

Good turnout for Turkey Day 5K

Annual run draws around 80 participants to Hermiston

By ERICK PETERSON
Hermiston Herald

Before gobbling down Thanksgiving meals, around 80 people decided to begin Thursday, Nov. 25, with a run on Hermiston's Oxbow Trail in the Turkey Day 5K.

After much preparation from organizers and volunteers, the runners lined for the 9 a.m. start, and 17 minutes later the winner crossed the finish line.

"I feel tired, but great," Samuel Wick said, still huffing and puffing from his victory.

A track and field athlete and cross-country runner in high school, he said he wanted to run this race to honor his old coach, Jacob Puzey, and fellow runner, Marissa Worstell, who died recently. He said he traveled back to Hermiston from

New York City to help his sister, who just had her second daughter. Meanwhile, he was conditioning himself for future runs.

Getting himself back in shape was no small feat for Wick, who said he had come down with COVID-19 in February, in New York, at the end of the lockdown. This was before vaccines were available for him, and the disease had a lasting effect, he said.

He said he felt he was wheezing following his recovery from COVID-19. By winning this race, he proved to himself he still could be competitive, which made him glad, he said.

Wick and other runners had been checked in at the start of the race by employees of the Hermiston Athletic Club. Aspen Fiander, manager of the gym and event organizer, said it was the first year for this run. Based on the good turnout, she said it should return next year and many years to come.

Fiander, who said

Thanksgiving Day running was her personal habit, said proceeds from this run would go to Agape House in Hermiston. Agape House is a food bank for people in need.

One of the people working alongside Fiander was Auri Miller, Hermiston Athletic Club assistant general manager. Taking a break from seeing to the needs of runners, she credited local sponsors for helping to make the Turkey Run a success. Four Seasons Paint Co. and Daily Fix Nutrition were a couple of the sponsors, she said.

After everyone else finished, and once any leftover mess was cleaned, she planned to also run, she said. It is a family tradition, she said, as she and her husband started running on Thanksgiving nine years ago and have been doing it ever since. This year, she planned to run with her daughter in a stroller.

She was smiling, but not the only happy person at the Turkey Run.

"It's a fun day," Miguel Moreno said.

A fitness specialist at the club, Moreno said he was glad to be gathering with other runners. He referred to his co-workers as his "other family," and he expressed happiness that he was with them on the holiday.

Hermiston High School runner Alexia Serna was also at the event as a participant. Ahead of the run, she said she had recently run a 5K at a meet, and her time was under 20 minutes, which she expressed hope of matching.

Nov. 25 was her first time running on Thanksgiving, she said, and she planned to follow the race by eating a big meal. Mashed potatoes and ham were her favorite Thanksgiving foods, she said, which she admitted were too heavy for a pre-run meal.

Another HHS runner, Zach Turner was at the event. He was with his dad, Mike Turner. The high



Ben Lonergan/Hermiston Herald

Runners navigate the Oxbow Trail on Thursday, Nov. 25, 2021, during the Hermiston Athletic Club Turkey Trot in Hermiston.

schooler said he started running in middle school and fell in love with it ever since. On Thanksgiving, then, he wanted to express his gratitude.

"I'm thankful that we get to come out here as a community," the younger Turner said. "And I'm thankful to the organizers who put this on."

BRIEFS

New doctor joins Good Shepherd Primary Care Clinic

Good Shepherd Primary Care Clinic has a new family medicine physician.

Good Shepherd Health Care System in a recent press release announced Dr. Nicole Patching has joined Dr. David Shanley, Angie Hayes, family nurse practitioner, and JoDee Williams, doctor of nursing practice, at the clinic at 620 N.W. 11th St. Suite M-103, Hermiston. Patching is certified by the American Board of Family Medicine.

Patching was born and raised in Winnipeg, Canada, where most her family resides, according to the press release. She obtained her doctor of medicine at Saba University School of Medicine in Saba, Dutch Caribbean. Patching then completed her family medicine residency at Hennepin Healthcare in Minneapolis, Minnesota.

"My strong points are making sure that my patients understand what I am doing," she said in press release. "Communication and trust are key in helping my patients understand what is happening with their health."

For more information, call 541-667-3830 or visit www.gshealth.org/good-shepherd-medical-group/primary-care-clinic.

Good Shepherd Sleep Solutions receives program accreditation

Good Shepherd Health Care System in a recent press release announced Good Shepherd Sleep Solutions in Hermiston recently received program accreditation from the American Academy of Sleep Medicine.

To receive and maintain accreditation for a five-year period, a sleep center must meet or exceed all standards for professional health care as designated by the AASM. These standards address core areas such as personnel, facility and equipment, policies and procedures and patient care. Additionally, the sleep center's goals must be clearly stated and include plans for positively affecting the

quality of medical care in the communities it serves.

The American Academy of Sleep Medicine accredited a sleep disorders center for the first time in 1977. Today there are more than 2,600 AASM-accredited sleep centers across the country.

Dr. Jakdej Nikomborirak directs Good Shepherd Sleep Solutions, 610 N.W. 11th St., Suite E-19, Hermiston. For more information visit www.gshealth.org/sleep-medicine.

Hermiston police say SUV strike on local offender 'intentional'

Hermiston police Monday, Nov. 15, arrested Carlos Barragan in connection to a felony theft case, and now police are looking for the suspect who smashed into Barragan with a Hummer H2.

Police Chief Jason Edmiston reported the collision took place at 6:39 p.m. Nov. 17 while Barragan, 43, was riding his bicycle on West Orchard Avenue near Southwest 11th Street (Highway 207).

"I can say based on video evidence, this was not accidental, it was clearly intentional," Edmiston said.

An ambulance took Barragan to Good Shepherd Medical Center, Hermiston, according to Edmiston, and later an emergency craft flew him to Legacy Emanuel Medical Center, Portland, for his non-life-threatening injuries.

Police do not know who was driving the large SUV, but the department issued an attempt-to-locate notice for a yellow Hummer H2 with possible front-end damage.

Edmiston also said the hospital reported on the morning of Nov. 18 that Barragan was stable and awaiting surgery.

Barragan is well-known to local law enforcement. Capturing Barragan on Nov. 15 at his father's home while he was trying to hide in a crawl space marked the 15th time Hermiston police arrested him, Edmiston said.

And Barragan in 2009 helped set up the largest illegal marijuana crop in Grant County. —EO Media Group

Law enforcement looking for missing Boardman woman

Hermiston Herald

Multiple sheriff's offices in Eastern Oregon are on the lookout for a woman missing from Boardman.

Frontier Regional 911 in Condon reported the sheriff's offices of Wheeler, Morrow and Grant counties are looking for 22-year-old Autumn Jones of Boardman.

Jones is 5 feet, 10 inches tall, weighs 300 pounds and drives a bright red 2014 Volkswagen Jetta Wagon TDI with an expired Washington state temporary registration in the rear window. The vehicle also has dealer plates from "All-Star Cars" on the rear plate area, according to the notification.

Jones was wearing a black Riverside T-shirt, black sweatshirt, black tennis shoes and possibly wearing a black Car-



Frontier Regional 911/Contributed Image

Frontier Regional 911 in Condon reports Autumn Jones, 22, of Boardman, is missing. She drives a bright red 2014 Volkswagen Jetta Wagon TDI. The sheriff's offices of Wheeler, Morrow and Grant counties are looking for Jones.

hart coat. Her last known location was on Highway 19 east of Spray at about 1:30 a.m. Sunday, Nov. 28.

If you have had contact with Jones or have seen the vehicle, call the non-emergency Frontier number, 541-384-2080.



November 29 - December 10, 2021 #GSGivesBack! We're giving back to our community and we'd love your help.

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- French Hens
- Calling Birds
- Golden Rings
- Geese a Laying
- Swans a Swimming
- Maids a Milking
- Ladies Dancing
- Lords a Leaping
- Pipers Piping
- Drummers Drumming

Bring your donations to the Hermiston Chamber of Commerce located at 630 S Hwy 395 in Hermiston. You can bring any of the requested items on any of the above days. Thank you for giving back to our local charities including the Hermiston Warming Station, Agape House, Domestic Violence Services, Eastern Oregon Humane Society, Friends of Hermiston/Umatilla/Stanfield Libraries, local food pantries, and more!

For more information call 541.667.3509 or visit www.gshealth.org/gs-gives-back

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