97 Camera lens settings 100 Exec's benefit 101 Ohio tire city 103 Riddle, part 6 107 Sitarist Shankar 109 Org. for teachers 110 Coin toss call 111 End of the riddle 115 Lucy of "Kill Bill: Vol. 1" 118 — League college 119 Toward a boat's back 122 Makes glad 123 Riddle's answer 127 Declare under oath 128 Source of licorice-flavored oil 129 More prying 130 Sports team letdowns 131 Red — (many Republicans) 132 Modus operandi DOWN 1 "Even — speak ..." 2 Atom studier 3 Movie draw 4 Meal leftover 5 Putin's land 6 Command 7 "Law & Order: —" 8 Hand part 9 —European languages 10 Another name for vitamin A 11 Suffix with fool or owl 12 Fearsome fly 13 "Don't — didn't warn you!" 14 Inventor Nikola 15 Radiator hoses may lead to them 16 Haifa's land 17 Harness part 18 Leia's twin 19 Spurt out 24 "No — to blame" 30 "— little kindness" 31 Capital of Oman 32 Alternative to a 401(k) or a Keogh 34 Envision 36 [not my error] 37 "Time — the essence" 38 Rake part 39 Inert element 40 Pipe problem 41 Ringing sound 43 — acid (vinegar flavorer) 44 Added (up) 45 Not broken 49 Zeus' sister and wife 52 Stage actress Hagen 53 Pirate's quaff 56 Syllabus segment 58 Gym floor covering 60 Put in a different sack 61 Mortgage-issuing inst. 62 Ewoks' forest moon 66 "El Cid" co-star Loren 67 Five — shadow 68 Person eyeballing 70 Pirate chant starter 71 Artist Georgia 72 Ultimately reach 75 Author Rand 76 From Hanoi 77 See 92-Across 80 Lightning — 81 Heady drink 82 "We need assistance!" 84 Small branch 85 Ending for major 86 Yankees slugger, to fans 87 It's often preheated 88 Nonflowering plant 93 Sun setting 96 Sortie, say 98 Most musty 99 Fishtank pest 102 Speaks bombastically 104 Recite ritually, as a spell 105 Large sofas 106 Air Force pilot, in slang 108 Three-piece pieces 111 Ringing sound 112 Choir range 113 Slum vermin 114 "Pretty — pretty does" 116 Notion, to Jean-Luc 117 "Deutschland — alles" 119 Landed (on) 120 Cut and run 121 Time in office 124 By the agency of 125 Football field units: Abbr. 126 Letter for Superman



SUDOKU



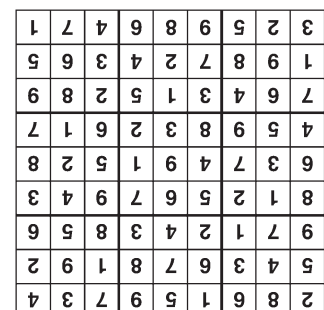
DIFFICULTY THIS WEEK ★★ ★



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