

PASTRY PEDDLER Weight wise

-Continued from PAGE ONE
varsity and varsity softball for the Mustangs. Larsen says she hopes her daughter can return to Heppner to be a part of this new enterprise some day soon.

That doesn't mean Larsen is on her own, though. It was family ties that brought her back to Heppner from Lebanon last July. Larsen is the daughter of Victorian Rose operator Marti Luther and sister to Sweet Productions owner Jodi Chapa.

When Larsen moved here, Chapa offered to share her Sweet Productions space with Larsen so she could start a bakery.

"Mom and I have always tried to provide services and goods the community could benefit from, and my sister starting up the bakery in our same location has given us the chance to provide even more," says Chapa.

Larsen, who says she always wanted to have her own business some day, took her up on the offer.

Even though her background is in accounting, not culinary arts, a bakery was the logical choice for Larsen, who has a long-time love of baking and making candies.

"There are so many different things to bake," says Larsen. "I hope Heppner is willing to try some of my new offerings. So far, it's gone off really well."

What doesn't come quite as naturally for Larsen is the early hours; a 3:15 a.m. wake-up call is a little early for a woman who describes herself as "a bit of a night owl." The early hour didn't seem to put a damper on Larsen's first day in business, though. The restaurant saw a full house that morning, and her batch of fresh cinnamon rolls was nearly wiped out by 10 a.m. Larsen said her free samples of chewy lemon drop cookies were also a big success.

Despite the early hours, Larsen says she loves her new role. Her favorite part, she says, is having other people enjoy

her creations. "My daughter says I make the best brownies in the world," she says, though she admits there are always higher levels to aspire to. "I wish I could bake like my grandmother did—a pinch of this, a handful of that—but that's not gonna happen."

Of course, Larsen's mom and sister are thrilled to have her join what has become a true family enterprise. Along with the Victorian Rose, and now the Pastry Peddler, Sweet Productions encompasses the restaurant, Sunflower Travel and the Heppner Virtual Bulletin Board.

"I think it's been a long time coming [for Lisa]," says Luther. "I'm very proud of her, and everyone who comes in seems very enthused."

Looking to the future, Larsen has big plans. She says she wants to get involved with the schools, offering Valentine cookie fundraisers and "free cookie" cards teachers can hand out for good deeds. And, of course, she will offer shamrock cookies during the Wee Bit O' Ireland celebration in March.

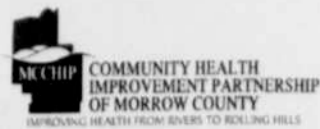
Larsen is also asking people for favorite family recipes.

"If they'd be willing to share, I'd love to try them here and see how they do," she says.

Larsen also plans to cater to customers with special diet needs. She can't offer gluten-free products, because other ingredients used in the kitchen keep her from being able to license the kitchen for gluten-free. However, she hopes to have sugar-free items on hand every day, with more provided on request. The Pastry Peddler also will take special orders for private and public events.

As Larsen launches into a new phase of her life, she says one feeling she has is gratitude for her family.

"I couldn't pull it off without Jodi and Mom helping me out," she says.



The following was contributed by CHIP of Morrow County.

Morrow County may very well be the first county in Oregon to hold a county-wide weight loss competition. What began as an education and awareness campaign about obesity, healthy lifestyle behaviors and prevention and management of chronic disease has morphed into a county-wide wellness movement.

During the first week, nearly 280 participants registered for the Biggest Winner Weight Loss Competition and Healthy Lifestyle Program. Many other community members are joining in, either in support of friends and family or to take part in the health education and activity sessions themselves.

The weigh-in and educational sessions will be held once weekly in the evenings from January 9 through April 3 in Boardman, Irrigon, Heppner and Ione. The sessions provide a supportive environment for participants to learn and get active. The educational component and group physical activity is offered free to the community. See the CHIP website at <http://www.ohsu.edu/MCCHIP> or call 541-676-2538 for more specific information.

The Community Health Improvement Partnership (CHIP) of Morrow County is an alliance between health care providers and the community, developing and implementing strategies to improve the local health-care system and health status of area residents. Efforts are based on health needs identified

through a community assessment process.

In addition to the providers of health care and social services in Morrow County, the development of CHIP and the Biggest Winner program is being implemented with the assistance of local government, school districts, chambers of commerce, faith community, educational services district, Oregon Office of Rural Health and the dedication of countless community volunteers. Testing for blood cholesterol and glucose is being provided as a courtesy by the Morrow County Health District and Columbia River Community Health Services.

"Ultimately, the CHIP would like to encourage lifestyle behavior changes that lower the risk for developing chronic disease; such as maintaining a healthy weight, getting plenty of physical activity and not using tobacco products," states a CHIP representative. "Increasing prevention and wellness efforts are the essential targets in Morrow County, because according to the Behavioral Risk Factor Surveillance Survey data, it is estimated that nearly 30 percent of the population in Morrow County is obese, and a greater proportion of individuals in Morrow County suffer from high blood pressure and high levels of cholesterol than individuals in the state of Oregon. The proponents of CHIP chose to initiate this movement as a response to the community's will and needs. The goal of this program is not strictly weight loss; we are aiming to raise awareness and provide resources to the community to assist in adopting life-long healthy behaviors."

HHS golf fundraising dinner

The Heppner High School golf team will be serving dinner at the Enterprise versus Heppner basketball game on Friday, January 20. Dinner will be two chicken, pork or beef tacos with rice, beans and a drink. Cost for the dinner will be \$5; all proceeds go to the Heppner High School golf program.

CAC to meet

The Chemical Demilitarization Citizens Advisory Commission (CAC) meets at 7 p.m. on January 19 at the Good Shepherd Hospital in Hermiston. The public is also invited to a social gathering from 6:30 to 7 p.m.

Chamber lunch meeting

The next chamber meeting will take place on Thursday, January 19 at noon at All Saints Episcopal Church. Dean Kegler with ZeaChem will be giving an update about what has been happening at ZeaChem.

Cost of the lunch is \$9; Heppner Family Foods will cater. Those planning to attend are asked to RSVP by Wednesday morning of each week.

Heppner's Town and Country Community Awards, sponsored by CenturyLink, were held last Thursday. The winners are: Business of the Year,

Howe's About Pizza, Ron and Beverly Howe; Woman of the Year, Judy Buschke; Man of the Year, Chuck Bailey; Citizen-Educator of the Year, Sherry Matesson; Youth Recognition, Zechariah Hintz; Lifetime Achievement, Randall Peterson.

The evening also featured a meal catered by JoAnn Lear of Pudding on the Ritz; entertainment by Maggie and Tim Collins; great service by Heppner High School students; and, of course, Bill Kuhn did a great job announcing the program for the evening.

Students nominated for scholarship program

Zech Hintz and Justin Pranger, seniors and members of Heppner High School National Honor Society, have been nominated to compete in the National Honor Society (NHS) scholarship program for this school year.

This year, the program will award more than \$200,000 in college scholarships. Special recognition and additional awards will be presented to state and regional winners. One national recipient will receive a \$13,000 award.

High school National Honor Society chapters from across the country were eligible to nominate two to five senior NHS members to compete. Nominees are selected on the basis of their leadership skills, participation in service organizations and clubs, achievements in the arts and sciences, and general academic record.

"Students nominated for the NHS scholarship not only demonstrate academic excellence, but also excel in the areas of service, leadership and character," said NHS Associate Director David Cordts. "In recognizing leadership in co-cur-

ricular activities as well as academic performance, the NHS scholarship program highlights the importance of a well-rounded education."

NHS is a program of NASSP, the nation's preeminent school leadership organization. NASSP serves as the national voice for middle level and high school principals, assistant principals and aspiring school leaders. NASSP promotes the intellectual growth, academic achievement, character development, leadership development, and physical well-being of youth through its programs and student leadership services. NASSP administers the National Honor Society, National Junior Society, National Elementary Honor Society and the National Association of Student Councils. For more information, visit www.nassp.org or www.nhs.us.

The NHS Scholarship program, in existence since 1946, annually recognizes more than 150 of the nation's top high school seniors who are members of NHS.

DA's Report

The Morrow County District Attorney's office has released the following report:

- Jose Manzo-Morfin, 22, pled guilty to one count of harassment, a Class B misdemeanor, a Class A violation. Total fines, fees and assessments were \$668.

-Dustin Allen Shufeldt, 38, was convicted of one count of possession of methamphetamine, a Class C felony. The defendant's drivers license was suspended for six months

and he was sentenced to 18 months supervised probation. Fees, fines and assessments totaled \$1,678.

-James Ernest Stout, 33, pled guilty to two counts of Theft II, a Class A misdemeanor. Jail time of 180 days for each count was suspended; instead, the defendant sentenced to three years bench probation, including 60 hours community service and completion of theft counseling. Total fines, fees and assessments were \$2,216.

School meeting planned

A joint meeting of Morrow County School District and Ione Community Charter School District patrons will be held Monday, January 23 at the district office in Lexington from 6 to 8 p.m. The purpose of the meeting is to establish a School Health Advisory Committee for each school district.

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The upcoming winter storm season is near and Morrow County Road dept. would like to remind all motorists that winter maintenance practices include plowing and sanding. The combination of practices used at each site may vary to accommodate the different climate, traffic, and storm conditions encountered. Morrow County's goal is to provide a safe roadway. However, it is always up to the motorist to drive according to conditions. Please use extreme caution and common sense. They will do their best and would appreciate your patience. For your convenience the road department would like to direct your attention to a couple towing services in the area if needed. Lexington Auto Body 541-989-8565, Looslie Auto Body 541-256-0067. Again be prepared and be safe. Questions or concerns may be addressed 541-989-9500.