

Training volunteers to mentor children

Central Oregon Partnerships for Youth (COPY), a program of the Deschutes County Sheriff's Office, is offering a class to prepare volunteers to become mentors for children with an incarcerated parent.

After initial training and comprehensive background checks, volunteers are matched with children in Sisters that share similar interests and activities and commit to spending a few hours a week together for a minimum of one year. This time is often spent going to community events, working on

homework, attending art programs, participating in sports or hanging out and talking.

On Sat., January 16, COPY will offer an orientation/training class. This six-hour class covers program policies, how to establish a mentor relationship, the impact incarceration has on families, and communication skills. There is no cost to attend.

For more information call 541-388-6651 or email COPY@deschutes.org. Additional program information is available at the Sheriff's Office website at www.sheriff.deschutes.org/copy.

Anvil Blasters to play at The Open Door

The Anvil Blasters will bring their Americana, Western-folk-based music to The Open Door on Monday, January 11, from 7 to 9 p.m.

The songs of The Anvil Blasters are peopled with border renegades and desert dreamers, poets, pirates and ghosts of the old, weird America. It's a rollicking recipe of gunpowder, twang and tequila that has earned The Anvil Blasters a loyal following across Central Oregon.

The Anvil Blasters are Jim Cornelius (vocals, guitar), Mike Biggers (vocals, guitar, mandolin), Lynn Woodward

(vocals, mandolin, fiddle) and Jeff Wester (banjo, vocals).

Wester named the band for an old-time holiday celebration known as "blasting the anvil" (also "blowing" or "shooting" the anvil). Celebrants would stack a pair of anvils on top of each other, the bottom one upside down so that cavity at the bottom of each anvil met. The resulting opening was packed with black powder and lit off to blast the top anvil into the air.

"No anvils will be blown at The Open Door," said Cornelius. "Too much glass. But we will have a blast."

Training to run for a cause

Is running one of your New Year's resolutions? Are you interested in participating in one of Bend's many races but not sure how to start?

The New Year is the perfect time to begin training for races in 2016. Healthy Beginnings is partnering with FootZone to offer a 10K training group that not only prepares you to run a 10K, but also helps a charitable cause through participant fundraising. 5K runners and walkers are welcome as well.

Coached by Healthy Beginnings' own Angela Saraceno, this training group will prepare runners to successfully complete the Grin and Bear It in Bend on March 5. There will be mentors for pace groups ranging from 8 to 17 minutes/mile. Instruction will be provided on form, nutrition, injury prevention, gear, stretching, warming up, and much more.

Participants receive:

- Weekly motivational blogs.
- Entry fee and tech shirt for the 10K race (or the 5K if

preferred).

- Training plans (walking, novice and intermediate/advanced).

- Training swag including: tech tee, socks, and more.

- Individual attention in a group setting with fun group training runs beginning January 9.

- 10 percent discount at FootZone while session is active.

The fee for the 10K for \$10K Challenge is \$100 (non-refundable) and includes Grin and Bear It race entry, and counts toward the participants fundraising goal. All proceeds will support health and developmental screenings at one of Healthy Beginnings' 18 community screening clinics or one of its many pre-school screenings.

Healthy Beginnings provides key services to young children, ensuring children are healthy, ready to succeed in school, and can develop to their full potential. Each year Healthy Beginnings holds 18 screenings throughout Central Oregon with the

help of its hundreds of professional volunteers. During the free screenings, children birth through age five are offered a "12-point kid inspection" that assesses vision, dental, speech, infant & toddler development, concepts, hearing, social skills and behavior, health, nutrition, car-seat safety, motor, and much more. The program also provides abbreviated preschool screenings as well.

The screenings are not just designed for low-income families; it's a program designed for all families with young children.

Improving access to health and educational services is fundamental to the program, and Healthy Beginnings can also help with health insurance applications.

Supported by community donations and fundraising efforts like the Grin and Bear It, all services are provided at no cost to the family. For more information or to sign up to be part of the 10K for \$10K Challenge visit www.myhb.org or call 541-383-6357.

Fishing to end carp invasion

BURNS (AP) — Malheur National Wildlife Refuge managers say they're hoping a commercial fishing endeavor will curb a carp invasion at the migratory bird sanctuary south of Burns.

The Oregonian reports the common carp have created an out-of-balance ecosystem

that no longer supports the plant and insect life birds rely upon for food and habitat.

The refuge has partnered with the Oregon Wildlife Heritage Foundation and the owner of Pacific Foods, a Tualatin company best known for boxed soup and soy milk, to begin a massive

carp commercial fishing operation.

By spring 2016, the team hopes to begin removing thousands of fish from the water each day.

The meat, which most Americans won't eat, will be used to fertilize crops.

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