

Heppner wrestling camp to feature Hall of Fame coach

Heppner will host a Cobra Victory wrestling camp on July 23-25 at the Heppner Elementary School for wrestlers from third grade through high school. The camp will run daily from 9 a.m. to 4:30 p.m. Registration will begin at 8:30 a.m. on July 23. Attendees will be responsible for their own lunch.

The camp clinician is Hall-of-Fame coach Marc Sprague from Cobra Wrestling. Sprague has more

than 40 years of coaching experience and has coached Olympians, world champions, various age group All-Americans, and hundreds of national and state champions.

The camp theme is "Be a Beast on Top," featuring Sprague's unique and proven techniques for dominating opponents and countering their attacks. Attendees from Heppner and Ione schools will receive

the resident team price of \$75 per person, while the cost for attendees from other schools is the normal Cobra four-day camp rate of \$229.

Pre-registration and more information can be found at the Cobra Wrestling website at www.cobrawrestlingsystems.com or by contacting Heppner coach Mark Lemmon at 541-215-9248 or mlemmon@beobank.com.

Boardman city manager renews contract

The Boardman City Council announced they gave City Manager Karen Pettigrew a favorable review during their annual review process held in executive session July 10. The city also renewed her contract for the 2012-2013 fiscal year with a 3 percent pay increase. Pettigrew has been Boardman's city manager for five years.

In other city business, the council approved a

liquor license for Lynard's Spud Cellar. Currently, they have a license for beer and wine only. Councilors accepted the resignation of Councilor Jill Pambrun, who recently moved outside the Boardman city limits and no longer qualifies to serve. The council discussed moving forward with exploring a business license program as an alternative to adopting a mobile

vendor's ordinance. The council voted to retain the city's current 3 percent franchise fee with Cascade Natural Gas. Also, the council agreed, in concept, with a draft by the Oregon Solutions Team for support of a proposal to promote housing in Boardman.

The next meeting of the Boardman City Council will be Tuesday, August 7, at 7 p.m.

NRA endorses Rep. Greg Smith

HEPPNER—The National Rifle Association Political Victory Fund has issued a letter to Oregon Rep. Greg Smith announcing their endorsement of his 2012 candidacy for state representative.

Carolyn Herbetson, Oregon State Liaison, National Rifle Association of America, stated, "Rep. Greg Smith's strong support for the Second Amendment and work-

ing knowledge of the issues surrounding this most important debate are greatly appreciated and have earned him an 'A+' rating."

During 2011 and 2012, Smith supported legislation to prohibit government agencies from releasing information about CHL holders and applicants.



Rep. Greg Smith

He also supported legislation that would allow Oregon to recognize out-of-state concealed handgun licenses.

"Right now it is as important as ever to stand up and protect our Second Amendment rights and programs that promote gun safety, education and responsibility," said Smith.

Volleyball camp to be held at HHS

Volleyball camp will be held at Heppner High School Monday, Tuesday and Wednesday, July 23-25.

The camp for students who will be in third through eighth grades during the coming school year will be held from 9:30 a.m. to 2:30

p.m. Campers should bring gym shoes, a water bottle and a sack lunch. The cost is \$30 per camper and will include a t-shirt.

Camp for incoming HHS players will be held from 3-9 p.m. each day. The high school session will cost \$50 and will include

all clothing items needed for their season. Open gym for HHS students will be held at the high school on Sunday, July 22, at 5 p.m.

Registrations for camp can be completed the first morning of camp. Contact Coach Pam Dowdy at 541-676-9430 with questions.

OCA sets up fire relief fund

In response to the devastating fires occurring in Harney and Malheur counties, the Oregon Cattlemen's Association has set up a fire victim's relief fund as a part of the Oregon Cattlemen's Stewardship Fund. Charitable donations of cash or in-kind (including hay and supplies), are now being accepted online, via phone or in person at the OCA office. Ranchers are also seeking relocation options for cattle threatened by the fires.

At last report, more than 60,000 acres were affected by the French Glen fire, and residents were on a Level 1 evacuation warning.

The Long Draw fire, started by lightning, threatens acreage from Jordan Valley almost to Nevada, with more thunderstorms predicted.

Bob Skinner, OCA Public Lands Chair, stated,

"Over half a million acres look like a moonscape; there is nothing left. These ranchers have lost many cattle, which is threatening their way of life and source of income to support their families. The short-term and long-term affects will be devastating."

The U.S. Department of Agriculture has declared Harney and Malheur counties drought disaster areas and it is expected that the

counties will also be declared a fire disaster.

To make a charitable contribution to the Fire Victims Relief Fund, or to offer in-kind or relocation assistance, contact Kay Teisl, Executive Director of the Oregon Cattlemen's Association, at 503-361-8941 or via email at kayteisl@orcattle.com. Contributions can also be made online at <http://www.orcattle.com/make-a-donationocsf.html>.

Port of Morrow to offer facility tours

The Port of Morrow will offer guided bus tours of its facilities to community, educational and business groups August 3-4.

Tours will take place Friday, August 3, from 1-2 p.m. and 2-3 p.m., and Saturday, August 4, from 10-11 a.m. and from 11 a.m. until noon. Most tours last from 45 minutes to one hour. The Port of Morrow does not offer tours to young children.

Email port@morrow.com or call 541-481-7678 to reserve a seat on one of the scheduled tours.

VEGETARIAN DINER

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changing this we would cause turmoil, because this is cattle country," Kathy said.

They added that, though some locals are upset, others, like ranchers Mark and Pam Wunderlich, are supportive of their move. The Maricks also stress that they made the switch not because they are "anti-meat" but because they wanted to provide healthier food alternatives to people in this area.

"We want to be part of the solution for health in our community," said Kathy Marick, explaining that their concern was not the meat itself, but the hormones and antibiotics often found in the meat available to restaurants.

Part of the impetus for the diner's change was the recent "Biggest Winner" phenomenon in Morrow County, in which hundreds of participants changed their lifestyles and diets in an effort to lose weight and become healthier. As Biggest Winner participants lost weight, the Maricks also saw themselves lose business.

"When the county went on a diet, we had a lot of people who didn't come in because of the high-calorie, fried food," said Kathy, adding that many people told her they would continue their new lifestyles beyond the competition.

While the county-wide diet was part of the reason for the change, the Maricks said the change went much deeper for them. Their transition began two years ago when their daughter, Abbie, now aged 10, was diagnosed with bone marrow disease. Abbie also has Down's Syndrome. The family started searching for healthier food alternatives to help Abbie. Changes included ridding their diets of products containing hormones and antibiotics, cutting out processed sugar and adding a variety of raw foods.

The change didn't come naturally. John, who grew up in Ione and did custodial work for Morrow County for 30 years, was what might be considered

the opposite of vegetarian. "I grew up hunting, and my main course was always meat," he said.

While the change was difficult, the results, they said, were astounding. Not only did Abbie recover from the bone-marrow disease, but the Maricks said her mind became clearer and her school performance improved dramatically. Kathy lost 45 pounds, and John lost 60 pounds and was able to discontinue some medications.

"That John got off all those meds and lost 60 pounds...to me, that is enough reason to change," Kathy said.

They say they started having a lot of people ask if they could have what the Maricks were eating, but "What we were eating wasn't on our menu," said Kathy.

The Marick's also found that their deep-fryers—the system for which had been grandfathered with the sale of the diner nearly ten years ago—were out-of-date and unsafe. They decided to stop using them, which removed several items from their menu. With a small building and outdated facilities, and limited financial resources, the Maricks had to make a choice...they could offer the old standards or their new, healthy menu, but not both.

"It wasn't an odd choice in the sense that we have a lot of sick people (around here). A lot of people's doctors said they need a plant-based diet, but there was nowhere for them to go," Kathy said of their decision, adding that the nearest vegetarian restaurant of which they were aware is in Walla Walla. "A lot of tourists are also vegetarian and vegan."

"We're not advocating that the whole town become vegetarian," Kathy added, "but we offer a healthy, safe alternative at a reasonable price."

The couple said that part of what they do to keep prices reasonable is make food from scratch. They estimate that more than 95 percent of their menu is scratch-made, with only about three items and some

salad dressings bought pre-made. They've also been hard at work developing a large menu with selections to please everyone. They said people tend to think vegan means "salad," but they offer a wide variety of foods, including replacements for old favorites like veggie meat loaf, burgers, raw spaghetti made of zucchini, tacos and wraps. Most of their salads are vegan, but many of their sandwiches and other dishes can be prepared as vegan dishes if requested. They started offering the new menu last Thursday.

It's been a learning process for the Marick's, who, for nearly 10 years, have upheld the diner's role as local gathering place and burger joint. Kathy, who refers to herself as something of a nomad, moved to the area in 1999. They couple married in 2001; Abbie was born in 2002 and they bought the diner the following year, in 2003. Kathy says she has been in the restaurant business her entire life, since the age of 16, managing several restaurants and owning one before the diner. However, the vegetarian/vegan venture is a new experience.

"We're trying to re-educate ourselves with this food. The food we made before, people liked. Change is not easy," Kathy said.

One thing that won't change—at least not completely—is their bakery section. Their popular strawberry rhubarb rolls will remain, as will other local favorites. However, there will also be new additions.

"We're diabetic, heart-condition friendly. We (still) have desserts that require moderation, but we also offer healthy alternatives," said Kathy. She added that they continue to develop a dessert section diabetics will be able to eat. The goal, she said, is a healthier life for everyone.

"This has been the friendliest, most family-oriented community I've ever been in," Kathy said. "We love our community and want to keep them around longer."



Earn While You Learn Program

At Community Bank we recognize the importance of education and would like to encourage our student-customers in their academic success.

Program Features*:

- Pays \$1 directly into an open Youth Savings Account for every "A" (or top grade) that our 1st through 12th grade students receive on their end-of-the-year report cards.
- Reports cards must be presented at the local Community Bank branch during the months of **June or July** of the same year of the dated report card.
- Students do not have to be previous customers - a Youth Savings Account must be opened before bonus can be paid.



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*No minimum balance required to obtain bonus. Bonus will be deposited on the same business day that the report card is reviewed. \$25 Minimum opening balance required for the Youth Savings Account. Current Youth Savings customers that turn 18 during their senior year can still receive the bonus as long as they have continued to have an open savings account. Top grades include any grade of an "A" (A-, A, or A+). Bonus paid once per main school subject per grading period. Top grades should be noted on report card and could include "S+" for above satisfactory, "E" for excellent, or any other grade explained on report card to be the top grade for that grading system. Report cards must be originals, no copies please. Member FDIC

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