

Local

YMCA can help with New Year's fitness resolutions

By Gina K. Swartz
Gina@TheBakerCountyPress.com

Every New Year's Eve, resolutions are made by many Americans to be healthier and to exercise more.

The Baker County YMCA is a great way to help ensure those resolutions are kept.

The YMCA offers a variety of classes and other services and incentives.

Some of the classes being offered this winter include yoga, Zumba, strength training and body sculpting.

Walk Fit is a four-week program geared at helping to learn techniques of effective exercise walking, incorporating light strength exercises for overall fitness.

On Friday nights a Cardio Party will be held from 5:30 p.m. to 6:30 p.m. featuring black lights, this is a high energy cardio workout with toning exercises in a fun group setting.

The YMCA not only operates the Fitness Center at 3715 Pocahontas Road but also Sam O Swim Center located at 580 Baker Street and maintains the Gym located at 2020 Church St.

The YMCA is known by many for the youth programs such as basketball and summer day camps but in recent years the YMCA has been expanding services to everyone in our community.

The fitness center moved from Main Street to the newly acquired and renovated building on Pocahontas. The building houses over 3,000 square feet of studio space, a recycled rubber composite indoor track and offers child care.

Many a busy mom may break her New Year's Resolution aimed at fitness and healthy living because



Gina K. Swartz/The Baker County Press

Ami Hines helps behind the front counter at the YMCA.

of not having or being able to afford child care in order to get to that work out.

Those busy moms wanting to keep New Year Resolutions can certainly take advantage of the child watch amenity at the YMCA fitness center while simply doing a personal workout or attending one of the classes offered at the fitness center.

Current child watch hours are Monday through Friday from 8:00 a.m. to 10:30 a.m. and 5:00 p.m. to 7:00 p.m., and Saturday mornings from 8:00 a.m.-10:30 a.m. and is free of charge at this time.

According to YMCA fitness center employee Ami Hines, in regard to the child watch hours: "That may change when a new child watch person is hired and a charge for child watch is being considered. I haven't been told yet."

Hines has worked for the YMCA since July. As of now only those using

the Fitness Center have childcare availability. Sam O Swim Center does not have space to accommodate that amenity.

"We really explored that option. We offer the aquatic Zumba and that appeals to those thirty-something moms. Child care would be a great thing for that. Unfortunately we simply don't have the space," said Paula Moe, Aquatics Director.

It is not an option to drop children at the Fitness Center child watch and drive across town to the aquatics center because in order to use child watch, one must remain on the fitness center premises.

The YMCA also offers preschool with classes for children ranging from three to five years of age. A mom can drop her child at preschool and then heading down the hall to get a workout in.

Whether simply a day pass or with membership

options for single adults, seniors, military members and families to name a few, surely the staff at the YMCA can help you find the solution that best fits your needs including payment options ranging from monthly to annual payments.

Those choosing to make an annual payment will have their join fee waived.

Military accounts receive a 25% discount and the join fee is waived and those joining under a corporate account will receive a 20% discount and also have the join fee waived.

Contact the YMCA at 541.523.9622 or visit the website bakeryymca.org for more information on YMCA membership, classes or other programs.

The fitness center is open Monday through Thursday 4:45 a.m. – 9 p.m., Friday 4:45 a.m. – 8 p.m., Saturday 8 a.m. – 5 p.m. and Sunday 12 p.m. – 4 p.m.

Swearing-in



Todd Arriola / The Baker County Press

A small group gathered to watch the swearing-in.

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Green informed the crowd of the refreshments, which included muffins, donuts, cookies, coffee and orange juice, and everyone in the crowd visited with one another, and with the elected officials

When asked about his immediate focus in 2015, Harvey, the licensed contractor and former County Planning Commission member who will be replacing Fred Warner, Jr. as County Commission Chair, said, "The first six months is going to be catching up, to introduce myself to everybody, to learn every aspect of what they're doing, and to look for areas where we can help and improve."

When asked the same question, Bennett, a Unity-area rancher who was elected as County Commissioner, said, "We have the Boardman to Hemingway Transmission Line Project (B2H), that's just unrolled, and the sage-grouse issue. And, we have our main job, which is government. We've established a tradition in County government of serving the people, and to be solidly, financially sound, and that needs to continue. We certainly have outside issues to deal with, but the taxpayers deserve good government."

Bennett was appointed as County Commissioner in May of 2013 after Dr. Carl Stiff resigned his position, and elected as the same this year.

Carpenter, who worked as County Elections Deputy for nine years, will be replaced by Stefanie Kirby, who was recently hired to fill that position. Kirby began work this week.

Durflinger was re-elected to serve as County Treasurer. She served in that position for the last 16 years.

Harvey, Bennett, Carpenter, and Durflinger will all serve four-year terms, to expire at the end of 2018.

\$3 million grant

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As many air and water quality standards have gotten tighter and tighter, and expect to become even more so, Huntington's sewer system, while adequate now, is not expected to be able to meet those standards in the near future.

Also the area that houses the current sewer ponds has been rezoned as a hundred-year floodplain area by FEM and the Army Corp of Engineers.

The City Council and Mayor Travis Young have been working with Holiday Engineering, the City's Engineer of Record, on a plan that would be as affordable as possible but also be able to adapt and keep up with new advances in technology.

The new sewer system, which has gone through several incarnations over the last few years, has finally been approved by both the City and the DEQ.

The design of the new sewer system includes the ability to adapt to a non-discharging system with the reclaimed water being used for irrigation, with a few additions in the future.

The next step for Huntington will be looking for a Grant Administrator to oversee the grant funds and to begin construction of the new sewer system.

The entire project is expected to be finished by the beginning of 2017.

Community Connection serves up prime rib celebration lunch

By Gina K. Swartz
Gina@TheBakerCountyPress.com

144 tickets were pre-sold for a prime rib meal served at lunch time by Community Connection of Baker County in celebration of the New Year.

This wonderful meal was sponsored by Darlene Malheur.

This is the second year that a meal such as this has been prepared and served by Community Connection.

Those customers who signed up for the Meals on Wheels program also received the prime rib meal. Seniors could purchase the meal for \$7 and non-senior attendees were welcomed as well with a meal ticket costing only \$8, a bargain for prime rib no matter who you are. Lunch prices usually run \$3.50 for seniors and \$5.75 for non-seniors.

"The 144 is more than showed up for our Thanksgiving meal and our Christmas meal," said Steve Swartz, Administrative Assistant for Community Connection.

The meal consisted of a



Gina K. Swartz/The Baker County Press

Community Connection celebrated New Year's Eve with prime rib this year. (Photo taken earlier.)

pea salad, green beans and stewed tomatoes, a baked potato, a roll and a generous slice of delicious prime rib with a slice of cake for desert.

There was enough food many packed up left-overs to take home to eat for dinner or eat the next day.

There were lots of volunteers from the Masonic Lodge running about filling coffee and tea and passing out salad and cake, but it still took nearly an hour to get everyone in attendance served.

While waiting old

friends that hadn't seen one another for a while reconnected and were able to visit and catch up and new friends were made.

Goodbyes were said to those traveling south for the winter with lots of laughter and hugs.

All in all it was a successful event capturing a warm spirit and throughout the dining room it could be heard over and over, "Happy New Year!" as well-wishers embraced the spirit of a new beginning, most agreeing that the new year for them would be

ushered in at home and for many tucked snugly in their beds asleep.

"It's a far cry different from how we celebrated say 20 years ago," said Mary Jo Carpenter, County Manager for Community Connection.

Carpenter also said, "After a wonderful meal like that, I wish I could take a nap."

Another successful year brought to a close as many walking out the door said to one another with smiles on their faces saying, "See you next year."

Oregon minimum wage raises

Oregon's mandated minimum wage increased from \$9.10 per hour to \$9.25 per hour yesterday at the first of the year. State labor officials announced the increase last Wednesday.

The change means an extra \$26 per month earned by any full-time employee earning the minimum wage. The increase translates to about \$234 more per year on average for workers who put in 30 or more hours per week.

The federal minimum wage is currently \$7.10 per hour. According to the state's Bureau of Labor and Industries a little more than 140,000 Oregon workers were affected directly by the pay increase—or about 8% of Oregon's total workforce.

Oregon has the second highest minimum wage in the United States, falling only behind Washington State. Washington's minimum wage also increased at the beginning of the year.

Employers are required to inform employees of the change in wages, and hang signs stating the new minimum at the workplace.