

Hermiston CrossFit gym moves to new location

BY ANTONIO ARREDONDO
Hermiston Herald

After opening its doors at the beginning of 2022, a Hermiston CrossFit affiliate is stepping into the shoes left by its predecessor.

HydroElectric CrossFit, owned by Josh and Macy King, moved on Aug. 14 into its new location at 2220 S.E. Kelli Blvd. in Hermiston after six months on Main Street.

The Kelli Boulevard building is the site of the former Hermiston Mayhem, a place where the Kings learned of their love for CrossFit.

King said he and his wife started their weight-loss journey together four years ago. Both weighed more than 240 pounds, and they decided to make a change. After dieting, the two decided to begin working out.

"We tried out gyms — we call them 'globo gyms,'" King said. "There you just couldn't get in sync, and felt isolated and by yourself."

When the two joined Hermiston Mayhem, that's when they found a love for exer-



Josh King/HydroElectric CrossFit

Members of HydroElectric CrossFit in Hermiston put in a workout. The gym on Aug. 14, 2022, moved into a new location at 2220 S.E. Kelli Blvd. in Hermiston after six months on Main Street.

cise. King said the community and competitive nature of the events drew him closer. After years with their CrossFit group, Josh and Macy decided to branch out and open their CrossFit affiliate location in Hermiston.

After obtaining licensing, the new HydroElectric Cross-

Fit opened up on downtown Main Street, Hermiston. The Kings balanced their other jobs — Josh as a logistics specialist at an Amazon Web Services data center and Macy as a teacher at Desert View Elementary School — as well as a newborn daughter but continued to love the workouts and

grow the center.

Through the first six months, the Main Street location became a problem as more people continued to join. King said the downtown business buildings shook from weights being thrown around the gym.

"While we didn't get any

HydroElectric Crossfit info

For anyone interested in joining HydroElectric CrossFit, there is a free class every Saturday at 9 a.m. for those to get a feel for the process. There also are membership offers for the gym, ranging from a \$15 drop-in fee to a full-time \$110 a month option.

official complaints, we felt it would've been rude to stay longer," King said.

As it turns out, the pair saw a "for Lease" sign on the building of Hermiston Mayhem as they drove by. Now, HydroElectric will be stationed at the same place where the Kings found their love for exercise.

For anyone interested in joining CrossFit, King said there is a free class every Saturday at 9 a.m. for those to get a feel for the process. There also are membership offers for the gym, ranging from a \$15 drop-in fee to a full-time \$110 a month option.

BIZ BRIEFS

Deadline nears for grants to support live events the pandemic affected

Businesses that support live events and were impacted by the pandemic still have time to apply for funds from the Live Event Support Industries Program, but the window is closing.

The application deadline is noon Tuesday, Aug. 30. The application is available online on the Business Oregon website (www.oregon.gov/biz/Pages/default.aspx). Award decisions will be announced next month.

According to Business Oregon, \$10 million is the amount available in federal funds for grant assistance to qualifying applicants that have experienced financial hardships from the pandemic. This grant program is the third and final round of the three grants Business Oregon created with American Rescue Plan Act Coronavirus State Fiscal Recovery funds to help live event venues and live event supporting industries.

Program awards will generally range between \$10,000 — \$100,000 each. Awards will not exceed the applicant's reported loss in revenue from live event support activities between 2019 and 2020, or \$100,000 (whichever is less).

This program defines the "live event support industry" as for-profit businesses, non-profits, sole proprietors and independent contractors who receive 50% or more of their annual revenues from providing goods (rented or sold) or services for the production of live events.

Applications will be selected by a random lottery system from each geographic region. Applications that are selected from the lottery and meet stated program eligibility and need requirements will be authorized for funding, pending availability of funds. Business Oregon may require additional information and has final authority on eligibility determination.

—Hermiston Herald

New dance studio opens soon in downtown

Owner Debbie Kishpaugh says city hall made opening the business easy

BY ERICK PETERSON
Hermiston Herald

A new dance studio is scheduled to open in downtown Hermiston.

Jr. Jam Dance Annex on 157 E. Main St. Hermiston, has its logo painted on its window and is targeting a Sept. 1 opening date. Its owner, Debbie Kishpaugh, already has locations in Pendleton and said she is eager to open up shop in Hermiston.

"It's interesting being in a different town, not knowing people," Kishpaugh, said.

A Pendleton resident, Kishpaugh said this development is

the latest step up in her career and she feels good about her latest business venture.

When she was in her mid 20s, she said, she became a fitness director at a gym. Soon afterward, she started a dance program at the gym. Dance classes took place alongside swimming and other athletics.

"It took off," Kishpaugh said. "One dance class became two, and the two became more. It just grew."

During that time, Kishpaugh married and later gave birth to a daughter. At the age of 5, her daughter was diagnosed with a brain tumor.

"That changed my life," the dance studio owner said.

Kishpaugh said she reduced her work hours, focused more on her family and "began to see life differently." Then, she left

her job in 1999 to open her own business, a dance studio that would give her freedom to spend more time with her family.

Jr. Jam Dance Studio was a success right away, she said.

"It wasn't a plan, and it wasn't something I could have dreamed of," she said. "It just kind of happened, and I'm thankful for it."

Likewise, her growth into Hermiston with the annex was not her intended direction.

Kishpaugh said she was trying to grow her business in Pendleton. As she was obtaining more acrobatics students, she was planning to add another studio somewhere in Pendleton but was not making headway.

"I just kept hitting a wall, then hitting a wall and hitting a wall," she said.

Earlier this year, as she was

traveling to a competition, she said she felt God whispering in her ear to go to Hermiston. She responded by coming to town, where she saw an empty building on Main Street.

She said "one thing led to another, with doors opening up for her to start in Hermiston."

"Hermiston was welcoming," she said. "I appreciate that it was so easy."

Kishpaugh said she visited the Hermiston City Hall and was greeted by people who laid out all of the necessary paperwork to open the business in town. They made everything simple, she said.

She said she will offer several forms of dance at the annex.

Jazz, hip hop, ballet, acrobatics and production are planned, most beginning when the studio opens Sept. 1. Acrobatics

begins in October.

Kishpaugh called the three instructors working with her at the studio "top notch." One of the teachers has years of experience working under Kishpaugh. The two others work for Hermiston High School as dance coaches.

Weeks ahead of its first day, the area that instructors and their students will be moving into is already largely completed. Kishpaugh said that mirrors, sound equipment, and more were in place by mid-August.

"Throughout the year, I might have to do other things," she said. "I'll purchase mats and that kind of stuff."

Mostly, though, she is ready to begin.

For more information, go to the studio's website at jrjam-dance.com.

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