

## THREE MINUTES WITH ...



## CINDEE HENDERSON

Hermiston

**We've spoken a lot about fitness, because you are the owner of Higher Power Fitness in Hermiston, but could we talk a bit about your religious faith?**

*Sure. What would you like to know?*

### What is your religion?

*I am Protestant, Christian. I've been part of the Hermiston Nazarene Church. I was born and raised in the First Christian faith, and have attended New Hope and a couple of different churches in town. Mostly, my relationship with God is very deep and personal — a prayer relationship, reading His Word. I think with God, everything is possible.*

**Do you have a specific prayer that you say at mealtime?**

*No, I just offer thanks. It's usually just what's on my heart. He tells me what I need to pray for.*

**You said you've visited different churches in town. What makes for a good church?**

*I think they're all good churches. For me, a good church has a sense of community. I love the Nazarene Church, but I moved to New Hope because they have an earlier service. A church needs to be warm and welcoming, Bible based, needs to be steeped in religion.*

### Do you have a favorite piece of scripture?

*No... I think there's Romans 12, where it talks about the renewing of your mind. That was a piece of scripture that was mentioned to me by my first coach who was very strong in religion. He shared with me that scripture that if you can change your mind, you can do anything.*

### Do you have any favorite Christian music?

*There's so much. I love any Lauren Daigle puts out. She's amazing. Matthew West is one of my favorites. And then there's Christmas music. The secular stuff is fun, but I love the religious Christmas music.*

### What do you do for Christmas?

*We go to church, when we can, and we'll have family gatherings. We'll make sure Christ is the center.*

**You named your business "Higher Power Fitness." How did you come up with that name?**

*I was sitting at a lake at 5 a.m. after we came back from a backpacking trip. I was watching the sun come up and I was watching the mountain goats run across a glacier. It was through God's grace that I was there. My belief in a higher power is Christian based. Not everyone who enters our door has that faith, but if they come in that door I hope they will see a little bit of Jesus in me.*

**What does it mean to have a little bit of Jesus in you?**

*That I show love and compassion and care for everyone.*

## HERMISTON HISTORY

# Festival of Trees pulls in a lot of green

25 YEARS AGO  
Dec. 3, 1996

The Hermiston Breakfast Kiwanis club heads the annual Festival of Trees auction and dinner, which brought in over \$10,600 this year.

Many elegantly-decorated trees were present, such as "O Holy Night," "A Royal Christmas," "A Russian Christmas," and "Gingerbread House All Frosty and Spice." J.L. Brandt Electric bought and donated the "O Holy Night" tree, decorated by Kari Christiansian, to the Hermiston Public Library; "A Royal Christmas" was decorated by Express Personnel Services, bought by Sherrill Chevrolet and J.L. Brandt Electric, and donated to Rose Arbor Assisted Living Facility; "A Russian Christmas" was decorated by Bonnie and Glen Greiner, bought by Amstad Farms and Bothum Construction, and donated to Our Lady of Angels Hospital; and the "Gingerbread House All Frosty and Spice" tree, created by Cottage Flowers, resides in The Hermiston Herald building.

In addition to the auction were a fabulous dinner and free family day — where the many families crowded the Hermiston Community Center for numerous activities, visiting with Santa, and viewing vendor booths.

The majority of funds will be used to improve Newport Park, the oldest baseball field in the city. Specifically, the focus is on rebuilding a backstop, concessions stand, and repairing a portion of the chain-link fence.

"It's important because those who can't walk, like grandparents, can watch from their cars," explains co-chair-person of the festival Kari Christiansen.

50 YEARS AGO  
Dec. 2, 1971

A new daycare center is opening its doors in Hermiston, though staff interviews are still being conducted and some construction is yet to be finished.

According to temporary director Mrs. Norma Rebmann, necessary work like separating the furnace from the utility room, installing a fire protection sprinkler system, and finishing the cyclone fence still needs to be completed to meet state



Joyce Hensley/Hermiston Herald, File  
**Shannon Nobles, 5, enjoys a candied caramel apple from Lind's Concessions. Throughout the month of December in 1996, a percentage of profits were donated to the Pioneer Humane Society.**



Joyce Hensley/Hermiston Herald, File  
**Seven-year-old twins Corey and Colt Kelly view 'A Russian Christmas' tree, which was designed by Bonnie and Glen Greiner for the 1996 Hermiston Festival of Trees.**



Hermiston Herald, File  
**In December 1971, Mrs. Norma Rebmann was the temporary director of the new Hermiston Day Care Center.**

standards. Rev. Jack Naff, chairman of the personal committee, conducted interviews for teacher and director applicants and expects all positions to be filled by the end of the week.

• Though Christmas is nearing, it seems some people are increasing their chances of landing on the naughty list. Vandalism at the Boardman Riverview Cemetery, destruction of rural mailboxes and bicycle theft have been repeatedly reported in the past few weeks. Postmaster Fred Reeves of Hermiston informed The Herald that mailbox destruction carries penalties of heavy fines, prison time or even both. As for the theft, 10-speed bicycles have been stolen in the Hermiston area — four of which were taken from the West Highland Avenue region alone.

75 YEARS AGO  
Dec. 5, 1946

An area shrouded in secrecy, the Umatilla Ordnance Depot, is hiring ammunition handlers. Those who desire the position will go

through an examination of experience of training — but a written test isn't required. Applicants must be between ages 18 and 62, though exceptions might be made for veterans and war service indefinite employees.

The starting pay for the position is an attractive \$0.94 an hour, a little over 1946's minimum wage. One could even apply for permanent positions, which would lead to probational appointments with permanent classified civil service status at the Umatilla Ordnance Depot. In addition to supporting the war effort and making some money, the chance of getting a closer look at the mysterious Umatilla Ordnance Depot probably adds another layer to the appeal of this job.

100 YEARS AGO  
Dec. 1, 1921

The newspaper was quite frightening this morning in 1921, bearing the news of a train collision that killed at least eight people.

Union Pacific Trains 12 and 17 collided near Rufus, the result of a miscommunication. Train 17 is the westbound afternoon train that travels through Hermiston and train 12 is the night train that travels between Portland and Spokane.

Union Pacific was using only one of its two tracks between Rufus and The Dalles, and failure to inform the trains of this resulted in them using the same track. They collided at high speeds — one at 25mph and the other at 55mph. Both trains were derailed from the shock, and the tracks are consequently already cleared.

The fatalities are still being determined, but it's certain that eight are dead and at least 25 injured. Thankfully, the three Hermiston residents aboard — Dr. and Mrs. F. V. Prime and F.B. Swayze — survived.

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*McKenzie Rose, a sophomore at Echo High School, searched Hermiston Herald archives to compile these article summaries.*

## BY THE WAY

## Santa comes to town to light the Hermiston Christmas tree

The **Hermiston Parks and Recreation Department** is inviting people to gather around Hermiston's Christmas Tree for the **Hermiston Tree Lighting Celebration**. This community tradition starts 5:30 p.m., **Thursday, Dec. 2**, on Hermiston's **Festival Street**. Music, carolers, performances, vendors and Santa pack the night.

Visitors to the tree lighting event can also visit the **Community Vision Open House** on the same day, 5-7:30 p.m. at the **Victory Baptist Church**, 193 E. Main St., Hermiston. Cookie decorating and prizes will be available, as people also can review the draft vision and action plan and offer feedback.

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The **Umatilla Winter Festival** is this weekend, **Dec. 3-4**, at **Village Square Park**, next to **Umatilla City Hall**, 700 Sixth St. **Friday's** activities are 4-8 p.m., including the tree lighting at 6:15 p.m. **Saturday's** hours are 12-8 p.m. The event includes ice skating, pictures with **Santa**, food and craft vendors, games and activities and music.

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**Festival of Trees 2021** is **Saturday, Dec. 4**, 2-7 p.m. at the **Hermiston Community Center**, 415 S. Highway 395. Tickets are available at the **Hermiston Chamber of Commerce**, 630 S. Highway 395. The event's theme is "The Gift of Giving." It includes online bidding, a Family Hour

and in-person viewing and wine tasting. Funds go towards scholarships and community projects supported by **Hermiston Kiwanis Foundation** and **Good Shepherd Community Health Foundation**.

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The **Boardman Christmas Tree Lighting** event is **Saturday, Dec. 4**, 6-7 p.m. at the **SAGE Center**, 101 Olson Road., Boardman. Live Christmas music, a Christmas Tree lighting and a light show are part of the planned festivities. Visitors will also be able to have their photos taken with **Santa** and **Mrs. Claus**, and they will be able to enjoy cookies and hot cocoa from **Mid-Columbia Bus Company**.

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The **Festival of Lights**, which started **Friday, Nov. 26**, continues through **Sunday, Jan. 2**. It is open as a drive-thru event **Thursday to Sunday**, 6-10 p.m., closed Christmas Even and Christmas Day. Donations go towards **Hermiston Rotary Club** charities. It is at **EOTEC**, 1705 E. Airport Road.

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**Domestic Violence Services** recently expressed thanks for all the support they have received from the community — especially through the difficult items during the global pandemic.

"We could not do this without you," they wrote in a recent newsletter.

Serving **Umatilla and Morrow counties** for more than four decades, the nonprofit organization has shelters in **Hermiston** and **Pendleton**. Its mission is to provide help to all victims and survivors of domestic violence, sexual assault, dating violence and stalking. Services are available in English and Spanish.

The agency also maintains a **24-hour crisis line** at **800-833-1161**. For more information, call **541-276-3322**, **541-567-0424** or visit [www.dvs-or.org](http://www.dvs-or.org).

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The **Harkenrider Senior Activity Center** menu for **Thursday, Dec. 2** is beef stew, biscuits, fruit and dessert. The menu for **Tuesday, Dec. 7**, is spaghetti, salad, garlic bread and dessert. (In-house meals will be served from noon to 12:30 p.m. People planning to dine in are asked to call by 11 a.m.)

For a **Meals on Wheels** delivery in Hermiston, call **541-567-3582** before 10 a.m. to place an order. To pick up a meal from the center at 255 N.E. Second St., call before 11 a.m. Meals are \$5 and can be picked up between 11:30 a.m. and noon.

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The **Boardman Senior Center** now is providing meal delivery. Meals are \$4 paid upon delivery. Call **541-481-3257** to order.