

Local

YMCA hosts cancer survivor group

BY MEGHAN ANDERSCH
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The YMCA hosted the Baker County Cancer Support group on January 21st for a wellness presentation. Attendees included cancer survivors, family members, nursing students, and other support persons.

The class covered the importance of nutrition, exercise, and weight management in surviving cancer or preventing recurrence, as well as specific YMCA classes that may benefit survivors or those in treatment.

Heidi Dalton, CEO of the YMCA, and Elissa Morrison, Health and Wellness Director, welcomed attendees.

Dalton shared information on the Cancer Wellness Program, which offers 50 free visits to cancer patients or survivors. The only qualification for the program is a verifying doctor's note and completed membership application. One attendee remarked, "The people here are so good when you walk in to the front desk and tell them you're a cancer survivor, they make me want to cry."

Participants introduced themselves and shared where they are in their

journey, ranging from one year since cancer surgery to a survivor of 33 years.

Dalton gave an overview of YMCA services, saying that everyone who accesses their services is "here to improve their lives in some way."

She said they are like a big family, serving around 5,000 members of the community through classes, preschool, youth sports, walking facilities, and literacy outreach, among others.

She said, "We want to support you. We want to help make your wellness journey easier."

Morrison first asked what participants wanted to learn during the presentation. Answers ranged from helping encourage a spouse to exercise to cancer support group chairman Gloria Schott's answer: "I want to walk in and not be a stranger." At this, someone in the group asked if Schott has ever in her life met a stranger, drawing laughs.

Morrison provided a handout with information on wellness and during her talk referenced various studies on physical activity and nutrition in cancer survivors. (These studies can be accessed at cancer.org.)

Morrison shared that being active has a tremendous effect on the quality of life after cancer diagnosis and emphasized the importance of physical activity, even when not feeling good.

Morrison discussed nutrition, pointing out that the recommendations proposed for minimizing risk of recurrence and optimizing chances of cancer survival are good guidelines for everyone: fill your plate with vegetables, fruits, and whole grains.

Morrison spoke about weight management and said that being overweight has been shown to increase the risk of recurrence of various cancers, including breast, prostate, and colon cancer.

She also spoke about setting SMART (specific, measurable, achievable, realistic, timely) goals regarding activity and shared specific tips to be aware of, such as checking before beginning a swimming regimen, as some cancer treatments are chlorine-sensitive. Morrison recommended that anyone check with their doctor before beginning a fitness routine, whether or not a cancer patient or survivor.

Morrison shared in-



Meghan Andersch / The Baker County Press

Elissa Morrison leads an exercise demonstration.

formation on the new Enhanced Fitness program, which has the fitness community partnering with the medical community nation-wide to help prevent illness and enhance strength. She said many physicians haven't realized the need to emphasize the importance of nutrition, activity, and weight in fighting cancer.

The local class is called Strength and Flex and includes a simple warm up, balance and strength exercises, and a cool down, all completed within an hour.

Morrison led a demonstration of several of the exercises and explained

various accommodations that can be made depending on a participant's health needs and level of fitness.

Morrison also recommended Tai Chi and Strength Yoga classes. She said all classes and instructors should offer accommodations.

She offered if anyone is shy about working out in front of others, YMCA members can access rooms not currently in use for a private workout.

Morrison said that she and Robin Stone, Personal Trainer, have studied cancer and exercise and that they could customize

a program for survivors depending on the type of cancer and where they are in recovery.

Attendees were offered the opportunity to sign up for the Cancer Wellness Program before leaving and Morrison then led a quick tour of the facility.

For more information on YMCA classes or the Cancer Wellness program, call the YMCA at 523-9622. The Baker County Cancer Support group meets the third Thursday of the month at St. Luke's/EOMA at 7 PM. For more information on this group, call Gloria Schott at 403-2659.

5J School Board discusses 'enhanced Friday' plans—teachers express unhappiness with them

BY SUNNY WERNER
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The 5J School Board met on Thursday, January 21, at 6:00 p.m. at the Baker 5J building on Broadway and Fourth Street.

The meeting room was standing room only with some attendees gathered in the hallway outside the door.

A sign-in sheet was available for those who wished to speak to the Board during the Public Comment section of the meeting.

After the Call to Order and the Pledge of Allegiance, both Baker Technical Institute and Eagle Cap Innovative and School presented their "Promise Student of Baker."

Dusty Gyllenberg was celebrated as Promise Student from BTI, with the Director of BTI, Jerry Peacock, presenting him to the School Board as "a young man full of character and integrity."

Lorien Osborn was the recipient of the award from Eagle Cap Innovative School.

Following the students' presentations, School Superintendent Mark Witty read a proclamation from Governor Kate Smith, naming January as "School Board Recognition Month."

Following the reading,

Superintendent Witty and Assistant Superintendent Betty Palmer, assisted by CFA Doug Dalton, presented plaques to each School Board member in recognition and thanks for their service.

The Board then approved the Meeting Agenda and the Minutes from the previous month's meeting.

Section E of the Agenda was the Information section. This covered the Superintendent Evaluation Timeline, the School District Enrollment Report, a Classified Retirement and the Principal's Reports.

Section F was Discussion, during which the BHS Report was presented by Byson Smith. Smith informed the Board that BHS sports teams were performing well, and that the BHS Cheerleaders had qualified for State Competition.

Upcoming events included the annual Pink Game, FFA fundraisers, and the Sadie Hawkins Day dance on February 6th. Byson told the Board that the high school students had concerns about the proposed calendar changes for the next school year.

Following Smith's report was the First Reading of policies covering Use of Tobacco Products, Alcohol, Drugs or Inhalant Delivery Systems; Prohibited Use, Possession, Distribution or Sale of Tobacco Products and Inhalant Delivery

Systems; Harassment/Intimidation/Bullying/Cyber bullying/Teen Dating Violence/Domestic Violence Student; and Suspension.

Superintendent Witty then presented his report on the proposed "Cradle to Career" 2017-2017 School Calendar.

In his report, Witty explained how the suggested "Enhanced Friday" would look:

8:00-9:00 a.m. Staff meetings

9:00-12:00 p.m. Students - Strategic Intervention by Invitation and Enhanced Opportunities

12:30-2:00 p.m. Professional Development and Prep Time for Staff
Principals Chris Carmienke (BMS) and Nanette Lehman (SBI) each spoke on how they believed the proposed changes would affect students.

The State educational hours requirement for each grade level and the actual educational hours received by students are:

K - 8: Required: 900
Brooklyn (actual)

996
Haines. (actual)

985
Keating. (actual) 1009

SBI (actual) 1009
9 through 12: Required

990
BHS. (actual) 1040

There will be a Parent Advisory meeting on February 1st from 5:30-

7:30 p.m. to go over this information and discuss alternative approaches.

Assistant Superintendent Betty Palmer presented her report, covering the suggested Math curriculae. Palmer explained that she is hoping her group will come up with three publications to present. She will be meeting with the Secondary group to continue their work. Palmer also described the "IREADY" online assessment tool.

Next was Doug Dalton's CFO Budget Report. Dalton appraised the Board of the preliminary work he has done on identifying the best procedure to identify and move forward in replacing the old boiler at the High School.

The time for Public Comments arrived, and Board Chair Kevin Cassidy explained to the audience that the Board had the option to not allow comments but believed it was in the best interest of all involved to proceed. Cassidy told the attendees that each speaker would be limited to three minutes to allow all to be heard.

Melissa Garner (Kindergarten teacher) was the first speaker. She was representing the elementary teachers. Garner said, "There are several arguments from our staff regarding the proposed calendar change."

Katy Collier (Haines staff) said, "Staff is against the proposal."

Donna O'Grady (SBI) said, "We have the same objections."

Silas Turner (BMS), said, "We have logistical questions and general concerns."

Kris Perpara (BHS) said, "Fridays are going to be one and a half hours of student time and four and a half hours teachers meetings? How does this make students our priority?"

Applause rang from all teachers present.

Perpara went on to say, "The Board says it is going for transparency, but teachers and staff were not included in planning this calendar. Instead, we were left to find out from Press Releases." (More applause).

Sharon Defrees, BHS said, "This has set the Board and Administration versus educators. How about if we work together to solve the issues?"

Gail Lemberger (BHS) said, "We have unhappy teachers. Unhappy teachers make unhappy students."

Following the Public Comments, most of the audience left the meeting.

Next were the Action Items:

Retirement—Pat Brougham and Gere Richardson; and

Policies— first reading of Policies listed in Discus-

sion section of Agenda.

CFO Dalton then presented the Technical Energy Audit and Project Development Plan Proposal.

The steam boiler for the High School: a comprehensive project would be cost efficient. An energy audit will show a more efficient system, cost will be in the region of \$600,000 to one million.

Dalton recommends the Board authorize Energy Service Performance Systems. Dalton explained that the costs would be similar but that the job would proceed faster under the one company which "does it all."

The State of Oregon Department of Energy has verified six companies as being qualified to perform all the work necessary.

Dalton has contacted one of the DOE certified companies and told the Board, "These companies do it all, so it will save 5J about four months in planning and accomplishment."

The company offers an Energy Savings Performance Contract, which guarantees that, should the District not receive the annual savings predicted, the company will reimburse the overage.

The Future Agenda items are "Promise of Baker" program - ongoing, "Promise of Oregon"- ongoing, and the Superintendent Evaluation.

Felon arrested with gun

According to Baker City Police Chief Wyn Lohner, at about 12:26 p.m. Sergeant Mike Regan arrested an individual for Felon in Possession of a Firearm,

following multiple 911 calls regarding a man walking down the street yelling and carrying a gun.

Arrested was George Patrick Wesley, age 41, of

2533 10th Street #6.

Wesley also received treatment for what was determined to be narcotics-induced behavior.

Missing woman found

Ms. Fay Irene Moore of Baker City was located Saturday night by Washington County Idaho deputies when her vehicle broke down in the Brownlee dam

area.

She was transported to Cambridge, Idaho for the evening. Her family was notified and put in direct contact with Washington

County deputies.

Moore suffers from mental health issues and had been reported missing earlier that same day.