

Olympian spreads love of archery



Fishing
Henry Miller
Guest columnist

What can you say about a dual silver medalist in archery at the 2011 Pan American Games who also competed in the sport at the 2012 Summer Olympics in London?

"You're hired!"
Miranda Leek was 23 and just two months out of getting her B.S degree in Environmental Science from Iowa State University in June 2016 and had just moved to Oregon.

She saw an online job-recruitment posting for the state's first-ever archery education coordinator with the Oregon Department of Fish and Wildlife.

"The first week ... was when I saw the position," Leek said with a smile about her arrival in the Beaver State. "So I was thinking, 'Do I apply? Do I apply?'"

"I thought that full-time archery was no longer going to be my primary life anymore, so I was kind of shocked to see that. And I said, 'Yeah, I have to apply for that.'"

If timing is everything, the Des Moines, Iowa, native's was impeccable. She was riding the crest of a huge wave of popularity for the sport when she

competed at the 2012 London Games. "I heard that archery was the No. 1 most-watched sport during that Olympic Games, primarily because of archery's emergence in pop culture with movies such as 'Green Arrow' and 'Brave' and certainly 'The Hunger Games.' Archery got on a lot of peoples' radar around that time."

Although there was a standing joke among those who had been in the sport for a long time that "I did archery before Katniss made it cool," Leek laughed about Katniss Everdeen, the arrow-sliding main character in "The Hunger Games."

Leek's two silver medals were in individual and team competitions at the Pan Am Games in Guadalajara, Mexico. She finished 14th in individual competition, and the U.S. women's squad was eliminated by China in the quarterfinals at the 2012 Olympics.

Not bad for someone who had picked up a bow and arrows as a tag-along to the archery range with her dad, Scott, an avid archer and her coach, when Leek was just 5.

Both father and daughter shot compound bows, which are equipped with pulley systems to make them easier to draw. But Miranda favored "compound fingers," or drawing the bow string without a mechanical release.

That led to her being spotted at a na-

tionals at age 11 by Terry Wunderle, son of Olympic archer Vic Wunderle.

"Terry talked to my dad when I was shooting and said, 'That girl's got such a good release. You need to get a recurve in her hands,'" Leek said. "And that sort of sealed the deal."

It was her second year at nationals shooting the recurve bow that she got on her 12th birthday when she met Kisik Lee, the coach of the national team.

"After meeting coach Lee, I was put on the Junior Dream Team, which at the time was a group of archers under 18 years of age," Leek said. "And the hopes were to cultivate a group of archers for the upcoming Olympic Games."

She attended camps at the Olympic Training Center in Chula Vista, California, as well as competing in international events in El Salvador, Venezuela and Columbia as well as the World Cup events in China and Turkey after moving up to the Senior Division in 2010 and being ranked No. 1 in the U.S.

It was heady stuff, and something that Leek said she hopes to inspire in others while overseeing Oregon's new National Archery in the Schools and Scholastic 3D Archery programs.

"So now my job is to get archery around the state of Oregon and get other young people interested in this and hoping that they get to have some of the experiences that I've had," Leek said.

ODFW Archery Education

NASP schools and Scholastic 3D Archery Program clubs in Oregon are listed under "Resources" at the bottom of the home page, dfw.state.or.us/education/hunter/archery/index.asp.

Archery offers opportunities for a wide range of interests and abilities.

"Everyone has to start somewhere," she said. "And the one thing that I really love about archery is it truly is a sport for all ages and all body types and all levels of athleticism."

"I use myself as an example," Leek added with a laugh. "I am your typical non-athlete. I was not good in PE class. I did not excel in sports."

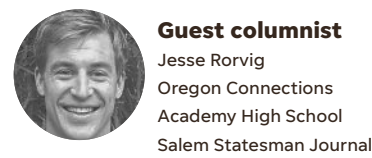
"But archery is where I found my home."

Leek is looking for schools and clubs to sponsor programs with all equipment provided. Instructor certification also is available.

Her advice to parents and kids? "If you think archery is even remotely cool, you should definitely give it a shot, pun intended," Leek said.

Henry Miller is a retired Statesman Journal outdoor writer/columnist. He can be reached via email at HenryMillerSJ@gmail.com

ORCA: Helping parents support students



Guest columnist
Jesse Rorvig
Oregon Connections
Academy High School
Salem Statesman Journal

These days, many students cope with pressures in school — they are worried about bullies, succeeding on state tests, and more. For some students, these feelings are mild anxieties that may occur throughout the year; for others, these feelings could indicate a more serious mental health issue.

With Mental Health Awareness Month coming up in May, advocates nationwide are increasing efforts to educate the public about childhood mental health disorders.

Without early intervention, childhood mental health disorders can lead to serious issues at school and home. In fact, in a recent survey by the student-

led Oregon Student Voice, teens across the state said that access to mental health resources was their most important concern.

Parents can help support students by watching for signs and seeking services for their children.

Let me tell you about a former Oregon Connections Academy (ORCA) student, a survivor of severe childhood trauma. By middle school, she was in a dark place and dropping out of her traditional brick-and-mortar school.

She entered residential treatment and received lots of help from family, friends and professionals. This student was able to heal and continue with a quality education in a format that best met her needs. She even became student body vice president and spoke at her graduation.

Mental health covers many areas that may impact a person throughout a lifetime. The US Department of Health and Human Services (HHS) describes

mental disorders as changes in thinking, mood and/or behavior. This can include depression, attention deficit hyperactivity disorder, post-traumatic stress disorder, anxiety, bipolar disorder, eating disorders and obsessive-compulsive disorder.

Have you ever heard someone say teens don't have mental health problems, they're just moody? Sometimes that may be the case, but there are children whose struggles go beyond moodiness, and those issues deserve consideration and support.

In Oregon, one in four 8th graders and one in three 11th graders reported their mental or emotional health was fair or poor in the state's latest Healthy Teens Survey.

The survey found at least 17 percent of students had considered suicide, an alarming static considering suicide is the number two cause of death for Oregon children, next to car accidents (not counting natural causes).

The brain is complex, so there's no parenting guidebook listing all the mental health red flags to consider. However, your child may need support if they exhibit some of these symptoms for

- more than a week:
- Sudden changes in behavior/mood
- Isolating / loss of interest in things they once enjoyed
- Feeling sad/hopeless
- Becoming overly anxious/worried
- Problems with anger/violence
- Being scared/frequent nightmares
- Frequent tantrums / intense irritability
- Recurring stomachaches/headaches with no physical cause
- Significant changes in sleeping/eating patterns
- Using alcohol/drugs
- Displaying very low / too much energy

If you think your student is experiencing mental health problems, talk to your child's doctor, school health staff, school counselor, or a mental health professional.

If you think your child is in imminent danger of harming themselves or others, call 911. The local police are trained to address mental health concerns and have the resources to respond appropriately.

See ORCA, Page 3B

NOTICE OF BUDGET COMMITTEE MEETING

A public meeting of the Budget Committee of the Silverton Urban Renewal Agency, Marion County, State of Oregon, to discuss the budget for the fiscal year July 1, 2018 to June 30, 2019 will be held at the Silverton Community Center, 421 S. Water, Silverton, OR. The meeting will be held May 15, 2018 at 6:00 p.m. The purpose of the meeting is to receive the budget message and public comments on the budget. This is a public meeting where deliberation of the Budget Committee will take place. Any person may appear at the meeting and discuss the proposed programs with the Budget Committee. A copy of the budget may be inspected or obtained on or after April 30, 2018 at City Hall. Between the hours of 8:00 am and 5:00 pm. Budget meeting information is located on the City of Silverton's website calendar at: www.silverton.or.us.

NOTICE OF BUDGET COMMITTEE MEETING

A public meeting of the Budget Committee of the Silver Falls Library District, Marion County, State of Oregon, to discuss the budget for the fiscal year of July 1, 2018, to June 30, 2019, will be held at the Silver Falls Library, 410 South Water Street, Silverton. The meeting will take place on April 24, 2018 at 6:00 p.m. The purpose of the meeting is to receive the budget message and to receive comment from the public on the budget. This is a public meeting where deliberation of the Budget Committee will take place. Any person may appear at the meeting and discuss the proposed programs with the Budget Committee. A copy of the budget document may be inspected or obtained on or after April 19th at the Silver Falls Library, between the hours of 10 a.m. and 5 p.m., Tuesday through Saturday. Notice of the Silver Falls Library District Budget Committee meeting is also posted on the Library's website: www.silverfallslibrary.org. Silverton Appeal April 11, 2018

NOTICE OF BUDGET COMMITTEE MEETING

A public meeting of the Budget Committee of the City of Silverton, Marion County, State of Oregon, to discuss the budget and the use of State Revenue Sharing Funds for the fiscal year July 1, 2018 to June 30, 2019 will be held at the Silverton Community Center, 421 S. Water, Silverton, OR. The meeting will be held May 15, 2018 at 6:00 p.m. The purpose of the meeting is to receive the budget message and public comments on the budget, and the City's election to receive State Revenue Sharing funds. This is a public meeting where deliberation of the Budget Committee will take place. Any person may appear at the meeting and discuss the proposed programs with the Budget Committee. A copy of the budget may be inspected or obtained on or after April 30, 2018 at City Hall. Between the hours of 8:00 am and 5:00 pm. Budget meeting information is located on the City's website calendar at: www.silverton.or.us. Silverton Appeal April 11th, 2018

OBITUARIES

Donald E. Howes



Donald Howes

Nov. 21, 1959 — March 30, 2018

Former Ontario Police Chief Donald E. Howes, 80, passed away on March 30, 2018, after a battle with cancer. A private service was held in Silverton on Saturday, April 7, 2018, under the direction of Unger Funeral Chapel. Don married Theresa Brophy on Nov. 21, 1959 in Burns. They were married over 58 years. Don retired from Ontario Police Department in January 1993. He received commendations in a variety of areas, especially for his commitment to children and families, which much of his focus was around child abuse, including praise from Governor Barbara Roberts for his devotion to children. Don and his wife moved to Silverton in 1996. Don was preceded in death by his parents and brother Robert. He is survived by his wife Theresa; daughters Mylisa (Mark) Holland and Denise Totland; five grandchildren: Jason Holland, Don (Jill) Holland, Greg (Brittanie) Holland, Nichole (Jason) Petersen and Kelsey (Danny) Cross; sisters Dorothea Purdy and Helen Kennedy; brother John Howes; and five great grandchildren:

Elliana Petersen, Wyatt Petersen, Reese Holland, Quinn Holland and Teagan Holland. In lieu of flowers, donations may be made to Children's Trust Fund of Oregon or a charity of your choice.

Mark D. Hardy

April 20, 1963 — April 3, 2018
Mark Hardy of Scotts Mills passed away on April 3 from natural causes. He was born in Hanford, California, and moved to Scotts Mills with his family in 1969. He attended Scotts Mills Elementary School and Silverton High School. Mark enjoyed hunting with his older brother, Del, and fishing. He had a green thumb and grew lots of tomato plants every year. He also enjoyed gold panning on occasion. Mark was an independent soul and never followed the crowd. He liked to do things his own way. He was preceded in death by his father, Walter Hardy, and his sister, Carol Chapman. He leaves behind his mother, Lola Hardy; siblings Del Hardy, Loretta Mocaby and Tracy Reeves; six nieces and nephews; and one great nephew. Funeral services will be held at 2 p.m. April 11, 2018, at Molalla Funeral Chapel in Molalla.

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All Legals Deadline @ 1:00 p.m. on all days listed below:
***All Deadlines are subject to change when there is a Holiday.

The Silverton Appeal Tribune is a one day a week (Wednesday) only publication

- Wednesday publication deadlines the Wednesday prior

LEGAL/PUBLIC NOTICE RATES

Silverton Appeal Tribune:

- Wednesdays only - \$12.15/per inch/per time
- Online Fee - \$21.00 per time
- Affidavit Fee - \$10.00 per Affidavit requested

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Volunteers sought for Silverton committees

Christena Brooks
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The City of Silverton is seeking volunteers interested in filling vacancies on several city-appointed committees. Currently, there are positions available on the Environmental Management Committee, the Budget Committee and

the Historic Landmarks Committee. Please visit the City website at www.silverton.or.us/committees for information about each committee and applicant requirements. Applications must be submitted online and received by midnight on Wednesday, April 18, 2018. Submit applications at www.silverton.or.us/volunteerapp.