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Community group plans food assessment

By David Sykes
How we grow, raise, process, distribute, access and recycle our food will be the subject of a food assessment study now underway by CAPECO (Community Action Program East Central Oregon), a representative of the organization told the Heppner

Chamber of Commerce last week. Community Food Resource Developer Karen Wagner of CAPECO said her organization will soon begin studying all aspects of food in the Columbia Plateau region. The region stretches from Eastern Washington down into Oregon including the Willow Creek Valley.

Wagner said because most of us rely on food that is trucked in and sold at retail stores, our food supply is not "secure". She said the assessment study might show that it would be better if people grew more of their own food for the own consumption.

She said the Columbia Plateau produces a lot of food, but most of it is shipped somewhere else to feed other people. "How can we keep some of that food here?" she asked. "If you live near good land you can have access to grow your own food."

She gave an ex-



Karen Wagner, Community Food Resource Developer, was program speaker at the Heppner Chamber of Commerce last week. -Photo by David Sykes

ample of "local food" as the school in Fossil that has a green house. The kids will grow things as part of their education," she said. "The town depends on a big truck coming in every couple of weeks with food," Wagner said, which can lead to food insecurity. She said CAPECO supports farmers markets and community kitchens and those efforts at growing and distributing food in communities. Wagner said people need to get control of their food and their nutrition. "We

have the first generation of kids who are going to live shorter lives than their parents, and that's preposterous," she added.

Wagner said Community Food Assessment will "tell the story of what is happening with food in our region." The assessment and other aspects of the program are funded by federal stimulus money, and she said a grant of \$350,000 in stimulus funds is also available for a larger food project that has yet to be developed.

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Kegler files for county judge

Dean Kegler of Boardman has filed for Morrow County Judge.

According to the Secretary of States web site Kegler filed for the position on January 29, 2010. In the

past he has been self employed grocery owner from 1986 to 2009. He owned Kegl's Sentry Market in Boardman. Kegler has also worked for Denver Burglar Alarm Sales from

1985 to 1986 and in sales for Boyd Coffee from 1982 to 1985. He is currently unemployed.

He is a graduate of Sheldon High school and the University of Oregon.

Two file for county DA

Justin Nelson of Lexington and Elizabeth Ballard of Heppner have both filed for Morrow County District Attorney.

Ballard, who is the incumbent, graduated from Indian Hills Community College, Missouri Western State College with a bach-

elor's degree in psychology and University of Oregon with a Doctoral Law degree.

Nelson is a resident of Lexington and is currently Umatilla County Deputy District Attorney. He graduated from Heppner High School and attended

Oregon State University where he received his bachelor's degree in agriculture business. Nelson received his law degree from Willamette University College of Law. He also is currently serving on the Morrow County Planning Commission.

Condon farm family pops their wheat

By David Sykes

A Condon farming family has found a new way to prepare their wheat, and have started a home based business as well. They pop it.

The family business makes four different kinds of popped wheat, plain, ranch, Italian and brittle, which it markets under the name Wheat Springs Bakery.

Conceived out of the search by mother Donna Bates to find a way to diversify her family's wheat products, she came up with the idea to pop some of the soft white they grow on their farm. "These light and tasty snacks are made from wheat exclusively grown on the Bates Ranches' family farm outside of rural Condon, Oregon," according to advertising literature supplied by Sam and Donna Bates, who recently attended the Heppner Chamber of Commerce to talk about their product.



Sam Bates shows his home grown popped wheat to the Heppner Chamber of Commerce. -Photo by David Sykes

The family does the whole process from their farm including packaging and marketing. The price ranges from three to four dollars for a 4oz bag, and \$9.75 to \$12.75 for a 16oz bag depending on the flavoring.

A description of the different types says that the plain popped wheat "many people like to use this flavor as a cold cereal or in yogurt to give it a crunch. This flavor has also been used as a

substitute for Rice Krispies in Rice Krispie treats." The Ranch flavor is "great in salads, on top of baked potatoes or ground to use as a breading for chicken or fish." The Italian is "also great in salads, on top of baked potatoes and as a breading for chicken or fish. Also excellent on its own as a snack". And the fourth flavor, Brittle, is "a great sweet snack, is a great base for trail mix and can be used to make granola bars".

BEO to host Invitational Wrestling Tournament

Bank of Eastern Oregon announces the invites to the Bank of Eastern Oregon 2010 Invitational Wrestling Tournament to be held at Heppner High School on February 6. High schools scheduled to compete are Adrian, Colton, Crape, Enterprise/Wallowa, Grant Union, Heppner, Imbler, Irrigon, Joseph, McLoughlin (JV), Riverside, and Union.

The competition will begin at 10 a.m. Tickets are available at the door and concessions will be

available. Mark Lemmon, Bank of Eastern Oregon's chief financial officer and Heppner High School wrestling coach, has been instrumental in organizing the bank's sponsorship of the event. "The bank's management has been very involved in establishing this annual tournament and looks forward to the 2010 competition. The inaugural 2009 event was outstanding and we intend the BEO Invitational to be a "can't miss" tournament on every

school's future schedule," said Lemmon. "We appreciate bank staff and local citizens who volunteer to help at the event or sponsor amenities; their help makes the tournament run smoothly." Anyone who would like to volunteer to help or have any inquiries concerning the upcoming event, contact Heppner High School's athletic director, Greg Grant, at 541-676-9138 or Mark Lemmon at 541-676-0224.

Following the trend of most counties in Oregon, Morrow County voters said no to both tax increase measures last week in a big way.

All five precincts in the county voted against the measure, and the county as a whole voted down both tax increases by about a 60 to 40 percent margin.

Morrow County echoed the feelings of voters in all of Eastern and Southern Oregon which voted against both measures. Only 11 of the state's 36 counties said yes, with Multnomah County logging the biggest yes vote by a 70 to 30 percent margin. The state on a whole passed both measures with approximately 46 no to 54 yes percentage. Graph 1 is the breakdown of Morrow County precincts and how they voted

Measure 66	Yes votes	No votes
Precinct 1 Boardman	260	344
Precinct 2 Irrigon	419	437
Precinct 3 Lexington	43	187
Precinct 4 Ione	74	236
Precinct 5 Heppner	321	522
Measure 67		
Precinct 1 Boardman	263	347
Precinct 2 Irrigon	411	445
Precinct 3 Lexington	41	189
Precinct 4 Ione	74	235
Precinct 5 Heppner	312	533

GRAPH 1

Following is a break down of who the major contributors to the election on both sides were. As of January 26, 2010, "Vote Yes for Oregon"/Defend Oregon which was in favor of the tax increase, reported raising approximately \$6.85 million. The major contributors to that effort are displayed on Graph 2.

Contributor	Amount
Oregon Education Association (Teacher's Union)	\$1.65 Million
SEIU Local 503 (Oregon Public Employees Union)	\$850,000
Oregon AFT Political and Legislative Action Network PAC	\$400,000
Oregon Health Care Association	\$229,200
American Federation of Teachers	\$100,000
Oregon School Employees Association	\$75,000
Nurses United PAC	\$30,000
Alida Rockefeller Mesinger	\$25,000
Senate Democratic Leadership Fund	\$20,000
Oregon Senate President Peter Courtney	\$10,000

GRAPH 2

As of January 26, 2010 Oregonians Against Job-Killing Taxes, who were opposed to the measures, reported raising about \$4.56 million. The major contributors are listed on Graph 3.

Contributor	Amount
Associated Oregon Industries PAC	\$357,000
Oregon Bankers Association	\$150,000
Nike Chairman Phil Knight	\$150,000
Columbia Sportswear CEO Tim Boyle	\$75,000
Weyerhaeuser Company	\$75,000
Qwest Communications	\$65,000
Portland Business Alliance	\$37,000
Oregon Restaurant Association	\$20,000

GRAPH 3

Health Dept. plans 'rest stop flu clinic'

By David Sykes

In an effort to reach more people who might not have received their H1N1 swine flu vaccination, the Morrow County Health Department is planning to set up a clinic at the rest area near Boardman (Milepost 161) on I-84 February 10. Public Health Di-

rector Sheree Smith says they will be stationed at both the east and west bound rest stops between 10 a.m. and 2 p.m. on February 10 and will offer the H1N1 vaccine to those who have not yet received it. The Boardman Fire Department is helping by setting up tents, tables and chairs. "We

hope to reach some of those people who have not had an opportunity to receive the vaccine," says Smith. As an example she points out that truck drivers may be away from home for long periods of time and not have the chance to be immunized.

-See REST STOP FLU CLINIC/Page FOUR

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