

## Small-business & Ag HAPPENINGS

### Nonprofit workshop held Sept. 25 in Baker City

BAKER CITY — A seminar on nonprofit leadership is set for Sept. 25 at Crossroads Carnegie Art Center, 2020 Auburn Ave.

The seminar, which costs \$35 per person, will run from 10 a.m. to noon.

The workshop, “Board Recruitment and Engagement: Tips and Tactics for Building the Board of Your Dreams,” is open to all residents involved in nonprofit work, but is specifically directed at board of directors.

Cause Oregon, a consulting firm led by Kim Ryals, will put on the seminar.

Seating is limited and can be reserved by visiting [www.causeoregon.com](http://www.causeoregon.com).

### Workers' compensation costs to drop for sixth-straight year

SALEM — According to a news release, Oregon employers next year, on average, will pay \$1.12 per \$100 of payroll for workers' compensation insurance, down from \$1.23 in 2018, under a proposal by the Oregon Department of Consumer and Business Services (DCBS).

That figure covers workers' compensation claims costs, assessments and insurer profit and expenses. This will mark the sixth year in a row businesses will experience an average decrease in their workers' compensation costs. Those costs have steadily declined over the years — even as workers continue to receive strong benefits — because of Oregon's long-running success in managing the workers' compensation system.

“Everyone from employers and workers to insurers and government has played a role in making workplaces safer and keeping business costs low,” said Cameron Smith, DCBS director. “As the numbers show, Oregon's comprehensive approach continues to pay off.”

Oregon's workers' compensation premium rates have ranked low nationally for many years. Oregon had the seventh least expensive rates in 2016, according to a nationally recognized biennial study conducted by DCBS. That was an improvement from Oregon's ranking as the ninth least expensive state the last time the study was done, in 2014.

### Deputy Director of the Oregon Department of Agriculture receives award

SALEM — The National Association of State Departments of Agriculture selected Deputy Director of the Oregon Department of Agriculture Lisa Hanson for its 2018 James A. Graham Award for Outstanding Service to Agriculture. A committee of NASDA members, staff and stakeholders selected Hanson for this prestigious award.

Former ODA directors Katy Coba and Phil Ward joined current director Alexis Taylor, in submitting a letter of nomination in support of Hanson. Letters from ODA Assistant Director Lauren Henderson and Bryan Ostlund of the Oregon Blueberry Commission were also submitted.

Lisa is described as a skilled and compassionate leader able to navigate her team and producers through highly controversial natural resources issues. Hanson is also well known for her successful trade policy development and trade missions overseas that have resulted in opening markets to various Oregon commodities including most recently, blueberries into Korea and soon the Philippines.

She is a graduate of Oregon State University with a degree in agriculture and resource economics. At home, Hanson raises purebred Hampshire and Southdown sheep with help from her two daughters and husband of nearly 25 years.

### Man fined \$52 for causing airport terminal shutdown

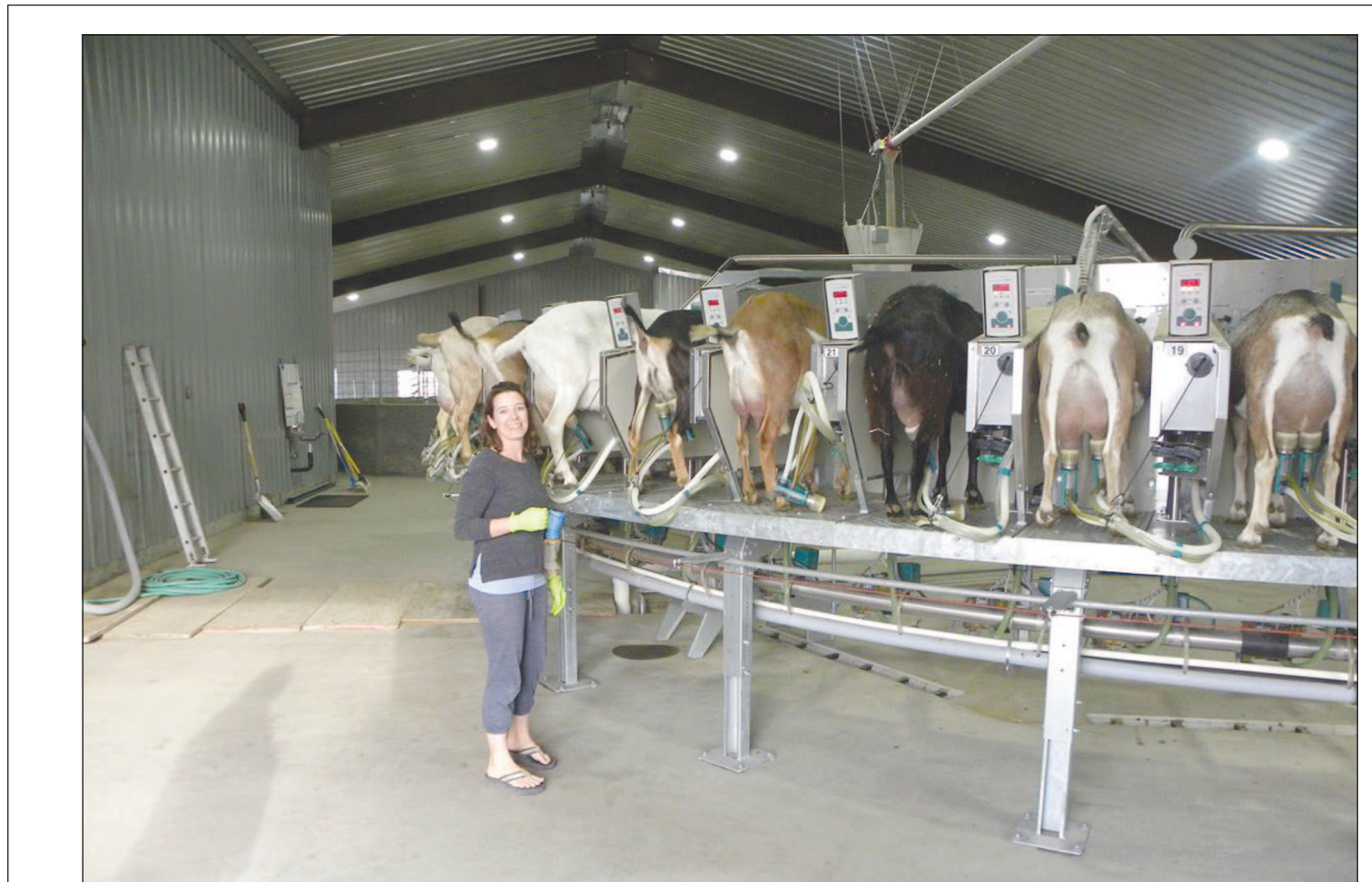
PHOENIX — A man who caused a busy terminal at Phoenix's airport to shut down for hours after abandoning a rental car in a no-parking area isn't facing charges.

Phoenix police say the unidentified 29-year-old man received a parking violation notice that carries a \$52 fine and was ordered to pay a \$75 towing fee.

Police have submitted a report to the Transportation Security Administration for possible civil penalties.

The man drove a woman to Phoenix Sky Harbor International Airport around 6:30 a.m. Sunday then left the rented vehicle in a restricted area of Terminal 4's second level. A bomb squad was called in, the terminal was partially evacuated and three of four security checkpoints was closed.

More than 300 flights were delayed and dozens canceled before the terminal returned to normal operations at 11:15 a.m.



Trish Yerges / Wes Com News Service

Owner Stephanie Rovey of Grande Ronde Dairy near Union has 300 milking goats that get milked twice daily on an automated GEA rotary milking system. This is the first installation of a GEA goat rotary milking system in the United States, a record she is proud to hold. The rotary equipment was imported from New Zealand and the platform was from France.

# MAKING AG HISTORY

## Grande Ronde Dairy installs first GEA goat rotary in U.S.

By Trish Yerges, Wes Com News Service

*Milking goats at the Grande Ronde Dairy near Union is a 365-day operation for farmers Bryon and Stephanie Rovey. But with their new GEA rotary milking system, imported from New Zealand and France, they can milk 60 goats at the same time.*

The Roveys and their five sons, Collin, Tanner, Parker, Declan and Oliver, live on Rovey Farms on Hutchinson Lane. Their busy lives involve field work, raising cattle and operating a goat dairy.

“We’ve been farming here since 2005, and we have 2,700 acres of row crops,” Stephanie Rovey said. “We’re pretty diverse with sunflowers, sugar beets, triticale, wheat, alfalfa, seed potatoes, oats, and then

there’s our milk production, which has been commercial for three years.”

Dairies have been one of Rovey’s interests for a long time. She earned a bachelor’s degree in animal science from the University of Illinois and her master of science degree in reproductive physiology, specializing in dairy, from the University of Arizona, where she met her husband.

They started farming 30



Courtesy photo

The Grande Ronde Dairy has five different breeds including Saanen, Alpine, LaManchas, Nubiens and Sables.

miles outside of Phoenix, Arizona, but then the Roveys decided to move to the Grande Ronde Valley in 2005, and she brought her Midwest herd of 15 goats along.

Initially, Rovey started her dairy operation in their red barn with her Midwest

goats, but in the spring of 2015, she contracted with a creamery for her goat’s milk. She saw the potential for a much larger dairy but also the need for an automated milking parlor. So in the fall of 2017, she and Byron started

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# Shh! Introverts share travel survival secrets

By Melissa Lambarena  
NerdWallet

Travel can be busy, noisy and crowded — a potentially daunting environment for anyone. But if you're an introvert, it can drain your internal battery.

Studies and experts suggest this personality type processes social stimuli differently from extroverts, who don't mind frequent interaction.

Introverts gain energy by reflecting and expend energy when interacting, clinical psychologist and professor Laurie Helgoe writes in her book “In-

trovert Power: Why Your Inner Life Is Your Hidden Strength.”

Quiet time alone can help these travelers recharge, as long as they make room for it in their itineraries. Here's how self-described introverts get time to themselves when they travel.

#### Pack self-care tools

Helgoe packs reading materials, earplugs and an eye mask to ward off unwanted small talk. These items politely excuse you from conversations with well-meaning travelers on a plane or at your destination.

A camera can also get you out of interaction, according to Helgoe. Wander off to snap that perfect photo, and you get a minute to yourself.

#### Skip airport crowds

Airport lounges, if not crowded, can spare you from noise and interactions. Some airport lounges offer cost-efficient day passes starting around \$20. For an annual fee, a travel credit card that includes lounge access can also be your ticket in.

Of course, lounges themselves can sometimes suffer from crowd-

ing. But for Helgoe, they enhance her experience. “It's a little quieter and the chairs are more comfortable,” she says.

#### Inform fellow travelers

If you're traveling with others, communicating your needs before and during your trip is key to a pleasant experience for all.

“It's up to you to help them understand that it's not anything wrong with them that makes you want to go away and be by yourself,” says Nathan Hartle, introvert and blogger at Two Drifters.

His wife, extrovert

Amy Hartle, knows his needs after a few years of traveling together. He tells her when he needs a moment to himself, and she understands.

“You'll be your better self when you've done what you need for self-care,” she says.

#### Get your own room

When you're traveling with other people, a private room at an Airbnb or hotel can offer more opportunities to be alone. It's more expensive than sharing, but there are ways to save. For example, some hotel-branded credit cards offer

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