

OBITUARIES

Clifford L. ‘Ike’ Snell
Formerly of La Grande

Clifford LaVerne “Ike” Snell, 85, formerly of La Grande, died July 10 at his home in Dale. Arrangements are by Burns Mortuary, Hermiston.

A graveside service with military honors will be held July 18 at 11 a.m. at the Island City Cemetery. Everyone in attendance must wear a mask.

Known as Ike, he was raised and attended school in La Grande before serving in the U.S. Air Force until his honorable discharge. He married Elizabeth “Betty” Wilson on May 23, 1975, in La Grande. They lived in Hermiston before moving to Dale in 1994.

Ike retired from the



Oregon State Highway Department. He was a member of the Elks Club, the Blue Mt. Paint Horse Club and the Over the Hills trail riding club.

An avid hunter, Ike loved the outdoors. He also enjoyed watching sports and, most of all, spending time with his family.

Surviving relatives include his wife of 45 years, Betty Snell; sons, Ron Snell of Bend and Rusty Smith of Prineville; daughters, Denise Lini of Colorado Springs, Colorado, and Wendie Rogers of St. Helens; and 13 grandchildren and 13 great-grandchildren.

He was preceded in death by his parents, Clifford and LaVere Snell; sister, Ilene; sister, Jacky Hiatt; and grandson Kyle Cruz.

Memorial contributions may be made to the American Cancer Society.

Memories of Ike may be

shared with his family at www.burnsmortuaryhermiston.com.

Mickey (Stringham) Courtney
1925-2020 • Perry

Mickey Courtney, 95, of Perry, died June 26 at her home. At her request, there will not be a gathering or ceremony. Arrangements are by Daniels-Knopp Funeral, Cremation & Life Celebration Center, La Grande.

Mickey was born May 10, 1925, in La Grande, to Edgar and Opal Ruth (Bradshaw) Stringham. She graduated from Union High School in 1944. She married Jack Courtney in 1952 in La Grande. She lived in La Grande, Union and Enterprise before settling on the ranch above Upper Perry.

Micky was a bookkeeper and worked for La Grande Fruit and the Keith O’Brien department store before

Upcoming local services



LOVELAND
FUNERAL CHAPEL AND CREMATORY

July 18 — DONNA EMMONS: 11 a.m. graveside service, Wallowa Cemetery; followed by a celebration of life at the home of Elsie and Red Evans.

July 18 — CLIFFORD “IKE” SNELL: 11 a.m. graveside service with military honors, Island City Cemetery; masks are required.

July 24 — IRMA ROGERS: noon graveside service, Hillcrest East Cemetery, La Grande; please wear a mask.
— *Calendar courtesy of Loveland Funeral Chapel, La Grande*

finishing her career at Valley Chemical. She was a member of the La Grande First Christian Church. She was past president of Credit Women and a member of the Oregon CattleWomen, the Eagles Auxiliary and the Emblem Club.

Surviving relatives include her daughter and son-in-law, Sherry and Kevin Ludviksen of Upper

Perry; sisters, Aloha Bothelo of Island City and Pat Baird of Pendleton; and two granddaughters and three great-grandsons.

She was preceded in death by her parents and her husband.

Memorial donations may be made to the Oregon CattleWomen at OCW Scholarship Committee, c/o Melissa Ladner, 4550

Reeder Road, Klamath Falls 97603.

Online condolences may be shared at www.danielsknopp.com.

Betty Gulzow
La Grande

Betty Gulzow, 95, of La Grande, died July 11 at a local care facility. Arrangements are by Daniels-Knopp Funeral, Cremation & Life Celebration Center.

Matthew C. Coote
La Grande

Matthew C. Coote, 31, of La Grande, died July 10 at his residence. Arrangements are by Loveland Funeral Chapel & Crematory.

Lyle Marshall
La Grande

Lyle Marshall, 71, of La Grande, died July 10 at his residence. Arrangements are by Loveland Funeral Chapel & Crematory.

Column

Safe Communities: The connection between exercise and personal well-being

It’s a cool summer morning, temperatures in the high 40s, and the trails at Mount Emily Recreation Area beckon ... or the roads before the traffic picks up, or sidewalks for a stroll through summer landscapes in full bloom. Whether you run or walk, exercise is a sure way to strengthen the body, clear the mind and soothe the soul. And summers in the Grande Ronde Valley provide multiple opportunities for these activities, including virtual competitions like the Drug-Free Run, historically held at the MERA in August.



STEVE CLEMENTS
LA GRANDE MAYOR

When I pull into the MERA Owsley Canyon parking lot, there is a single car, so physical distancing isn’t a problem. I check my watch, consider my trail options, then kick into a slow, easy pace. I’ve been running at MERA for five or six years, and before that the roads around La Grande and elsewhere for more than 40 years. Running is an efficient way to stay in shape, and a path to setting and achieving goals and challenging your abilities. But running isn’t for everyone. I recently read an article about the benefits of walking,

and how 20-30 minutes of walking a day can improve your physical and mental well-being. So, on days when the weather isn’t cooperating, or I’m feeling less energetic, a walk around town is a viable alternative. In either case, run or walk, physical exercise of some sort can give you a daily focus that contributes to an overall healthy lifestyle.

The Union County Safe Communities Coalition recognizes the connection between exercise and personal well-being. Starting with the Drug-Free Relay and more recently the Drug-Free Run, the coalition sponsors events it believes promote the benefits of healthy bodies and minds.

Physical activity has the ability to influence psychological, behavioral and neurochemical processes that contribute to substance use disorders.

Broadly, health-promoting behaviors, like running and walking, are related to other personal behaviors that lead to a healthy lifestyle and choices. For example, physically active people typically drink alcohol only in moderation and do not smoke cigarettes. Exercise can lessen mental health conditions such as depression and anxiety, which can contribute to substance abuse. Many forms of exercise, even in these times of physical distancing, have a social component

that promotes societal integration and prevents loneliness and isolation. Finally, there is evidence that physical activity reduces the rate of drug use acquisition and escalation and the rate of reinstatement of drug-seeking. The most amazing thing about these relationships is that they apply to people of all ages.

Physical activity also is a way to spend time with your family and friends. The MERA trails accommodate fitness levels from toddlers to grandparents. Make a trip to the Owsley Canyon trailhead for an outing for exercise and have a healthy snack afterward.

Or, if you are the competitive type, check out this

year’s virtual Drug-Free Run sponsored by the Union County Safe Communities Coalition at <https://drugfreerun.itsyourrace.com>. You have all of August to register a run or walk, so there is time to train and aim for a personal best or organize a family effort. In any case, know that when you do, you’ll be supporting the efforts of the Safe Communities Coalition, and doing yourself and your family a huge benefit by being physically active.

About the Author
Steve Clements is the mayor of La Grande and a member of the Union County Safe Communities Coalition.

You never know what you’ll find by the side of the road



Submitted photo

ELGIN — Bob and Susie Thomas hold up a pair of pants they found while volunteering with the Elgin Lions to clean up a portion of Highway 82 last month. Under the chairmanship of Barbara Hawes, the Elgin Lions in early June cleaned Highway 82 for 2 miles north and south of Elgin.

Risa Hallgarth picked up a dollar bill before she noticed it was guarded by several snakes in the area. She quickly said she was willing to give the dollar back to them.

Also picked up by Bob and Susie Thomas was a pair of pants in good condition. The pants will be cleaned and donated back to persons in need.

Following the clean-up procedures, the Lions enjoyed maple bars and coffee supplied by Lions David and Teri Fuhrman, owners of Cowboys and Angels Restaurant.

PUBLIC SAFETY REPORT

FRIDAY

11:11 a.m. — La Grande police received a report of possible animal abuse on the 2400 block of Riddle Road.

12:54 p.m. — A caller on the 2000 block of Cove Avenue, La Grande, asked to speak to an officer about vandalism.

2:20 p.m. — La Grande police received a complaint about vandalism on the 1400 block of Monroe Avenue.

5:43 p.m. — La Grande police responded to a report of a burglary at a residence on the 1800 block of Second Street.

9:29 p.m. — A caller reported an injured deer on the 2800 block of Adams Avenue, La Grande.

11:50 p.m. — La Grande police responded to the 2100 block of Oak Street on a complaint about a loud party.

SATURDAY

6:55 a.m. — A caller reported capturing two horses that were loose on the 62000 block of Fruitdale Lane, La Grande.

12:37 p.m. — La Grande police responded to the 2100 block of Adams Avenue on a complaint about fraud and theft by deception. Police cited one person.

5:30 p.m. — A caller reported a suspicious person sitting on the steps of La Grande City

Hall, 1000 Adams Ave.

5:46 p.m. — La Grande police responded to O Avenue and First Street on a report of a domestic disturbance, but the victim would not cooperate with police.

6:20 p.m. — People racing motorcycles on West Grande Street, Union, prompted a call for law enforcement. The caller said this is an ongoing problem. A Union County sheriff’s deputy responded.

6:54 p.m. — La Grande police received a report of a possible sex crime.

8:51 p.m. — La Grande police responded to a noise complaint about possible illegal fireworks on the 1200 block of U Avenue.

9:26 p.m. — The Union County Sheriff’s Office responded to a report of teens shooting from the road at Sandridge Road and Woodell Lane, Imbler. A deputy did not find the teens. About 30 minutes later, a deputy took a report for gunshots on the 54600 block of Sandridge Road.

9:30 p.m. — Campers caused a disturbance at Pilcher Reservoir, North Powder. Sheriff’s deputies from Union and Baker counties responded.

Local students earn academic recognition from George Fox University

NEWBERG — Local students were among those who earned dean’s list recognition at George Fox University for the spring 2020 semester.

These students from Union and Wallowa counties made the dean’s list:

Ryan Chandler, Elgin, sophomore, nursing

William Coston, Imbler, sophomore, engineering

Whitney Evans, Joseph, senior, biology

Kylin Collman, La Grande, senior, management and marketing

Gracie Carlsen, Lostine, junior, economics

In addition, Collman earned a bachelor of arts in management and marketing.

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