

W.S. students compete in Iron Chef cook-off

By Stephanie Russell
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Family & Community Health

When community partners put their heads together, great things can happen.

The Iron Chef in the Nutrition Kitchen after-school program at Jefferson County Middle School held its inaugural challenge cook-off May 28.

The program is a collaborative effort between OSU Extension's Oregon Family Nutrition Program and the 4-H program, as well as the Community Health Improvement Partnership.

According to those involved, the event was a huge success.

"It was a great experience partnering with other organizations in the community to provide nutrition education with a challenge that would spark creativity in participants," said Jon Gandy, 4-H program coordinator.



Tashina Eastman, Mary Olney, Jennifer Pineda, Victoria Messinger (from left) addressing the judges, Rick Molitor, Beth Ann Beamer, Dana Martin, as they sample the championship-winning dish. Tashina's grandmother Roberta Kirk watches in the background.

Students competing in the championship cook-off created a skillet-type meal using Mix and Match recipe guidance from www.foodhero.org.

Details of the challenge, including the requirement for

teams to use an onion as the secret ingredient, were disclosed to the students only minutes prior to the event.

Students Tashina Eastman, Victoria Messinger, Mary Olney and Jennifer Pineda won the championship with

their Mexican-themed dish, edging out fellow students Ellise David, Ashleen Smith, and Jessica Gienger by only one-half of a point.

Teams were judged in four main categories:

Professionalism, team-

work, technique and skills, and the final product.

Guest judges were school district superintendent Rick Molitor, Extension regional administrator Dana Martin, and Community Health Improvement Program director Beth Ann Beamer.

Upon serving their meal to the judges, the students were required to answer questions about how they decided on a theme, what they did to make the meal more nutritious, and how they worked together as a team.

Extension nutrition educator Sandi Boley took a lead role in planning and teaching the 5-week series, and was extremely pleased with how the students competed.

"These kids, under the pressure of careful scrutiny by three judges, put their weeks of training to the test, and they nailed it!" Boley said.

"Every one of them displayed excellent teamwork and culinary skills, and the dishes they made were cre-

ative and delicious. I am so proud of them."

Alongside Boley, Gandy and wife Heather, as well as after-school program coordinators Chelsea Kurtz and Samantha Dominiak all worked closely with the students leading up to the challenge. And they were impressed with the results.

Kurtz, also a sixth-grade teacher/instructional coach at the middle school, said, "I am constantly amazed at the incredible collaboration and creativity our students are capable of when given the freedom to express themselves. This was a powerful experience for all involved."

All students competing took home Iron Chef in the Nutrition Kitchen aprons compliments of 4-H, and Food Hero cookbooks provided by the Oregon Family Nutrition Program. With the pilot program exceeding expectations, plans are already in the works to bring the program back next year.

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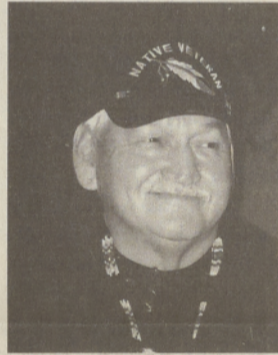
Calvin "Buttons" Shadley (Pahowatush)

In loving memory of Calvin "Buttons" Shadley (Pahowatush). On the morning of Thursday, May 23, 2013, at Providence Medford Medical Center in Medford, Oregon, Calvin Henry "Buttons" Shadley, was ushered peacefully into the presence of God with the prayers and singing of family at his side.

Buttons was born June 23, 1945, at the Klamath Indian Agency on the former Klamath Indian Reservation in Chiloquin, Oregon to Calvin Henry Shadley and Laura Ellen Picard Grabner (formerly Shadley and Summers). Buttons is survived by his wife Diana Lynn Shadley; daughters Brenda, Laura, and Leanna Shadley, Renee Self (husband Gregg); son Tony Waites (partner Rachel Hicks); parents Laura and Ray Grabner of Redmond, Oregon; brothers Ronald "Cobby" Shadley, Albert "Abby" Summers (wife Ruth), Frank Summers, James Shadley, Keith, Kevin and Tony Williams; sisters, Roylene Harrington, Mary Gentry (husband Don), Kristy Summers (partner Tara), and Julie Shadley.

He leaves behind 12 grandchildren, numerous nieces, nephews, great nieces and great nephews; Aunt Barbara Wright of Chiloquin, Oregon; Uncles Alfred and Jerry Bagley of Warm Springs, Oregon and many relations.

He joined the United States Marine Corp in February of 1964 and was honorably discharged in 1968. He was in the 5th Division Marines, Special Forces - Weapons Specialty Unit and was an outstanding soldier and marksman. He participated in many battles dur-



ing the Vietnam Conflict including Operation Harvest Moon of 1965.

He returned home to the states during a time of turmoil over the war and was not honored as a veteran. He struggled many years with Post-Traumatic Stress Disorder (PTSD) and displayed many symptoms of the inner conflict that went untreated and unresolved.

In 1998, he returned home to the family ranch on Dockney Flats in Chiloquin and began his journey and walk with the Lord Jesus Christ whom he accepted as his Lord and savior. He also assisted his sister Mary with the care of their ailing father, Albert Summers.

Buttons entered White City Rehabilitation Center in August of 1999 and began his battle to recover from the anger, hurt, and memories of his past. During his healing time he and Diana LeClaire, his friend and mentor grew close and, found a home church and family at the Rogue Valley Fellowship in Medford.

Together they were known as prayer warriors and began their work as missionaries. Buttons expressed his love for Christ with a deep commitment to bring the Word of God and encouragement to all natives, veterans, homeless people, and his family and had an inspirational testimony. His healing ministry was powerful and he learned to play the native flute which he shared in his church sanctuary, hospitals, and wherever the spirit led. He and his wife Diana took

the message of love, hope, faith, and salvation to the unsaved. They especially loved to travel to Chiloquin, and Warm Springs.

They were sent out under the authority of Pastor Dave Booye of the Rogue Valley Fellowship. Pastor Dave and RVI family supported and encouraged his ministry with their love and prayers. Buttons was honored to be selected to travel to Israel in May of 2003, as part of native Christian ministry team with Evangelist Linda Prince. His stated legacy, "We (he and wife Diana) want to leave a legacy of doing the will of God. Jesus left us a legacy through the orders He gave His disciples. Our legacy should reflect His. That's our focus, to reach out to other with God's love," (Calvin H. Shadley, The Christian Journal, December, 2008).

As a respected Wasco, Klamath, Shasta tribal elder and enrolled member of the Confederated Tribes of Warm Springs Indians he will be missed by many. He will be remembered as a man of God and mighty prayer warrior. Buttons was preceded in death by his grandparents, father's Calvin H. Shadley and Albert R. Summers, younger sister, Lorilee Picard Shadley Stockton, son Greg Norwest.

Celebration of Life services were held Thursday, May 30, 2013, at the Chiloquin Christian Center, Chiloquin, Oregon at 1:00 p.m. A second Celebration of Life service was held at 1:00 p.m., June 2, 2013, at his home church, Rogue Valley Center (RVF), 2399 South Pacific Hwy, Medford. Military Interment service was held at the Eagle Point National Cemetery, Monday, June 2, 2013.

Birth

Eliandra Celilo Nez Marvín Nez and Elizabeth Nez of Warm Springs are pleased to announce the birth of their daughter Eliandra Celilo Nez, born on June 4, 2013.

Grandparents on the

father's side are Gabriella Begay-Navajo of New Mexico, and Ervin Nez Sr., of Window Rock, Ariz.

Grandparents on the mother's side are Rhoda Smith of Warm Springs, and Sabino Orozco of Madras.

Priscilla Rose Jackson-Alvarado

Cassie Mitchell-Alvarado of Metolius is pleased to announce the birth of her daughter, Priscilla Rose Jackson-Alvarado.

Job Creation offers training

Warm Springs Job Creation and Development has several training opportunities available for employees. Next week they will have a Leadership Skills Training titled "Holding Others Accountable" on June 19 from 9 to noon at the Credit Building.

And there will be a File Management Computer class that will begin on June 20, from 9 a.m. to noon at the COCC Madras Campus. Transportation is pro-

vided. Call 553-3324 to register for classes or to find out about other upcoming training.

Later in June they will have a Leadership Skills Training titled "Emotional Intelligence for Leaders" on June 26 from 9 to noon at the Credit Building. And there will be a computer class on Beginner and Beyond Word that on June 25 from 9 to noon at the COCC Madras Campus.

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