

ANDERSEN

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Andersen passed 14 runners in that span, including one competitor from the team that finished second, and two from the university that placed third.

Oregon Tech won by six points.

"When you win a race by six points, every place matters," Oregon Tech Coach Jack Kegg told the Klamath Falls Herald and News. "Annika ran well."

It was a thrilling conclusion to Andersen's college cross country career — a career she never expected even to start.

Andersen, who was homeschooled through her sophomore year in high school and then attended the Baker School District's Eagle Cap Innovative High School,

graduating in 2015, didn't intend to compete in cross country in college.

She participated in the sport, along with track, only during her senior year in high school.

But Andersen said she enjoyed running competitively, and she was inspired by her Baker cross country coaches, Mike Knutson and Davey Peterson, and track coach Suzy Cole.

When she arrived in Klamath Falls for her freshman year at Oregon Tech, Andersen said she read something about the school's women's cross country, which the previous year had competed for the first time at the NAIA national meet, placing 11th.

Andersen said she was a trifle intimidated, wondering if she was ready to compete for a team with such high standards.

But she joined the team as a walk-on freshman, and she's been a key cog of the Hustlin' Owls squad since.

Oregon Tech finished eighth at the NAIA meet her sophomore year and 10th her junior year before its historic achievement this fall.

"I've really enjoyed it," Andersen said. "When I was in high school I never imagined I would be a college runner."

Nor did Andersen ever expect to finish a race the way she did in Iowa last month.

"I normally don't kick," she said, referring to a runner who accelerates for the last segment of a race.

But in her final cross country race in the Oregon Tech uniform, Andersen suddenly revealed that extra burst of speed.

It wasn't until days later that she realized how vital her role was in securing the

national title for her team.

Andersen emphasizes, though, that her contribution was no greater than any of her fellow Hustlin' Owls.

"My teammates' roles were just as critical," she said. "Everyone plays a really important role. It's absolutely a team sport. It was cool to have a part in that."

Andersen, who is majoring in renewable energy engineering and electrical engineering, said she would like to pursue a career in the hydroelectric field, something she finds "really fascinating."

She hopes to graduate in the fall of 2019.



Photo by Laura Schwartz
Annika Andersen of Baker City has competed for the cross country team at Oregon Institute of Technology for the past four years.

HOME

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About a year ago Bonds had two heart attacks. When the first one happened he drove himself to the emergency room where the doctors eventually summoned Life Flight to take him to Boise. On the helicopter ride he had the second heart attack.

Without medical attention Bonds thinks he would have died. It was around that time that he realized he needed a place more stable than his camper. Bonds says that in the past he had been too stubborn to seek the care he needed.

"It's been a lot more stable than anything I have experienced in the last few years," said Bonds of his experience in his new home.

Part of the reason for his heart attacks is a hereditary cholesterol issue he has, along with cardiovascular heart disease (CVD). Bonds' father had four heart attacks, and his mother died of a heart attack. Bonds also had a blood clot that damaged his heart.

Prior to being homeless Bonds served in the military, a tradition in his family. His grandfather, father, uncles and brothers all served in the military, and he has a niece who is serving in the Coast Guard. Bonds enlisted in the Army in 1990 but was on a waiting list for the position he desired. Bonds was an operating engineer at Fort Hood in Texas.

"I believe it was probably one of the better jobs in the army," Bonds said.

Part of the reason Bonds was able to find housing was assistance from Community Connection of Northeast Oregon, a nonprofit that helps people with a variety of needs. He was able to find housing through the Supportive Services for Veteran Family Program.

The program is open to veterans who were not dishonorably discharged, who earn less than 50 percent of the average per capita income in their county, and who are homeless or at risk of becoming homeless.

Bonds was able to find housing in just about two hours after Rick Gloria, the county's veteran services officer, referred him to Lori Barker, who manages the veterans support program for Community Connection.

Barker was able to show Bonds the apartment immediately. After a phone call to the property manager, Molly Ragsdale Smith, Bonds had his first home in almost a decade and a half.

"Housing a veteran who has been chronically homeless for 14 years is very difficult there is a lot of barriers that come with that," Barker said.

Bonds was at McDonald's, having a meal, when he got the call from Barker that he would have a home. He was



S. John Collins/Baker City Herald
His military issue pocket Bible "has saved me more than once," Bonds says.

thankful that he would have a place to stay while dealing with his health issues.

When he moved in he had almost nothing, but because of help from a number of community partners he was able to get a bed and a few other pieces of furniture in less than a day. Bonds will also receive a microwave to make cooking easier. Barker plans to bring him a Christmas meal.

Barker says that helping homeless veterans get back on their feet is rewarding.

Bonds said he has read recently about efforts by the federal government to end homelessness among

"It's been a lot more stable than anything I have experienced in the last few years."

— Warren Bonds, talking about his new home

veterans.

As of January 2017 there were about 40,000 veterans who were homeless, making up 11 percent of the national homeless population, according to the U.S. Department of Housing and Urban Development. Since 2010 the number of homeless veterans in the U.S. has declined by about 46 percent.

The veterans assistance program that Barker directs has had a small part in this. When helping veterans find housing the program helps pay for rent, utilities, deposits, moving costs, transportation and child care as needed.

Bonds' rent is paid for by a federal housing voucher that is specifically for veterans that he will receive as long as he still qualifies for it.

Though for the most part her professional obligation to help Bonds was over once she handed him the apartment keys, Barker still keeps in touch with him and other former homeless veterans who have come through the program.

"The VA (Veterans Admin-

istration) has really made it a priority for getting them sustainable housing," Barker said.

On Tuesday Bonds was presented with a decorated Christmas tree by a number of different organizations that have helped him. This is part of an effort by Settler's Park and Heart 'N Home Hospice to bring trees to veterans. Bonds was one of seven veterans who received a tree this year, a record high for Baker.

Bonds said he became homeless in the 2000s when the U.S. economy started to decline. He had owned a home and lawn maintenance business.

"I was at the point where it was really starting to flourish and take right off," Bonds said.

Many of his customers were truck drivers who were affected at the time by rising gas prices.

During his time without a home Bonds worked at whatever jobs he could find, including working in a horse stable, washing dishes,

packing apples and running heavy equipment for an onion production company. Now he has a window-washing business that he would like to see develop.

Throughout his 14 years without a home, Bonds lived primarily in the camper attached to the bed of his Ford pickup truck.

"Many times it wasn't that bad if I could have a place to park it and a place to plug it in," Bonds said.

As the years went on and his vehicle and camper aged, many RV parks would not accept him, and he couldn't afford a new one.

Bonds grew up not far from Baker, at Fruitland, Idaho, near Ontario. He spent the majority of the past 14 years in Oregon but also traveled to Washington and almost traveled far enough north to reach Canada.

Like many homeless veterans, Bonds suffers from PTSD connected to his military service as well as other mental health issues such as anxiety. He sees that as one of the main reasons he was homeless for so long. At one time he couldn't stay in one place for more than 10 minutes. While having a home helps Bonds deal with mental

health issues, when he is having a rough time he will often call Barker or Gloria.

"They call us and you know right off the bat from the sound of their voice kind of what is going on and we just talk them through it," Barker said.

Bonds has also received assistance from the Baker County Food Bank, Oregon Department of Human Services and TEC Copier Systems.

"He knows he's got support here from many, many different people in our community ... we've showed him, we haven't just said it," Barker said.

The SSVF program only came to Baker a few years ago. It is also available state and nationwide in certain counties. Community Connection of Northeast Oregon oversees the program in Baker and Grant counties through grant money from Community Action Partnership of Oregon. The program is available in 28 of Oregon's 36 counties.

"Warren can easily be somebody who could advocate for this program and that would make him feel good that he was helping somebody else," Barker said.

Wishing you all Merry Christmas!

We will be closed December 24th and open again December 26th.

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50¢ per year of age - children up to 12 years (when ordered with an adult dinner)

ROAST TURKEY • BAKED HAM
• Dressing • Yams • Mashed Potatoes & Gravy
• Green Beans • Rolls • Cranberry Sauce • Salad Bar
• Deviled Eggs • Pumpkin Pie • Peach Cobbler

Non-buffet Christmas Dinner \$9.95
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8 AM - 5 PM Christmas Day

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St. Francis De Sales Cathedral
Schedule of Events Christmas Season 2018

Holy Masses of Christmas
Christmas Eve, December 24
Vigil Mass of Christmas at St. Francis de Sales Cathedral, 4:30 PM

Christmas Day, Dec. 25
Christmas Day Mass at St. Francis de Sales Cathedral, 9:30 AM
Christmas Day Mass at St. Anthony Mission in North Powder, 12:30 PM
Christmas Day Mass at St. Thérèse Mission in Halfway, 12:30 PM

Solemnity of Mary, Mother of God
New Year's Eve & Day, Dec. 31 & Jan. 1
Dec. 31 Vigil Mass 2:00 pm at St. Thérèse Mission in Halfway
Jan. 1 at St. Francis de Sales Cathedral, 9:30 AM
Jan. 1 at St. Anthony Mission in North Powder, 11:30 AM

Solemnity of the Epiphany of the Lord
Jan. 6, 2019 Regular Sunday Schedule

The magic of Christmas doesn't come in a box. It can't be bought but it can be GIVEN: Friendship, Understanding, Love, Compassion. Keep Christ in Christmas.

The best presents are the ones that can't be wrapped.

"A Blessed and Joyous Christmas to all. Happy New Year."
The Catholic Community of St. Francis DeSales and the Knights of Columbus
Reverend Telagani, Suresh, Parish Staff & Parishioners