

Conservation service hires student trainee



Theri Cleaver

The Natural Resources Conservation Service in Heppner has hired a student trainee for the summer. Theri (pronounced Teri) Cleaver.

Cleaver attends the Oregon Institute of Technology at Klamath Falls, studying applied environmental science. She will receive a bachelor's degree in the spring of 2002.

Cleaver was raised on

her father's cattle ranch near Nyssa. The family raises Herefords and Hereford crosses.

Cleaver's favorite activities include hunting, fishing, photography, riding horses and helping her father.

"I am looking forward to this summer in Heppner," said Cleaver. "I know there are many things that I will learn from the local people."

St. Patrick's Senior Center BULLETIN BOARD

By Velma Wight

Last Tuesday, June 26, four seniors went to Stokes Landing Center in Irrigon by bus to dinner. The group also stopped at a food market and bought some fruit.

The Tuesday 10 a.m. exercise class has been changed to 10:30 a.m. Anyone who would like to come to the class is invited free of charge. Barbara Struthers leads the class and we exercise by tape. It's lots of fun.

Tuesday afternoon, June 26, the seniors gave Liz Straley a going-away party. The lounge was set up with tables covered with beautiful old-time crocheted, embroidered tablecloths from Mabel Heath and Barbara Struthers' collections. There were gorgeous flower arrangements with poppies, etc., from Daisy Collins and cakes baked and donated by Evelyn Wagoner, Bonnie Gates and Eleanor Gonty. Coffee, punch and ice cream were served by Velma Wight and Barbara Struthers. All the lady residents were there to wish Liz a "fond goodbye." Judy Buschke and her RSVP co-workers dropped by as did Ernie and Mary Jean McCabe.

A gift of a purple sweatshirt with "Heppner St. Patrick's Center" printed by the Shoe Box was presented, along with a few "greenbacks" left over from the collection. She also received a gift lotion from friend Marlene.

Liz was a little embarrassed and surprised but soon got into the groove. After a "sinful" feed they all played cards and had a great time.

Liz left Tuesday evening to babysit her son's home until she moved out of the senior center on June 30. A lot of hugs and kisses went on and a lot of "sorry to see you leave." She felt sorry to go but hopes for a bright future for her and her family. We will miss her in the office. A good job well done.

Bud Lundell says, "Gee whiz, gonna miss you Liz. Good luck." Velma Wight didn't plan on taking Liz's place as a news writer, but Liz wanted me to, so here goes. I have enjoyed all my volunteer work in the past 12 years at the senior center, Heppner Neighborhood Center, hospital and nursing home and being a hostess on our buses. I love Heppner and all my friends here.

The artistic Ernie and Mary Jean McCabe are doing a "bang-up" job decorating the dining room with firecrackers and flags for the Fourth of July.

We had a wonderful dinner on Wednesday, June 27. Dinners are held from 11 a.m.-12:30 p.m. We were so full, some of us couldn't eat much breakfast. There was also a birthday party for Beulah Batty. We enjoy the nursing home people eating dinner with us. I also enjoy going with them after dinner on a bus ride.

Carol Mitchell is resigning and we will miss her. There will not be a dinner this Wednesday, July 4. The dinner will be held instead on Thursday, July 5.

There will be a new girl in the kitchen as back-up cook. Melba Mitchell will be the back-up cook on Wednesdays and Thursdays. We don't know who will be the new permanent cook will be yet.

Barbara Struthers taped shows that were on TV Thursday afternoon. The show on tape was "Pure Country," a western show.

Daisy Collins brought us beautiful flowers for our rooms at the senior center.

Barbara and Ralph Struthers left for a family reunion.

The June library summer reading program is in the dining room at the senior center.

On Friday, July 13 at 10 a.m., the bus will take people who want to go shopping in Hermiston and then to lunch. On Thursday, July 26, the bus will go to Condon to the meal site at 10:30 a.m. Bus drivers are Lona Adams and John Church.

On Friday, June 29, card games were held, with cookies and coffee served. Card games are every Tuesday and Friday at 1 p.m.

We appreciate whoever brought the rhubarb. We all shared it together.

OSU lists honor students

Oregon State University has announced the names of students who have made the spring term scholastic honor roll.

A total of 411 students earned straight-A (4.0). Another 1,920 earned a B-plus (3.5) or better to make the listing. To be on the honor roll, students must carry at least 12 graded hours of course work.

Students on the honor roll include: 3.5 or Better-Robert Bates, post baccalaureate; Kristi K. Mason, senior; and Scott P. Russell, freshman, all from Boardman.

FREE CONCERT IN THE PARK
Featuring
Lindy Leonnig Gravelle
Thursday, July 12 at 6:30 p.m.
Heppner City Park in Heppner
Barbecued Sandwich Dinner by WVSC at 5:30 p.m.
Dinner tickets at Wheatland Insurance & Murray Drugs

Sponsored by Morrow County Unified Recreation District and Willow Valley Service Club

Oregon farmers link up with seniors program

With the help of \$1.5 million in federal funds, Oregon's 45 farmers' markets as well as dozens of roadside farm stands this summer will be providing fresh fruits and vegetables to low-income senior citizens. More than 8,500 eligible seniors have already received \$100 worth of coupons that can be redeemed at participating farmers' markets and stands from now until the end of October.

It's all part of a pilot program designed to improve the diet of low-income seniors while providing an additional customer base for local growers.

"This is one of those programs where everybody wins," says Phil Ward, director of the Oregon Department of Agriculture. "A segment of our population in need of better nutrition will now have the ability to purchase healthy foods. Meanwhile, our local producers will see several new customers. Once again, farmers' markets and roadside stands provide a bridge between the ag community and the rest of Oregon."

The newly created Seniors Farmers' Market Nutrition Pilot Program (SFMNP) could end up certifying and distributing benefits to as many as 15,000 low-income seniors this year. More than half of those eligible have already received the coupons. The recipients also are provided some education. "The dollars we have received from the U.S. Department of Agriculture are designated for the creation of collaborative efforts to provide nutrition and related education to participating seniors," says Charles Stoudamire, SFMNP coordinator for the Oregon Department of Human Services Health Division (OHD). "Our coupon mailings include nutritional information to help seniors make the best choices when preparing their meals."

The Health Division administers a similar farmers market coupon program to eligible Women with Infants and Children (WIC) families. That program has been providing fresh fruits and vegetables to families for six years.

Other partners in the seniors program include the Oregon Department of Agriculture, the Oregon Department of Human Services Senior and Disabled Services Division (SDSD), and the Oregon Food Bank. Part of ODR's role was to help identify and contract with local growers and farmers' markets to provide the fresh, local produce. A list of 88 participating farm stands was established throughout the state to supplement the local growers who bring their goods to farmers' markets.

"Our farmers feel good about the program because they know they are helping a group that really needs the product," says Laura Barton of ODA's Agricultural Development and Marketing Division. "This is also a wonderful way for our producers to make some additional money."

Vendors will be able to turn in the coupons to the Health Division for reimbursement. With up to 15,000 seniors each receiving \$100 in coupons, the infusion of cash will be a welcome sight. Perhaps more importantly, managers and operators of the farmers' markets and roadside stands see the program as another opportunity for understanding and appreciation of agriculture. While the seniors may come for the fresh produce, they will also get a true experience.

"I like to think of our market as nutrition for the community, in the largest sense of the word," says Trish Stormont, manager of the Tigard Area Farmers' Market. "Meeting neighbors, enjoying the morning, watching kids dance and listening to music with each other are activities that are as good-for-you as the fresh fruits and vegetables. We're completely excited about the seniors coupon program

because it will draw in our community's elders who will benefit from the fruits and vegetables as well as being a part of the larger group of citizens. Many of the seniors that come to our market remember farmers' markets from days gone by. It's truly an idea whose time has come back. Our market and our community will be stronger because of the coupon program for seniors."

Program officials and producers alike are hoping that the seniors will come out and spend the vouchers, especially since this is a pilot program.

"A good redemption rate this year would enhance chances of federal funding for a program we think is worth the tax dollars and volunteer efforts that go into it," says Rebecca Landis, market director of the Corvallis-Albany Farmers' Markets.

Oregon and New York were the two states awarded the largest amount of dollars by USDA's Commodity Credit Corporation. Variety and seasonality are major themes for fresh markets in Oregon. Currently, participating seniors will be able to find local strawberries as well as various salad vegetables. Later in the summer, tree fruits and melons will be available. Something fresh will be showing up in most markets through October.

The seniors program is the latest twist to the remarkable evolution of farmers' markets in Oregon. In the past decade, the number of markets statewide has grown from 10 to the current 45. The major population centers of Oregon--including Portland, Salem, Eugene, and Medford--all have highly successful farmers' markets. But now even some of the smaller communities have seen the value of establishing farmers' markets. Also, markets have popped up east of the Cascades in Bend, La Grande, Baker City, and Klamath Falls.

They all have something in common--fresh and healthy fruits and vegetables that were literally on the vine, on the tree, or in the ground just hours before. This summer, more senior citizens will be able to enjoy the flavorful taste of Oregon.

For more information, contact Laura Barton at ODA at (503) 872-6600 or Charles Stoudamire at OHD at (503) 731-4566.

Art exhibit on display in Condon

A new annual event in Condon, entitled, "Art in Public Places," sponsored by Mary Cernyar's Condon School of Studio Arts, will run from July 1-30. The main show begins at the Country Cafe. Other businesses, including Murrays Condon Drug Store, Bank of Eastern Oregon, Klamath First Federal, Country Flowers, Woody's Deli, Condon General Mercantile and the Gilliam County Courthouse, are also participating.

The art work for the display comes from Cernyar's students in Gilliam, Wheeler and Sherman counties.

Caledonian games set in Athena July 14-15

The Caledonian Games, planned July 13, 14 and 15 in Athena, offer abundant music, good food and the opportunity to make friends with a sporting event in the fashion of the original Highland Games of Scotland. The Caledonian Games in Athena offer spectator events such as sheep dog trials, dancing, piping and Scottish athletic events, free entertainment, food vendors and pipe bands.

The opening event, Friday, July 13, is a barbecue dinner prepared by Greg Miley in the city park at 5-7:30 p.m. for \$10. Proceeds will benefit the Games Association. A concert by Golden Bough, an internationally renowned Celtic band, will be the highlighted, opening concert at 8 p.m. at the high school athletic field. Tickets are \$10 and may be purchased at the dinner and at the gate.

A 5k race Saturday starts at the gate to the city park on Third street at 7:30 a.m. No fees are required and registration can be on site. Tee shirts are available at the Caledonian Games Souvenir booth. Ribbons ribbons will be awarded. Ted French of Walla Walla, Washington is coordinator.

Golf, a Scottish invention and loved by Mary, Queen of Scots, is

scheduled for 8 a.m. Sunday morning, July 15, at the Athena Elementary athletic field. Prizes and great fun are in store for this three-hole pitch and putt tournament. Bring a couple of clubs and a putter. Kylee Rainwater of Helix is "course director".

In the Scottish athletic events, on-site registration is available for the men's and women's events beginning at 11:30 a.m. Saturday in the big green tent. Instructions are given for each event and participants get a trial throw or toss before their actual competition entry. Events and approximate starting times are: 56 lb. Weight for Distance

(noon), 16 lb. Sheaf Toss (12:30 p.m.), Rolling Pin Toss (1:30 p.m.) 8/16 lb. Scottish Hammer-women and open (2 p.m.), 56 lb. Weight for Height (3 p.m.), Stone Put-women and open (3:30 p.m.), Caber Toss-women and open (4:30 p.m.). The Scottish athletic events are directed by Alan Wersing of Athena.

Horse shoe tournaments are held in city park hosted by Steve Bailey of Athena. Open registration is 1:30 p.m. for single and double matches both Saturday, July 14, and Sunday, July 15. The tournament starts at 2 p.m.

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Amanda Gutierrez
& Jeff Wilson
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