

4-H court named for the coming year



Paul Wahl/Chieftain

A Chieftain photographer caught up with the Wallowa County 4-H Court on their way to the Chief Joseph Days Junior Parade July 27 — Bailey Vernam, left, Maggie Zacharias and Kaesie Melville.

By Paul Wahl
Wallowa County Chieftain

Three young women have been selected to serve as the Wallowa County 4-H Court for the coming year — Kaesie Melville, Maggie Zacharias and Bailey Vernam.

The court's top priority is representing 4-H at community events across the county, including the upcoming Wallowa County Fair. Candidates were evaluated in three categories, including 4-H experiences, person and civic experiences and recommendations.

Kaesie Melville

Kaesie, 14, will be a freshman at Enterprise High School this fall. She is the daughter of Alesha and Bryan Melville.

She has been in 4-H for five years. Her most recent 4-H experiences was attending the Oregon 4-H Hawaii

Natural Science and Cultural Study Tour in late June.

For Kaesie, serving as 4-H Royalty is an opportunity to teach people who are in 4-H and younger kids "what you can do and how it can benefit your life."

Maggie Zacharias

Maggie, 15, will be a freshman this fall at Joseph High School. Her parents are Luke and Marilee Zacharias. She has been in 4-H for six years.

She says 4-H has taught her responsibility.

"When you have an animal, you have to take care of it every day, feed and water it, work with or it won't be a good animal or it could die," she said.

Maggie said her interest in being on the court stemmed from watching other members over the years.

"I want to help encourage

other kids in 4-H and go as far as I can go," she said.

She will compete in Western and English categories in this year's horse events at the fair.

Bailey Vernam

Bailey, 14, will be a freshman at Enterprise High School this fall. Her mother is Shannon Vernam.

She has been in 4-H for five years

She most wants to give back to the 4-H program and spread the word to get more children involved.

"I feel that it's a really great opportunity to serve and in some ways a preparation to get onto bigger courts like Chief Joseph Days Rodeo."

Bailey plays the violin and mandolin and enjoys a number of animal-related activities.

She will have a dog, horse and pig in this year's county fair.

What's Happening EASTERNOREGONEVENTS.COM EXPANDED ONLINE CALENDAR

WEDNESDAY, AUG. 1

Zumba: 6:30 a.m. The Place, Joseph. No experience needed. Instructor: Tammi Chapman.

DEI Round Table Discussion: 10 a.m. The Place, 303 S. Lake St., Joseph. Round table discussion for diversity, equity and inclusion for volunteers, boards and staff members. Sponsored by NEOEDD.

Food Giveaway: 11:30 a.m. Wallowa Senior Center in Wallowa, 11 a.m. Enterprise Senior Center. Sponsored by Wallowa Fresh Food Alliance. Perishable food available.

Rotary Club of Wallowa County: Noon St. Katherine Catholic Church, 301 E Garfield St, Enterprise. Enterprise Police Chief Joel Fish will be the guest speaker. Public is invited.

Discovery Walk: 3:30 p.m. leaving from Wallowa Lake Lodge Joseph. Free family-friendly stroll to explore the natural world. Hosted by Wallowology Natural History Discovery Center.

Adult Clay Class with Mellica McIntire: 3 p.m. Josephy Center, 403 North Main, Joseph. josephy.org

Core Yoga: 5:30 p.m. above Lostine Tavern in Lostine. All levels, focusing on strength, flexibility, clarity and focus.

Kickboxing Fitness Class: 6:30 p.m. Jensen Field in Enterprise. Hurricane Point Fitness. No experience necessary. Certified instructors. 541-398-2131.

Lostine City Council: 7:30 p.m. at City Hall in Lostine.

THURSDAY, AUG. 2

Kickboxing Fitness Class: 5:15 a.m. Jensen Field in Enterprise. Hurricane Point Fitness. No experience necessary. Certified instructors. 541-398-2131.



Mark Kroos

Mindful Flow: 6:30 a.m. The Place in Joseph. Increase flexibility while creating muscular strength and tone, providing the benefits of exercise and mindfulness in one. Instructor: Jamie O'Neill. salutationsstudio.com

Pilates: 9 a.m. Wallowa Senior Center, 204 E Second, Wallowa. Sponsored by Community Connection.

Tai Chi: 10 a.m. Enterprise Senior Citizens Center. Free. No registration required.

Nature Journaling: 1:30 p.m. Wallowology in Joseph.

Chess Club: 4 p.m. Josephy Center, 403 North Main, Joseph.

Yoga Rotation: 6:30 p.m. The Place in Joseph. Classes vary from week to week. salutationsstudio.com

Courthouse Concert Series: 5:30 p.m. Wallowa County Courthouse Gazebo. Mark Kroos and his two-necked guitar. Food trucks available. Bring picnic blankets and lawn chairs.

Movies in the Park: 8:30 p.m.

Wallowa City Park. "Coco," a 3D computer-animated fantasy film produced by Pixar Animation Studios and released by Walt Disney Pictures. Bring chairs and blankets, your own drinks and popcorn. Free. Donations accepted. Sponsored by Wallowa County Safe Communities Coalition and Building Healthy Families.

FRIDAY, AUG. 3

Zumba: 6:30 a.m. The Place, Joseph. No experience needed. Instructor: Tammi Chapman.

Summer Parent and Child Playgroup: 9:30 a.m. Enterprise City Park (or Building Healthy Families if it's raining). For parents with children 0-5. Songs, story-time, games and activities.

Discovery Walk: 10 a.m. leaving from Wallowology Natural History Discovery Center, 508 N. Main Joseph. Free family-friendly stroll to explore the natural world.

Purely Restorative: 9:45 a.m. above the Lostine Tavern in Lostine. A gentle style of yoga. Instructor: Esther Petrocine. salutationsstudio.com

Youth Art Friday at Josephy: 10 a.m. to 5 p.m. Clay, drawing, drama class for children ages 5-12. Register: Josephy.org

Food Giveaway: 11:30 a.m. Wallowa Senior Center in Wallowa, 11 a.m. Enterprise Senior Center and noon at The Place in Joseph. Sponsored by Wallowa Fresh Food Alliance. Perishable food available.

Introduction to Drawing, Painting and Fabrics: 12:30 p.m. Josephy Center. Taught by Dawn Norman. Drop-ins welcome.

Adult Drawing and Painting Class: 2-4 p.m. Josephy Center, 403 North Main, Joseph. Instructor: Jennifer Klimsza. josephy.org

Zumwalt Exhibit Opening: The Wild Landscape: 7 p.m. Josephy Center, 403 N. Main St., Joseph. Art and words of the Zumwalt Prairie.

Open Mic Night: 7 p.m. Terminal Gravity in Enterprise.

SATURDAY, AUG. 4

Wallowa County Farmers Market: 9 a.m. to 2 p.m. downtown Joseph. Fresh local produce, eggs, plants, arts and crafts, food, live music.

Sunrise Iron Antique Tractor Show: 9 a.m. at Sunrise Iron, 65708 Sunrise Road, enterprise. Eal McLaughlin opens the doors to his showroom of tractors, plows, cultivators and other antique machinery. Info: sunriseironllc.com.

Back Country Bash: 3 p.m. Harley Tucker Arena, Joseph. A variety of country acts and events. Info: backcountrybash@gmail.com.

SUNDAY, AUG. 5

Discovery Walk: 9:30 a.m. leaving from Wallowa Lake Lodge. Free family-friendly stroll to



Coco

explore the natural world. Hosted by Wallowology Natural History Discovery Center.

Mark Kroos Concert: 7 p.m. Enterprise Christian Church, 85035 Joseph Hwy., Enterprise. Free.

MONDAY, AUG. 6

Zumba: 6:30 a.m. The Place, Joseph. No experience needed. Instructor: Tammi Chapman.

Wallowa County Commissioners: 9 a.m. Thornton Room at Wallowa County Courthouse in Enterprise.

Food Giveaway: Noon at The Place in Joseph. Sponsored by Wallowa Fresh Food Alliance. Perishable food available.

Kickboxing Fitness Class: 6:30 p.m. Jensen Field in Enterprise. Hurricane Point Fitness. No experience necessary. Certified instructors. 541-398-2131.

TUESDAY, AUG. 7

Twigs & Tales Story Hour: 1:30 p.m. Wallowology. Curl up in the giant bird's nest and listen to Stories. Free.

Diabetes Prevention Class: 1 p.m. Enterprise Senior Citizens Center. Sponsored by Community Connection.

Mindful Flow: 6:30 a.m. The Place in Joseph. Increase flexibility while creating muscular strength and tone, providing the benefits of exercise and mindfulness in one. Instructor: Jamie O'Neill. salutationsstudio.com

Pilates: 9 a.m. Wallowa

Senior Center, 204 E Second, Wallowa. Sponsored by Community Connection.

Adult Drawing and Painting Class: 9-11 a.m. Josephy Center, 403 North Main, Joseph. Instructor: Jennifer Klimsza. josephy.org

Sewing Group: 10 a.m. to 3 p.m. Wallowa Senior Center, 204 E Second, Wallowa. Sponsored by Community Connection.

Wine Glass Painting: 11 a.m. to 1 p.m. Josephy Center. Come and decorate a wine glass. Artworks are donations to the Wallowa Valley Festival of Arts.

Wallowa County Humane Society: Regular meeting 1:30 p.m. at the information center, 104 N. River St., Enterprise. All interested persons are welcome to attend.

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MEDICINE

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Finally, if you use curcumin for its possible cognition benefits, you are advised to take the spe-

cific product and dosage studied. The estimated cost for 18 months is \$540.

What you should know: The more you know about your drugs, including understanding the clinical science supporting their use,

the more likely you will maximize benefit and minimize risk. The FDA provides this excellent guide for dietary supplements: bit.ly/lumyeN0.

Mountain Medicine is written by

Ron Polk, Pharm.D., Emeritus Professor of Pharmacy and Medicine at Virginia Commonwealth University and a Lostine resident, in consultation with Kelsey Allen, D.O., a family medicine physician at Mountain View Medical Clinic in Enterprise.

LETTERS

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love our country) that Hitler rose to power in Germany by utilizing the economic struggles and ethnic hatreds of Germany's working class, by convincing them that his constant lies were the only truth, by portraying the press as lying enemies, by condemning scholars and intellectuals as elitists and by blaming the working class's economic condition upon hated "others."

In Germany, the hated others were Jews. Here, they are Muslims and immigrants (among others). The brown and the black.

Seeing any parallels yet? Should my political choices ever coincide with the political choices of White Supremacists, I will subject my entire belief system to serious reevaluation and make-over. Wouldn't any truly caring and reasonable person do the same?

Carl Kiss
Enterprise

Wallowa County CHIEFTAIN
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SPACE RESERVATION DEADLINES
for weekly advertising is 5pm Friday for the following week. Ad copy is due on Monday at 10am. Ads must be approved by Tuesday at 12pm.

Contact Jennifer Cooney today for all your advertising needs!
jcooney@wallowa.com
541-805-9630

WALLOWA COUNTY Alcoholics Anonymous Meetings

ENTERPRISE

MONDAYS
7 p.m. Enterprise Group
113.5 E Main St.

TUESDAYS
12-1 p.m. Enterprise Group
113.5 E Main St.

7-8 p.m. Enterprise Group
(Big Bk Study)
113.5 E Main St.

WEDNESDAYS
7 p.m. Enterprise Group
113.5 E Main St.

THURSDAYS
12-1 p.m. Enterprise Group
113.5 E Main St.

7 p.m. All Saints
(Mens Mtg)
113.5 E Main St.

FRIDAYS
7 p.m. Enterprise Group
113.5 E Main St.

SATURDAYS
7 p.m. Enterprise Group
113.5 E Main St.

JOSEPH

MONDAYS
6 p.m. Grace and Dignity (Womans Mtg) Joseph United Methodist Church 301 S. Lake St., Church Basement

WEDNESDAYS
12 p.m. Grace and Dignity (Womans Mtg) 301 S. Lake St., Church Basement

Al-Anon Family Group (support for family and friends of alcoholics) meets Tuesday evenings at the Joseph United Methodist Church (basement on north), 6pm-7pm.

WALLOWA

SUNDAYS
7 p.m. Wallowa Assembly of God Church
205 S Alder St.

MEDICARE BIRTHDAY RULE

If you have a Medicare Supplement Plan you have 30 days after your birthday to compare and apply for a new Supplement Plan.

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