

Wednesday, July 27, 2022

OUR VIEW

Be mindful of summer's heat impact

None can do much about the weather except note its severity — in the next few weeks the region will enter one of its typically hot periods, so area residents should be aware of how to stay cool and safe.

That might be a tall order for some. Those of us who must work outside on a regular basis do not have the opportunity to simply stop our labors and go find some shade or an air-conditioned building.

Others — such as those who lack housing — are also in the bull's-eye when it comes to extreme weather conditions, whether it is dangerous cold temps or a severe heat wave.

Hopefully, we will not face the kind of high temperatures we experienced last summer. Then, a seemingly endless heat blanket descended on the Pacific Northwest and baked the region.

The tips to avoid an injury from heat are simple and relatively easy to adopt. Residents should wear light, loose clothing, avoid high-energy, outdoor activities and, perhaps most important, drink plenty of fluids, including water.

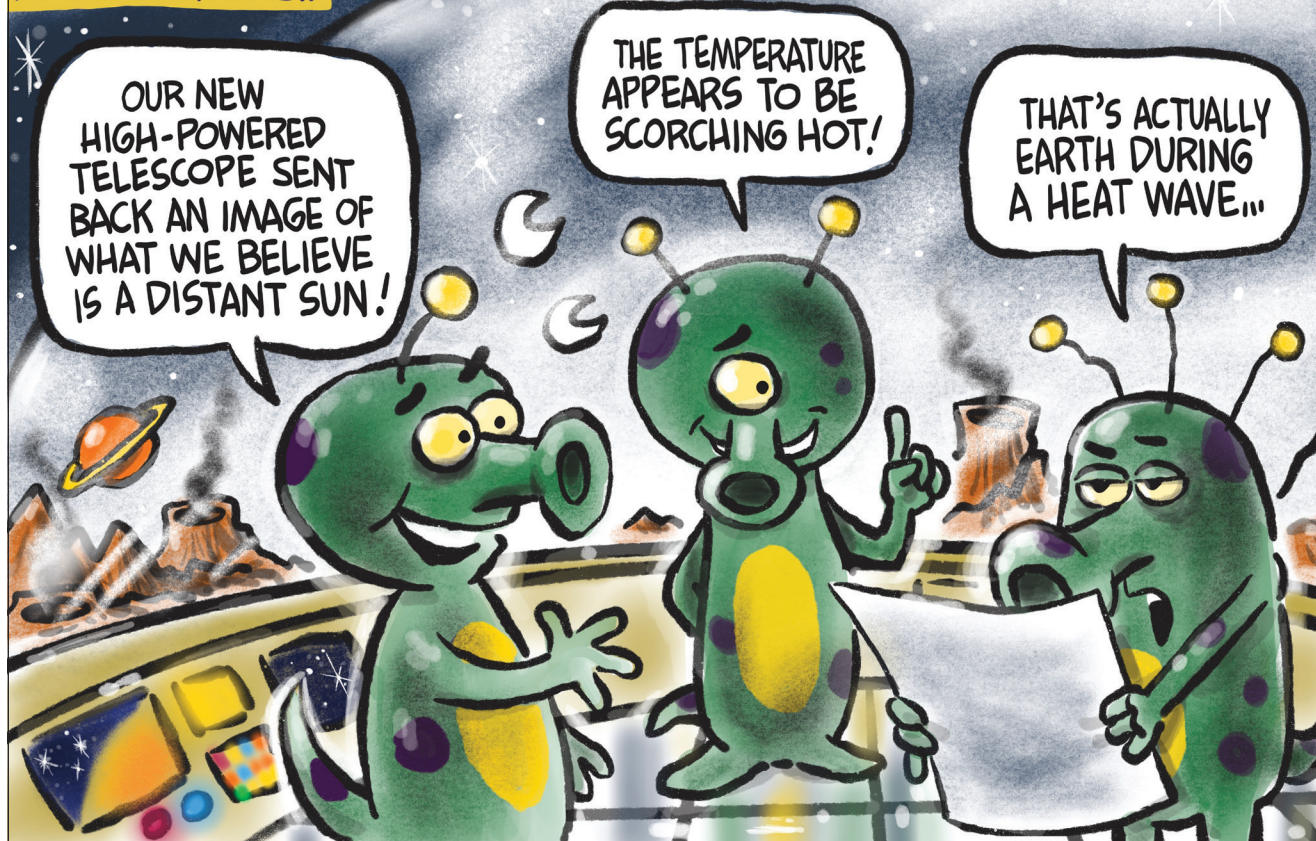
It is also a good idea to keep a close watch on each other to ward off a serious heat injury. An injury from heat often can manifest itself in cramps, headache or dizziness and confusion. Those types of symptoms are the body's way of warning it is in serious distress, and they should not be ignored.

These all seem like simple — almost no-brainer — types of steps and suggestions, but as we roll into the deep summer it can be easy to forget that heat is as dangerous as extreme cold temperatures.

In a way, we all can get complacent regarding how quickly heat can sap our body and potentially create a serious medical situation.

We all want to enjoy the great vistas and mountains our area offers every summer. Finding a great place to camp or spending a day out in the woods is one of the key attributes of our region, why it is such a great place to live, work and play. But we also want to make sure we don't underestimate how fast extreme heat can injure.

MEANWHILE, ELSEWHERE IN THE UNIVERSE...



COLUMN

See you soon, Hermiston

BY ERICK PETERSON
Hermiston Herald

A couple of weeks ago, I awoke in the middle of a conversation. I was in the hospital, talking to a doctor. Other medical professionals and my wife were around me.

The doctor asked, "What year is it?" The question shocked me, because I wasn't sure of the answer. I guessed, wrongly, that it was 2014. I think that's what I said, though I may have said 2018. As I'm writing this column, on Friday, July 22, 2022, my sister's birthday, my mind still is fuzzy.

I remember feeling panic when I didn't know the year. My worry grew when I was asked for my location.

"Do you know where you are?" the doctor asked.

I didn't have a clue. When I was told that I was in Hermiston, I didn't even know what Hermiston was or why I'd be here.

After a while, my thoughts began to clear. I remembered my town and all of the good memories I have created here.

This is where I met my wife, Nancy. We had our first date at Hale's Restaurant down-



ERICK PETERSON
PETERSON'S POINTS

town. I met her sons, who became my stepsons after Nancy and I got married at Hat Rock.

There are many places here that are important to me — the Hermiston Butte, the Columbia River and more.

The Hermiston Herald office is perhaps the most dear place in the world to me, and memories of it have come back to me as strong as anything else.

Almost a year ago, I was hired to be the editor of this paper. Since then, I have come to the Herald office to write stories about some of the most terrific people I have ever met. I wrote on a man who was braving cancer to be Santa Claus one last time. I wrote on a woman with autism who worked day in and day out as she battled a seizure disorder. I've met politicians, business leaders and students, who were all trying to im-

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— Erick Peterson, Hermiston Herald editor

prove the world in some way.

As I've done stories on them, I have worked alongside the best journalists I have ever met. EO Media editors, writers, photographers, page designers and more are an amazing lot. I am honored to be in their company, and I have learned much from them.

It makes me sad that this is my last day for a while.

I'm not sure when I will return. I hope it's soon, but I can't be certain. My memory is fading and my mind is cloudy. I will need to find out what is wrong with me and how it can be fixed.

In the meantime, there will be people looking after this newspaper. I wish them, and all of you, the best.

Goodbye for now.
■ Erick Peterson is editor of the Hermiston Herald.

LETTERS TO THE EDITOR

Let's stand up for Melissa Lindsay

I write this letter after just leaving another funeral meal that Melissa Lindsay is organizing. This may be the 10th one that I have observed her helping the families that need help. I see her everywhere doing this. That is the person that she is.

My thought as I pass the people manning the tables to spread half-truths and misinformation so that they can waste our county's resources on an unnecessary recall action, is that I never seen them helping, organizing or volunteering. This may be why they have time to do this horrible thing. I say horrible because it is unfair and presents an inaccurate picture.

As a long-time resident of our community, I have witnessed the hard work Melissa Lindsay has undertaken to assist the efforts of our local organizations. I can speak for Heppner Day Care. She approached Amazon regarding their community outreach program and directed them to this struggling non-profit. Her efforts brought them enough money to re-open after the coronavirus pandemic, but to also improve staffing and many programs. She encouraged them to apply for COVID-19 relief funding and other available dollars that

helped to continue operations.

The Heppner Community Foundation was also a recipient of her encouragement. As a board member, I can say that opening the Gilliam and Bisbee Building weeks before COVID-19 shut us down was discouraging. Melissa found ways for this organization to find funding to finish the projects and offer a valuable gathering spot for our area residents. I hope that the people that have benefited from this spot remember that Melissa is a key factor that made it available for us.

Funerals, weddings, proms, so many things have been celebrated there. None of these things would have been possible without the foresight of Melissa Lindsay.

This is just the beginning of my list of reasons that we need to fight against this horrible injustice to one of our best residents. I hope that many of you think back — have you been touched by the day care, preschool (children, grandchildren?)

Have you had a reason to use or attend an event at the Gilliam and Bisbee Building? If yes, then please stop and thank Melissa. Let's stand up for the person that has helped so many. We truly need people like her, here.

Kim Cutsforth
Heppner

Oregon's 2nd Congressional District needs a veteran to represent us

This letter is directed to every veteran in Oregon's 2nd Congressional District because our wonderful representative, Cliff Bentz, voted against allowing 56,000 veterans who are victims of the burn pits in the Middle East from having access to Veteran's Affairs Health Care, citing it would cost too much.

What Rep. Bentz fails to realize is that taking care of the men and women who fought for freedom in a far off land is part of the cost of war. To not vote for that bill shows me that Bentz hasn't been in the military nor has he talked to any of you who are suffering from the after-effects of those burn pits.

I think it's high time that Oregon's 2nd Congressional District got a veteran to represent us who knows what it means to protect his men and women.

Dr. Joseph Yetter is a military veteran and a medical doctor who will represent all of the district, not just those who gave him big campaign contributions. Oregon's 2nd Congressional District is better with Yetter. So in November remember vote Joe Yetter for Congress and send a fighter to Washington.

Barbara Ann Wright
Pendleton

Issues linger with proposed B2H transmission line

For 13 years Idaho Power has been trying to railroad the 310-mile-long B2H, Boardman to Hemingway power lines through Eastern Oregon. No one wants it, but Idaho Power keeps pushing, trying to outflank the public and government agencies, state and federal.

By the time they go into service they will be archaic, but Idaho Power gets around 10% of the building cost bonus, most of which will go into stockholders' pockets. Nor does Idaho Power have an adequate fire plan for when the lines break and start fires, as it did in Paradise, California, when PG&E ignited fire. Death toll: 85 people.

Nor has weed control from building the project been properly addressed. The power lines cross the Oregon Trail numerous times, but Idaho Power could care less about preserving them or the heritage that goes with them. Their plan is to place their lines directly in front of the \$16 million Oregon Trail interpretive center outside of Baker City.

The list goes on.

Whit Deschner
Baker City

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Andrew Cutler | Publisher • acutler@hermistonherald.com • 541-278-2673

Erick Peterson | Editor • epeterson@hermistonherald.com • 541-564-4536

Angel Aguilar | Multi-Media consultant • aguilar@hermistonherald.com 541-564-4531

Audra Workman | Office Manager • aworkman@eastoregonian.com • 541-564-4538

Tammy Malgesini | Community Editor • community@eastoregonian.com • 541-564-4532



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• email info@hermistonherald.com
• stop by our offices at 333 E. Main St.
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to edit letters for length and for content. Letters must be original and signed by the writer or writers. Anonymous letters will not be printed. Writers should include a telephone number so they can be reached for questions. Only the letter writer's name and city of residence will be published.

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