

Students educate shoppers about nutrition on a tight budget

In recognition of Food Check-Out Week, 18 members of the Blue Mountain Community College Young Farmer & Ranchers Program were at three Pendleton grocery stores giving tips to consumers on how to shop effectively to put nutritious meals on the table with fewer dollars.

The students passed out flyers from the Farm Bureau entitled "Tips for Better Nutrition on a Tight Budget," as well as reusable grocery bags with the Food Check-Out Week logo and stickers for kids. The group was divided between the Albertsons, Safeway, and Wal-Mart stores in Pendleton from 4 p.m. to 6 p.m. on February 24.

The event was organized by Umatilla-Morrow County Farm Bureau President Julia Spratling.

"It's a great opportunity for getting the next generation of agriculture producers out into the community," said Spratling. "And to promote how learning to use grocery dollars wisely ensures that nutrition isn't neglected."

"A lot of people don't know where their food comes from, and it's a



In recognition of Food Check-Out Week, Farm Bureau went to Pendleton grocery stores to educate shoppers on how to shop effectively to put nutritious meals on the table with fewer dollars. From left is Umatilla-Morrow County Farm Bureau President Julia Spratling, and some of the members of the Blue Mountain Community College Young Farmers & Ranchers Program. (from left) Josie Miller (Heppner), Crystal Deschaine (Milton-Freewater), Niki Linscott (Clackamas), Sadie Duncan (Baker), Joe Ramirez (Clackamas), Blue Mountain Community College Young Farmers & Ranchers President Haylee Harper (Pendleton), Shelby Forrest (Prineville), and Tyler Smith (Wallowa). -Contributed Photo

chance to remind the public that it's farmers and ranchers who provide their food, fuel, and fiber," added Haylee Harper, President of Blue Mountain Community College Young Farmers & Ranchers Program.

Farm Bureau has developed Food Check-Out Week educational materials dedicated to helping con-

sumers make healthier food purchases. Information on several topics — including "Tips for Better Nutrition on a Tight Budget," "How Much Should I Eat?," "Understanding Food Labels" and "Understanding What MyPyramid Means" — is available on the American Farm Bureau website at <http://www.fb.org>.

Tribute walk to be held March 14

The celebration tribute to Donna Schonbachler will be held Saturday morning, March 14.

The day will begin with an 8:30-9:30 a.m. social hour at the Heppner United Methodist Church followed by a short 30 minute walk. The route will be marked with pink shamrocks, courtesy of Barb Coiner and Sharon Morris in Donna's memory.

Commemorative t-shirts designed especially in her honor, are expected to arrive this week. They will be distributed to as many people as possible before

the 14th.

Schonbachler graduated from Good Samaritan School of Nursing in 1976. She worked in several hospital settings and started working as a registered nurse in home health in 1983 for Wallowa Memorial Home Health in Enterprise. In 1989 Sheridan Tarnasky, then director of nursing, hired Schonbachler to work as an RN at Pioneer Memorial Hospital in Heppner. "Donna made it very clear back then that when an opening for home health became available, that is where she wanted to be," stated Tarnasky.

Since 1991 Donna worked for Pioneer Memorial Home Health and Hospice until her passing in 2008. "She was the most jubilant, inspiring, and dedicated home health care worker

anyone could ask for," stated a spokesperson.

Schonbachler was honored by the Oregon Association for Home Care in 2005 as the Nurse of the Year in a presentation in Bend.

In conjunction with the social hour and walk, a Home Health and Hospice fundraiser is ongoing. Director of Nursing Molly Rhea explained that Hospice is required by federal regulation to perform yearly fundraisers. All contributions will stay in Morrow County.

The walk is open to anyone wishing to participate.

Anyone wishing to make a donation can do so to Pioneer Memorial Home Health and Hospice, P.O. Box 9, Heppner, OR 97836.

Litter pickup to be held March 10

Chamber of Commerce volunteers will be picking up litter throughout Heppner on March 10 from 5 to 6 p.m. in preparation for the annual St. Patrick's Celebration.

Hintz takes second in state essay competition

Editor's Note: Three Heppner High School 9th graders recently won first, second and third place in the state Garden Club Essay Contest. Zechariah Hintz took second place with his essay "REEFS!" The first place essays will appear in the March 11 edition of the Heppner Gazette-Times.

Why would a coral reef have anything to do with saving our planet? This is a common question people ask about the importance of coral reefs. Coral reefs affect our environment more than people realize. Coral reefs are found all over the world, and they are being destroyed in many ways. We must focus on saving these living reefs before they die. That's right, coral reefs are alive, but are in need of being rescued! Coral reefs provide us with medicines, give fish shelter and save beach populations with protection from the storms.

There are coral reefs all over the world: Jamaica, the coasts of Africa, Australia and even off the coast of our home state of Oregon! Did you know that in Oregon alone we have a 300 square mile dead zone? A dead zone is a place where nothing can live, including coral reefs. The cause of dead zones can be from many things like temperature changes from the oil and exhaust of boats in the

water to the pollution from the boats pouring their garbage over board. What will be next, animals, forest dead zones, human life? I believe if we save our coral reefs, then we will be saving our own race. Today, some scientists say that 20% of the coral reefs are gone forever and cannot be revived. Out of the coral reefs we still have living, 24% are in risk of collapsing or dying. We must stop this nightmare before it's too late.

The cause of this destruction on our coral reefs is greed. Building our on beaches, polluting our waters from boats and over fishing our populations are greedy causes. The unknowing scuba divers that are touching the reefs and spreading sickness are also contributing to the deaths. Scientists estimate that with boats and ships throwing their garbage into the ocean, we are dumping 14 billion pounds of garbage in to our ocean every year! Now not all of that may affect the coral reefs, but its insane to say that none of it travels through the water and destroys them. The coral reefs cannot breathe through garbage and pollution, let alone live.

Coral Reefs are important because of the chemicals found in coral reefs that are used in

medicines that treat cancers and HIV. If we were to lose these valuable creatures then we would lose one of the many sources. But just because its only one of the cures doesn't mean that we don't need them! There are some many people with HIV and cancer that depend on these medicines, what if people could find cures from the coral reefs for more life threatening things that could save children in Africa or the Middle East or anywhere for the matter? Why would some body want to kill one of our chances to save lives?

We need to realize that the continuous circle of life will eventually lead back to our species starting with corral reefs, then fish and then us. We eat fish, lots of countries depend on fish for food. Did you know that the fish business is the fastest growing businesses in America? It has grown from 3% to 27% in the amount of total fish caught from 1970 to 2000 said www.northernaquafarms.com. Coral reefs are so important, yet, we kill them like it means nothing. Coral reefs provide shelter, medicine and protection. Save the coral reefs and start researching topics that interest you. Maybe you could save our planet in more ways then you even thought was possible.

HES Students of the Month announced



Heppner Elementary School recently recognized their February Students of the Month. Pictured are: top row (L-R) Emily Rea (5th), Alison Cecil (1st), Skyler Palmer (5th), Derrick Smith (K), Amanda Rea (4th), Macy Gibbs (6th), and Joe Schmidt (6th); bottom row (L-R) are Tristan Coles (3rd), Morgan Correa (3rd), Caitlyn Scrivner (2nd), Gibson McCurry (2nd), Tim Jaca (4th), Elisabeth Woods (K), and Jason Rea (1st). February's character trait was diligence. -Contributed Photo

New children's park planned for Irrigon

Irrigon is building a new children's park. The Children's Park Committee is raising funds and looking for members and volunteers to donate their time.

The new park will be located right next to the world renowned Don Baxter Skate Park on Highway 730. This park will not only be

fully handicapped accessible, it will also include equipment in which children in wheelchairs can go on, and equipment for children with all types of disabilities can utilize. This park will be for children of all ages. With the close proximity of the Skate Park and the existing pathway there will be

something for preschoolers to adults to participate in.

To donate time, money, materials or simply for more information: call Amy Sandy, chairman, at 922-2361; Fern Hendrickson, vice chairman, at 541-701-7765, or Angie Schneider, secretary/treasurer at 541-314-0166.

Irrigon to hold Downtown Visioning Session

A Main Street presentation and Downtown Visioning Session will be held in Irrigon at 195 NE Opal Place on March 23 from 7-8:30 p.m. Vicki Dugger, consultant to Oregon Main Street, will be

the guest presenter. For more information contact Gerald Breazeale at the City of Irrigon at 541-922-3047.

St. Patrick's Senior Center Breakfast.
Ham, Scrambled Eggs, Biscuits & Gravy, Fruit and Juice
\$6.00
Saturday, March 14th
7 a.m. -10 a.m.

25th Annual EASTERN OREGON SPORTSMAN SHOW

Organized by the Pendleton City Club. All proceeds go to local youth activities.

Featuring Hunting, Fishing and Outdoor Sports At the Pendleton Convention Center March 13th - 15th

Sponsored by **Budweiser**

OVER 50 BOOTHS

FRI 5PM - 9PM • SAT 10AM - 6PM
SUN 10AM - 4PM
ADULTS \$5.00 • STUDENTS \$3.00
KIDS UNDER 12 ARE FREE!

CONTESTS & RAFFLES WITH QUALITY PRIZES!
GRAND PRIZE:
 2 Day Fishing Trip For 4 by Jet Boat on the Snake River provided by Beamers Hells Canyon Tours

DOOR PRIZES: 3 RIFLES!
 Sponsored by **VISION Source**
WHEATLAND and **KELLY LUMBER SUPPLY**

WILD HORSE RESORT & CASINO

Don't miss the Trophy Head Display Sponsored by **Burnes & BANK**

KIDS! Fish the pond, shoot a gun, shoot a bow and go home with a FREE fishing lure!

Kids will be able to catch a fish at the Trout Pond Sat. & Sun. Only

Sponsored by **GILBERT** Oregon Power Sports

Head scoring with official BSA Tape & Young certified scorer with paid admission.

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WANTED

Your Household Hazardous Waste
 look for label marked "Warning" and "Danger!"
Turn Them In!

Saturday May 09, 2009 Located at the Northend Transfer Station, Boardman

1:00p.m. to 4:00 p.m.

Reward for turning in Mercury Thermometers - a safe, digital thermometer!

DEQ