



The Eagle/Angel Carpenter

The staff and owner of Mabel's Cafe and Eve's Sweets are ready to serve their customers at the new Canyon City business. From left: Jaylyn Bishop, Gloria Stratford, owner Kim Heathcote and Jozie Rude.

New bakery, cafe honor inspirational grandmothers

By Angel Carpenter
Blue Mountain Eagle

Before the crack of dawn, Kim Heathcote is busy whipping up baked goods and components for homemade meals at her new businesses Mabel's Cafe and Eve's Sweets in Canyon City.

Customer response has been positive.

"It's overwhelming, the warm feeling the community has given," she said. "Most people are excited to see something open in Canyon City."

The two businesses opened in June, serving breakfast and lunch, and both are located in the same building with separate entrances.

Eve's, the bakery side at the corner of Washington and Park streets, is open 6 a.m. to 3 p.m. seven days a week.

Mabel's Cafe, at 295 S. Canyon City Blvd., is open 7 a.m. to 3 p.m. Mondays through Saturdays.

Heathcote is following in her grandmothers' footsteps.

Evelyn Foss, her maternal grandmother, was a professional caterer and chef, and Mabel Graff, her paternal grandmother, was an inspiration as well.

"She had an absolute heart of gold and was one of the most inspiring people," Heathcote said of Graff.

Heathcote was a manager in food service for 10 years. She made her start throwing her own parties. Then people would ask her to cater their events.

Heathcote is from Wis-

consin and moved to the area in October to be near family, her sister and parents, who have been here for 15 years.

Five employees work for Heathcote, including her sister Michele McManama, who is there part time. Heathcote said she enjoys helping her staff learn, grow and express themselves.

Gloria Stratford, who's been in the restaurant industry for many years, said she's "never had a better boss."

At Eve's, cinnamon rolls, muffins, cookies and other goodies are on display in a room with crisp black and white diamond pattern on the walls. She also takes special orders for cakes, cupcakes and pies.

On the Mabel's side, customers will find everything from hamburgers, soups and salads to egg rolls, chimichangas and chicken wraps on the menu.

"I feel like, with food, you can be artistic," Heathcote said. "We use all real food, and we make every sauce and dressing. ... If it's roast beef, we roast a beef. We don't take anything off the back of a Sysco truck."

One of the menu favorites is the fiesta bowl with shredded chicken or beef over cilantro-lime rice, topped with black bean-corn salsa.

She said the business is happy to customize meals to people's liking.

"Our whole theory is just to make people happy," she said.

For more information about Mabel's, call 541-575-3553, and for Eve's, call 541-575-0301.

Food cart offers global flair

Eatery open for breakfast, lunch

By Angel Carpenter
Blue Mountain Eagle

Mexican, Thai and Indian foods, as well as other standbys and specials, can all be found under one food cart roof.

Lorin Coleman, Michaela Wolf and Neal and Linnea Coleman, owners of Little Canyon Food Cart in John Day, each bring their own unique talents to the business, which opened April 7 at 200 SE Dayton St.

Although each of the owners take turns cooking, Lorin said his parents, Neal and Linnea, are the "secret weapon" of the business.

Neal, who spent time overseas in the Navy, brings the southeast Asian flair, and he also prepares the meat for other dishes on the menu.

Linnea provides a curry special, which she's made at home for years, and she also bakes the sweets and pastries.

Michaela brings her experience working in local restaurants, and Lorin does a little of everything, including building what is needed for the business, bookkeeping and communicating with vendors.

Lorin said the idea for the food cart was well thought out, yet spur of the moment.



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Lorin Coleman and Michaela Wolf own Little Canyon Food Cart in John Day with Lorin's parents, Neal and Linnea Coleman.

He gives credit to their current success to Papa Rod's food cart, which had a good response in the same spot in the past.

"I think a lot of people like the idea of a food cart," Lorin said. "Papa Rod's paved the way."

Michaela said when Maria's Mexican restaurant in Canyon City closed, it created a cultural gap.

"We really enjoy food," Lorin said. "I thought to myself, I want to have a burrito nearby."

Little Canyon's menu also includes breakfast items, such as biscuits and gravy, breakfast sandwiches and burritos.

An English muffin sand-

wich can include an egg, goat cheese, tomato, capers and spinach. Bagels, croissants, sausage, bacon and veggie patties are other options.

The lunch menu includes tacos, burritos, sausage dogs, chips and salsa and lunch specials, such as yellow or red curried chicken with rice.

Freshly brewed Stumptown Coffee, hot or cold, is available, and as for sweets, you might find a slice of homemade pumpkin pie, cake or Swedish cinnamon rolls.

Lorin said they began planning last October, working with Sally Bartlett of the Grant County Economic Development office.

He said the support from

Bartlett and Lyn Gardner, owner of the lot and A Little Bit of Europe antique shop, has been positive. The customer response has also been positive, he said.

"People have been enormously supportive," he said. "We couldn't ask for anything better. We want to repay that by maintaining a high level of quality. Most (businesses) have a strong start — it's maintaining that."

In the future, the owners hope to bring music and more seating, providing an outdoor atmosphere.

"We want to add to the community and offer more than just food and drinks," Michaela said. "We want our presence here to be a benefit to the community."

"That's true for all the businesses," Lorin added.

They plan to continue to add menu items from around the globe, utilizing as much local produce, meat, eggs and honey as possible.

When asked to name one of the customer favorites, Lorin didn't hesitate.

"Pork tacos," he said. "People just won't stop. They're becoming dependent."

Little Canyon Food Cart is open 7 a.m. to 2 p.m. Mondays through Fridays. The owners hope to expand hours to include Friday nights and Saturdays. For more information, call 541-620-2911.

Medical supply store under new ownership

Norco considering offering delivery

By Rylan Boggs
Blue Mountain Eagle

Norco Medical has a new owner.

Darla Carpenter took over the medical supply business, at 437 W Main St. in John Day, in early February.

Carpenter said remodels are in the future, and she hopes to turn the business into more of a retail space.

Norco sells everything from oxygen tanks to wheelchairs and deals mostly with prescriptions. They also sell and rent a variety of canes,



Darla Carpenter

braces and other medical items a prescription isn't needed for.

She encourages people to inquire about items in stock and said they can often order what they don't have in the store.

Under new ownership, Norco has extended its hours to 9 a.m. to 5 p.m. Mondays through Fridays, and Carpenter said she is available around the clock for emergency calls.

The business employs three people, and they are constantly busy, Carpenter said. While

there's lots of on-the-job learning, Carpenter said the customers have been great and are very helpful at knowing just what they need.

Carpenter was motivated to work at Norco after caring for her own mother for eight years. During that time, she was amazed at the difference a supportive medical supply store staff could make.

Carpenter said the primary Norco office is in Bend, and


has been an incredible help as she has transitioned into running a new business.

She did advise those using oxygen tanks make sure to stock up with at least four days worth in case of an emergency.

One goal Carpenter has for the business is to begin a delivery route for some customers. She said she hopes to get it started in as early as one year.

Norco Medical can be reached at 541-575-0372.

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