

Yard of the Month June award has a neighborly feel



Deena and Larry Stumper. -Photo by Kay Proctor

By Kay Proctor

June Yard of the Month recognition was shared equally with neighbors Cindy and Steve Shular at 555 North Jones, and Deena and Larry Stumper next door at 575.

The Shulars lived in Irrigon for 20 years before moving into their Heppner home about one year ago. They bought their Heppner home about five years ago, and worked together on it weekends.

Their house, originally built in 1900, withstood the 1903 Heppner Flood. The original frame was solid and it was a well-lived-in-home; Cindy says several people have told her about living in it at some time. It stood empty for several years before the Shulars purchased it and remodeled everything from top to bot-

tom, inside and out. While working under the porch, they did find old-fashioned horse rigging.

In the yard, after cement work was done, Cindy and Steve put in new sod and flower beds. The porch has its original wood columns, so the Shulars installed new railings between them to which they hung containers full of colorful annuals. The side yard is home to the family dogs, Daisy and Missy. Future plans are for work along the driveway.

Cindy's favorite place outside is on the front porch with comfortable seating where she can see the hill-tops. Her favorite plants are Sweet Williams and miniature dahlias. She doesn't coordinate her flower selections, instead using colorful plants she likes, "whatever, whenever, wherever," like

Mother Nature. The Shulars water the yard and beds two times per day, by hand.

Steve retired from the Army after 20 years of service. Cindy is retired with a history of serving four and a half years in the Army. Their family moved around during that time, including living more than six years in Germany. Cindy always tried to have flowers at their living quarters.

After raising their four children, they now have seven grandchildren and two great-grandchildren scattered from Oregon to Kentucky. Cindy and Steve's 39th wedding anniversary is celebrated this year.

Cindy mentions that she loves to work in her yard probably because her mother always gardened and did so up to age 86.

Steve is originally from Sacramento and Cindy from Odell/Parkdale area by Mt. Hood. Before moving here, when they traveled through Heppner, they decided it would be a good place to live, and they say they love their home here.

Deena and Larry Stumper bought their 1950s-era home in 2011 and soon began improving, remodeling removing, and adding on.

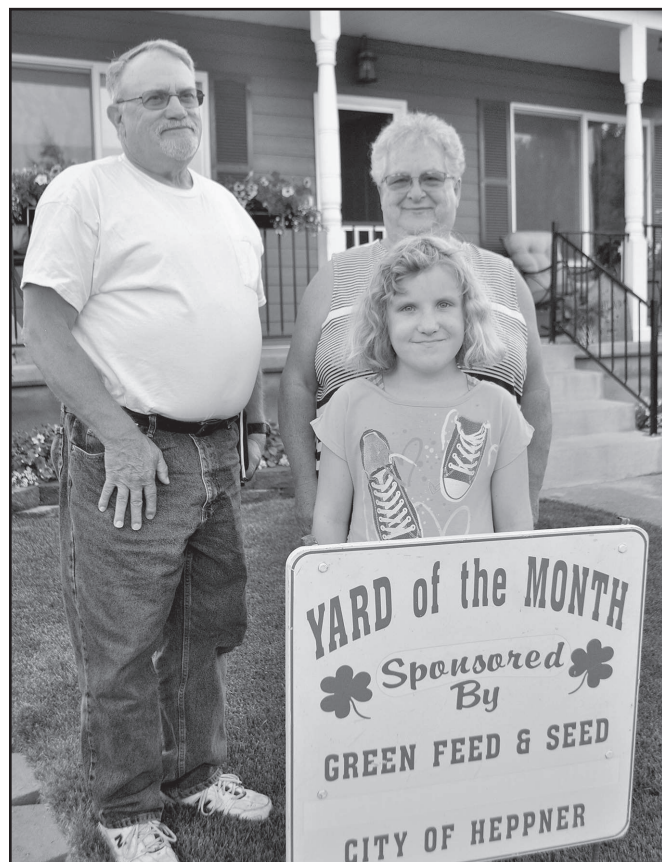
A retaining wall of large landscape blocks in

the backyard was installed, then moved, then moved again as things took a new shape. While doing one of the many yard projects, they did find a whiskey bottle, colored purple with age, dated 1903.

A private fenced area for their family dog, Tootsie, is well shaded by a fast growing Aussie tree. Some other trees planted are weeping cedar, plum and a deep pink flowering dogwood. A special planting is a lilac originally from Camp 5 logging area where Deena lived at one time.

An area in back has a large variety of vegetables. Peppers grow in a rustic wheelbarrow. Grapevines fill a trellis. The Stumpers amend and fertilize their soil regularly. A dripline irrigates vegetables while hoses water everything else. Sod was purchased together with their neighbors, the Shulars, and divided. The couple both pull weeds. Deena loves to mow, but Larry is mowing this summer.

Both of them especially enjoy their carport area with a barbecue and a wood spool they turned into a handsome table. A well-kept, green lawn next to outdoor seating has proven to cool that area by about 20 degrees in hot weather.



Steve and Cindy Shular with granddaughter Madlyne Thomas. -Photo by Kay Proctor

They hope to add a water feature nearby someday.

Stating that yardwork makes her feel "peaceful," Deena says that "we enjoy it." She got her love of gardening growing up in Jordan Valley. She was always with her Mom and Dad and they gardened, so she did, too. She has three adult daughters, six grandchildren and one great-granddaughter, and family

has pitched in with yard projects. Larry has one daughter and one grandchild. Deena works at Murray Drugs and Larry is self employed as a car detailer.

Yard of the Month recognition is sponsored by the Heppner Volunteers, MC-GG-Green Feed & Seed, and the City of Heppner. Contact Kay Proctor if you would like to be a part of the Heppner Volunteers.

Host families sought for exchange students

ASSE International Student Exchange Programs (ASSE), in cooperation with community high schools, is looking for local families to host boys and girls between the ages of 15 and 18 from a variety of countries, including Norway, Denmark, Spain, Italy and Japan, to name a few.

ASSE students are enthusiastic and excited to experience American culture while they practice their English. They also love to share their own culture and language with their host families. Host families welcome these students into their family, not as a guest, but as a family member, giving everyone involved a rich cultural experience.

The exchange students

have pocket money for personal expenses and full health, accident and liability insurance. ASSE students are selected based on academics and personality, and host families can choose their student from a wide variety of backgrounds, countries and personal interests.

To become an ASSE host family or to find out how to become involved with ASSE in your community, call the ASSE Western Regional Office at 1-800-733-2773 or go to www.host.asse.com to begin your host family application. Students are eager to learn about their American host family, so begin the process of welcoming your new son or daughter today.

Healthy youth

A key strategy—promoting adolescent well care

Editor's note: This is part of a series of messages brought to you by your Morrow County health care providers.

Morrow County health care providers have one message for student athletes and their parents right now—schedule your adolescent well care visit before school sport season.

Adolescents who can easily access preventive health services are more likely to be healthy and able to reach milestones such as high school graduation and entry into the work force, higher education or military service.

Physical, social and emotional changes during adolescence increase the need for continuous, comprehensive preventive services. Adolescents are laying the foundation for lifestyle and behaviors that persist into adulthood. Do you know that half of lifetime cases of mental health

disorders begin showing symptoms by age 14? The American Medical Association's Guidelines for Adolescent Preventive Services, the federal Bright Futures guidelines, and the American Academy of Pediatrics all recommend comprehensive annual check-ups for adolescents.

During an adolescent well care exam, the provider conducts a risk and strength assessment, listens to parent and youth concerns, conducts necessary screening and provides guidance on key health promotion priorities such

as family support, healthy weight, nutrition and physical activity, mental health, healthy sexuality development, safety and injury prevention, and oral health. However, research shows that most adolescents and young adults have not had an annual well-visit in the past year.

Please schedule an Adolescent Well Care Visit. The exam will include, if necessary, an evaluation for clearance to participate in sports/activities and completion of the required OSAA form. MCHD and CRCHS will not be provid-

ing "sport physical" days. There will be no additional cost to you.

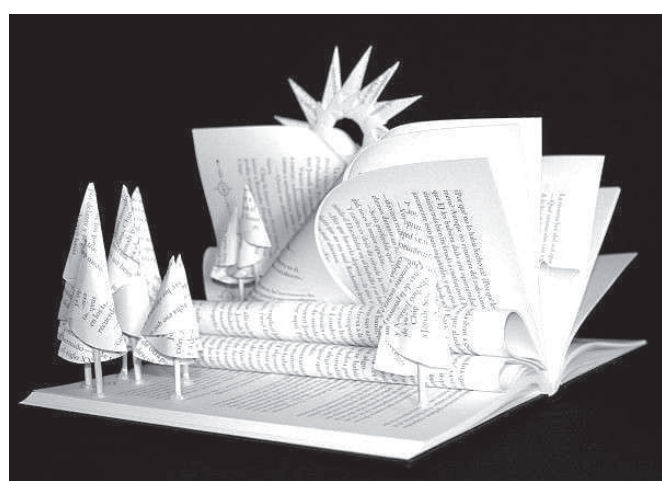
The health services and the Morrow County and Ione School Districts strongly encourage you to schedule appointments as soon as possible to be prepared before the upcoming school year. To schedule, call Pioneer Memorial Clinic, Heppner, 541-676-5504; Ione Community Clinic, 541-422-7128; Irrigon Medical Clinic, 541-922-5880; or Columbia River Community Health Services, Boardman, 541-481-7212.

Heppner library to hold altered book art workshop

Heppner library will hold an altered book art workshop on Thursday, July 21, at 5:30 p.m. This workshop is open to anyone who is interested in creating something new, different and usable from older books instead of discarding them.

The Heppner Friends of the Library is sponsoring this workshop and will provide most of the necessary supplies needed for everyone to do a project, particularly the books. However, if you have an X-ACTO or similar knife, please bring it. If you don't have one, there will be some there to share.

There are many ways to alter books, but the two



A workshop exploring altered book art like this will take place this Thursday, July 21, at the library. -Contributed photo

ways the group is going to use will be to fold pages so it looks like a shape when the book is stood up on its spine. The second altered book art will be to create

a succulent book planter. There are many more ideas the group hopes to explore in the future.

Everyone is welcome.

ALL NEWS AND ADVERTISEMENT DEADLINE:
MONDAYS AT 5:00 P.M.

Join Us

GOING AWAY PARTY FOR CHUCK AND SHERRY MATTESON!

WHEN: Sunday July 24th, 4pm
WHERE: Spur'em Barn

WHO: Anyone who knows The Mattesons
Why: To say farewell to our friends, co-workers, teacher, coach, and neighbor

Hamburgers, hot dogs, buns, condiments, plates, and utensils will be provided.

Please bring something to share. Last names A-N bring a dessert, M-Z bring a side or salad.

FREE Household Hazardous Waste Event

LAST SEEN: LURKING IN YOUR HOME, UNDER THE SINK, IN THE GARAGE IN THE BASEMENTS.

THESE HAZARDOUS WASTE ITEMS ARE DANGEROUS. THEY CAN HARM STREAMS, WILDLIFE, DRINKING WATER AND WE NEED TO KEEP THEM OUT OF OUR LANDFILL. MORROW COUNTY IS HOLDING A FREE HAZARDOUS WASTE EVENT SO YOU MAY TAKE SOME OF THESE ITEMS.

For more information, please call Morrow County Public Works at 541-989-9500 or email: mcpublicwork@co.morrow.or.us

SEPTEMBER 2ND, 2016 8AM - 11AM

Remember the Transfer Stations accept all your paint for FREE at both Transfer Stations all year long.

69900 Frontage Lane, Boardman, OR 97818

ACCEPTED DURING THE EVENT:

Some items accepted during the event: Used oil, Oil filters, Spent Antifreeze, Automotive batteries, Alkaline & rechargeable batteries, Propane Tanks (smaller than 25 gal.), Roof and asphalt patch, Adhesives, glues and contact cement, Caulks sealers and joint compounds, Lawn and garden chemicals and fertilizers, Pool chemicals, Household cleaners (including bleach, ammonia, furniture polish, toilet bowl cleaners, carpet shampoos) Sludge (soil contaminated with oil) Mercury thermometers, Fluorescent lamps, All types of aerosol cans, Used cooking oil, Road flares, PCB ballasts, Organic peroxides (hardening agents)