

NOV 1 2 2015

BREAKFAST

Community

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Open 10-4 Tues - Sat.



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Myers was recently recognized as a 'Recommended Cowboy Dressage Judge' and has been accepted with Ari as a competitor in the prestigious Charles Wilhelm Super Horse Competition which will take place in April, 2016 at the Northwest Horse Fair and Expo in Albany, Ore.



Dee Myers horse, Ariel

Baker United Methodist

Methodist Women met in the Fireplace room of Baker Church. Chairman Beverly McKinnis introduced Sally Farmer who presented the program. She was assisted by Linda Robbins, Joyce Richmond, Vickie Kirkwood and Judy Lutz. World Thank Day was observed by the local unit with a special offering to be used for a project to aid bat-

Sammy Linzel, at the keyboard, accompanied the group in singing of hymns. Susan Fors was elected as

United Methodist Women chairman for 2016. Joyce Richmond will serve as Vice Chairman. Joyce, recently retired as Officer for the Sage District UMW.

Prayer requests were honored. Refreshments were served by Susanna Wesley Circle.



Besides enjoying breakfast, kids in the Open Door Program enjoy playing games and socializing before school.



The Calvary Baptist Church volunteers Terri Evarts, Diane Bernardy, Jackie Dugan and Tamera Pierce prepared and served breakfast for the middle school kids at the Presbyterian Church on Monday. Luke Rembold is a youth pastor for the Presbyterian Church. He interacts and plays games with the students twice a week. A youth pastor from Harvest Church also volunteers along with additional community members.

Breakfast is served in a buffet style and according to Cassidy might include french toast, waffles, eggs, fruit, and some kind of breakfast meat. On Thursdays, they have fruit smoothies which are really popular. The kids can socialize, play games and have a warm place to be before school starts.

There is no religious instruction or component to what the volunteers provide to the students in the breakfast program. "We do not proselytize at all," explained Cassidy. "One of the greatest benefits is the socialization, a place to have breakfast, and some adult mentorship," he added.

Cassidy believes the success of the program, which has grown from serving about 12 kids to 50 every morning, is due to the consistency and dedication of the volunteers. He also credits Mindi Vaughan, former BMS principal.

"She saw the value in what we had started for those initial 12 students and believed all students would benefit. She really made our pro-gram go," Cassidy said. Vaughan is now working in another eastern Oregon school district.

"The need is real and that's why we do what we do," said Cassidy who moved here a few years ago from the Medford area and is part of the Baker City Christian Church.

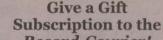
The Open Door Program's annual budget is right at \$20,000. Because of the success and growth of the program, Cassidy and others are seeking ways to secure long term funding. Currently, \$10-\$15 thousand is in private funding with many individuals writing checks to help support the program. The Eastern Oregon Presbytery also provides significant funding and last year, the 5J School district had provided money to the program.

One middle school girl seemed to sum up the popularity of the Open Door Program, "I come here every day. The food is delicious, it's homecooked, and its free. Plus it's really fun here.



Breakfast Burritos were offered to kids on Monday at Baker Middle School.

Old-fashioned Conservation Methods Join New Lighting Solutions By Sandra Ghormley





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annoyed I became after vividly rem ember now hearing my Dad shout, "Don't forget to turn the lights off when you leave the room." "Okay, Dad, I got it. You've said it 100 times!"

I'd reply.

You see, Dad grew up in the 1930s when electricity had not reached every neighborhood in America and many homes where lit with oil lamps. Back then only 10 percent of the farms had electricity and flipping a switch to light a room was still considered luxury. Yet, even then, people realized how important it was to conserve energy.

Decades later, shutting off lights may be a little old-fashioned – but it is still a good idea. Combine it with new lighting technology and real savings result.

In the 1960s, the economy was booming and energy was abundant. Consumers gradually moved away from thinking about conservation and developed an



insatiable appetite for electricity. From the early days in the 1940s to 2007, electric usage in the U.S. more than doubled. America became the largest consumer of everything electricity could offer. As a result, more dams were built and more petroleum, coal and natural gas powered electric generation plants were needed to satisfy the growth. New transmission and distribution power lines were expanding and constructed connecting,

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