

All-Around saddle on display at BEO



Bank of Eastern Oregon's employees proudly display the 2014 Oregon Trail Pro Rodeo All-Around Champion saddle, which BEO donates annually. BEO's employees from left are Tricia Rollins, Brianna Peterson, Betty Jo Colvin, Jeremy Arbogast, Sandra Van Liew, Bev Crum, Joe Perry, Kelsi Putman and Caliene Smith. BEO's employees invite everyone to "Live the Dream in 2014" by joining in on the fun at this year's fair and rodeo. —Contributed photo

Local girl spruces up dunk tank

A local girl, who has been using the community dunk tank to raise money for a modeling and talent trip to Los Angeles, noticed the tank was in need of a little sprucing up and decided to give it a new paint job.

Nichole Shaw, 14, of Lexington, used the tank at the Ione Fourth of July celebration and noticed "it was looking pretty bad," she said.

So last week she took it upon herself to give it a painting, scraping the old paint and putting on a coat of primer. She also added the wording, "Betcha can't do it again" to the side of the tank.

Shaw said she used the dunk tank at Ione and will



Nichole Shaw of Lexington gives the community dunk tank a new coat of paint. —Contributed photo

also set it up at the Fair and Rodeo to raise funds for an International Modeling and Talent Association talent search in LA in January. She is also setting up a bounce house, carnival games and the dunk tank at the Fair & Rodeo as well as

selling Texas Road House Peanuts and raising an extra lamb to raise money. In LA, 200 agents from around the world will be on hand for auditions, for which she has written a song to perform.

She is the daughter of Scott and Ruth Shaw.

Old Time Fiddlers to perform at Music in the Parks

A well-known group of young-at-heart musicians, the Old Time Fiddlers, has been delivering toe-tapping music all over the Pacific Northwest for many years. On Aug. 11 at 7 p.m., they will bring melodious tunes to their Boardman Music in the Parks performance.

Blue Mountain Old Time Fiddlers Association includes 38 members from Baker, Grant, Malheur, Morrow, Umatilla, Union

and Wallowa Counties. They do not all play at every performance, but there is always a great variety of fiddlers and singers—both the young and young at heart.

The next free Music in the Parks program will feature Tony Madrigal and hit tunes from the 60s. The 7 p.m. performance Aug. 18 at Irrigon Marina Park will be the final free concert this summer.

Directions to Boardman Marina Park: From I-84 take exit 164 and go north on Main St. toward the Columbia River. Turn left on Marine Drive; continue west approximately 1/2 mile to Day Use Area. Info: 541-481-3014.

Local Contacts for Blue Mt. Old Time Fiddlers Association are Bill Meyers, Hermiston and Bob Stevens, Hardman, or jgfiddler@gmail.com.

Heppner's hidden assets

People gather at St. Patrick's Senior Center, in the center of Heppner, every Wednesday before 11 a.m. to enjoy seeing their friends and to have a tasty, nutritional meal. It's a time of good fellowship, laughter and good-natured teasing. There are neighbors from the ages of 10 to 97 who enjoy catching up with each other and hearing the latest updates on family, health and jokes.

Occasionally, there is entertainment in the form of sweet music from the high school chorus, visits from tiny trick-or-treaters, information about new senior programs or sign-ups for day-trips to other senior centers in the area.

At 11:30, all stand for the pledge of allegiance to the flag, and a prayer of blessing and thanksgiving is asked for the food. Those seniors who are mobile are served cafeteria-style, and anyone who is unable to go through the line has their meal brought to their table.

Lunch is prepared by head cook Nancy Gochnauer and her accomplished assistant cooks, Patti Pappas and Ellen Nordquist. This team also makes all the meals that are delivered to those who participate in the Meals-On-Wheels program.

Heppner is unique in that local church members volunteer on Wednesdays to help prepare, serve and clean up after lunch. A different church graciously participates every week to assist in getting the meals ready. In addition, a remarkable teenager named Stephany has come to support her new community by working in the kitchen all summer.

The midday meal for the last Wednesday in July was a delectable layering of moist turkey, creamy mashed potatoes and rich savory dressing, topped with homemade gravy. It was accompanied with mixed vegetables in a hearty broth, cranberry relish with crushed walnuts and orange zest, tender Parker House rolls baked that morning, and followed by a birthday cake for Velma Wight, who came down the hill from the assisted living center to celebrate her 97th birthday with her friends and family.

The weekly meal is not exclusively for seniors or just for those with low income. All ages are welcome to have lunch. The requested donation is \$3.50 for those over the age of 60, but no one is turned away for lack of payment. Anyone under 60 is required to make a payment of \$6 as, unfortunately, there is currently no subsidy available for those who are younger. Many seniors do have younger members of their families join them weekly for good food, good talk and good times. Attendance varies each week, with 40-75 people being served,

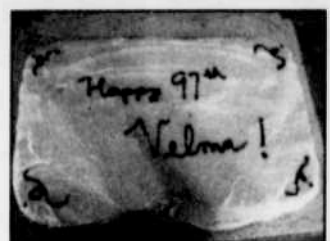
and one memorable lunch attendance of 105.

This weekly lunch is made possible through CAPECO (Community Action Program of Eastern Central Oregon) and the United Way. CAPECO was incorporated in 1987 and serves Morrow, Umatilla, Gilliam and Wheeler counties. CAPECO's mission is to "assist individuals to become and

USDA commodities and donated food to the area food banks, which in Heppner is located at the Neighborhood Center. CAPECO also has programs for employment training, energy bill assistance, housing, home ownership, and emergency services in addition to the senior service programs and Meals-On-Wheels.

The St. Patrick's Senior Center, 190 N. Main in Heppner is one of only a handful of senior centers in Oregon where senior housing is in the same building as the meal site. They also offer bingo on Tuesday afternoons at 2 p.m., cribbage on Thursdays at 1 p.m., and dominos on Fridays, also at 1 p.m. Anyone interested in further information or with any questions, call 541-676-9030.

Additional information and details about CAPECO or the programs available can be obtained by visiting their offices either in Hermiston or Pendleton, calling 541-276-1926 or visiting their website at capeco-works.org. A CAPECO representative comes to Heppner the third Wednesday of each month and can be seen at the library between 10:30 a.m. and noon or from 1 p.m. until 2:30 p.m.



The senior meal site in Heppner is about more than a meal; community members of all ages gather every Wednesday to exchange news and share life events, like Velma Wight's 97th birthday last month. —Contributed photo

continue being independent, healthy and safe in their chosen environment." The Board of directors consists of George Koffler, Leann Rea, Andy Millar, Aaron Treadwell, JueJue Withers-Lyons, Hulette Johnson, Mike Weimar, Mike Pearson and Mary Thayer.

CAPECO also serves as the regional food bank for Oregon, which supplies

Benny the Beaver lives the dream



Oregon State University mascot Benny the Beaver will be at the Morrow County Fair on Thursday, Aug. 14, from 2 p.m. to 8 p.m. Fair-goers are invited to come down and see Benny, get a photo taken with him and enjoy the fair with this Oregon icon. Thursday's other events include the Tillamook Ice Cream Social, 4-H/FFA Grand Champion Market Animal, the talent show, FFA Floral Design Contest, and Murray's Wine Tasting event. —Contributed photo

Youth dance planned at fair

The Morrow County 4-H Ambassadors will hold a youth dance during the Morrow County Fair on Friday, Aug. 15, from 8:30 – 11 p.m. near the 4-H snack shack. Grades four through 12 are welcome.

The theme is pink in support of breast cancer. The ambassadors will also be holding a canned-food drive for a community service project.

PMH GRANT

—Continued from PAGE ONE some work a nurse can do to help a patient manage their condition so they don't end up in that situation as much."

"With healthcare today, it's really transforming from a fee-for-service to more of a global health, keeping people healthy, keeping them out of the

health-care system." Grigg says the health district is looking at the program as a pilot program to see if it works; if it does, there will be a chance the hospital continues this kind of program in the future.

"We're excited to get the grant because it's going to let us try this out," Grigg says. "Hopefully it's going to be a big benefit to the patients and the community."

Community lunch menu

Heppner United Methodist Church members will serve lunch on Wednesday, Aug. 13, at St. Patrick's Senior Center.


The meal will include fish and chips, coleslaw, pickles, bread sticks, and ice cream. Milk is served at each meal. Suggested donation is \$3.50 per meal. Menu is subject to change.

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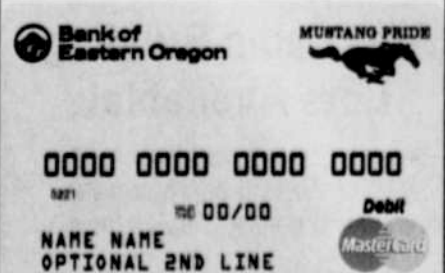

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