

RICE

that is still eaten there today. He also shared a short video of two men making mochi.

Pat Sweeney brought sushi to share with the class. He explained that Sushi means vinegar, not raw fish, and that vinegar is a key ingredient in making sushi. He also explained that while some sushi has raw fish, not all of it does. The most popular sushi roll in the US is the California roll, which is made with cucumber and avocado and of course rice

Kelsey Wolff brought juk from Korea. She explained that while juk is a porridge made from chicken and rice, most rice in Korea is not eaten in this manner. Korean meats and vegetables have very strong flavors. In contrast, Korean rice has a milder flavor. Similar to mixing a strong red and a light white to get a medium pink, Korean meat and vegetables are mixed together at the table to create a medium flavor.

Nancy Propher brought chahan, a Filipino dish made with rice, chicken and egg. She said that she doesn't have a recipe, but each time she makes it,

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it is always delicious.

Other dishes present were a Filipino style sweet, black rice provided by Annabelle Campbell and Mexican arroz con leche made by Dora Collins. These two scrumptious recipes had just the right amount of sugar and milk to satisfy everyone's palates.

Mrs. Elguezabal brought Mexican rice, arroz, which is one of her family's favorite dishes. She also brought steamed white rice which she learned to make from her Japanese and Iranian friends.

In one story, the students learned about tofu and how it is sometimes eaten with rice. Addie Coe thought it would be a good experience if the class tried the tofu, so she brought it to the potluck. We had several brave students who ate the tofu and some that came back for seconds.

Each chef showed the students the country where their recipe came from. Everyone present was able to try rice prepared in different styles from around the world. The general consensus was that each and every dish was delicious.

Blood drive campaign to help fill missing types

As part of an international movement, the American Red Cross is launching the Missing Types campaign to recruit new blood donors – and those who have not given recently – to ensure lifesaving blood is available for patients.

During the Missing Types campaign, the letters A, B and O – the main blood groups – will disappear from brands, social media pages, signs and websites to illustrate the critical role every blood donor plays. When the letters A, B and O vanish from everyday life, the gaps are striking. And when A, B and O blood types are missing from hospital shelves, patient care could be impacted.

“Unfortunately, blood shortages still happen and the number of new Red Cross blood donors is shrinking each year,” said Cliff Numark, senior vice president, Red Cross Blood Services. “That’s why the Red Cross is asking those who have never donated blood and those who haven’t given in a while to make a lifesaving donation. You are the missing type patients need.”

Blood drives are scheduled in Morrow County on June 28 and 29. The Heppner blood drive will be

held June 28 from 1 to 6 p.m. at St. Patrick’s Senior Center, 190 N Main St. The Boardman blood drive is scheduled for June 29 from noon to 5 p.m. at the Boardman Pool and Recreation Center, 311 N Olson Rd.

All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver’s license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Donation appointments and completion of a RapidPass are encouraged to help speed up the donation process. RapidPass lets donors complete the pre-donation reading and answer the health history questionnaire online, on the day of their donation, by visiting RedCrossBlood.org/RapidPass from the convenience of a mobile device or computer, or through the Blood Donor App.

Community lunch menu

All Saints, Hope and Valby volunteers will serve lunch on Wednesday, June 20 at St. Patrick’s Senior Center. Lunch will be chicken alfredo, green beans, carrot salad, garlic bread and cherry parfait for dessert.

Milk is served at each meal. Suggested donation is \$3.50 per meal. Menu is subject to change.

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Commission holds hearing on new county solar farm

99-acre project to be located north of Lexington

By David Sykes

The Morrow County Commission held a public hearing May 30 on a proposed 99-acre electrical generating solar farm planned on land owned by Bill and Rena Marquardt 4.5 miles north of Lexington, north of Baseline Lane between its intersections with Marquardt Rd and Wheatland Rd.

The project is going to produce ten megawatts of power, which will be input to the power grid on Bonneville Power Administration’s (BPA) Boardman to Ione line, which runs through the property. It will then be sold on a long-term contract to Portland General Electric.

The land is currently being used for dry land wheat production. The property is considered high value farm land so was required to seek an exception to statewide planning goals. Any project under 100 acres can also receive approval from the local county plan-

ning commission rather than going through the state Energy Facility Siting Council procedure. The county planning commission had earlier held hearings and approved the solar facility. The facility will be owned and operated by OneEnergy Solar of Seattle.

In other business, the commission discussed the new five-member rodeo board formed to operate the yearly local rodeo. The board also has an adopted set of by-laws and will be responsible for oversight, standards and policies, budgeting, fair coordination, review and promotion and administration over the yearly event.

The rodeo board has been operating many years without being a formal board, however the commission felt it could be more efficient and stable if it was a formal county board. Initial members will be Ken Bailey, Judy Healy, Mike Mahoney, Terri Gentry and Camille Peck.

Ione music in the park scheduled

The Music in the Park series for Ione begins Sunday, June 24 from 6 to 8 p.m. at the Ione City Park. Music will be provided by Brady Goss, well known pianist and song writer.

July 22 from 6 to 8 p.m. at the Legion Hall will be Frank Carlson who plays and sings easy listening music, country and patriotic songs. Dancing is encouraged.

Sunday, Aug. 26 from 6 to 8 p.m. at the Ione City Park will be Absolutely Nobody, a quartet with Joe Lindsay and Corey Cooley. Their families will also perform.

From 6 to 8 p.m. on Sept. 9 at the Ione City Park

will be Charlie and Anna Ross singing country, blue grass and zesty tunes.

Music goers are asked to bring folding chairs and coolers to enjoy the park, which offers a children’s playground and room to run and play. Dogs must be on leashes and cleaned up after.

Concessions in Ione will be available at 5 p.m. The Juarez’s will be serving Mexican food from their Hometown Tacos.

Funding for this event is provided by the Morrow County Unified Recreation District and facilitated by the Ione Library Board as a service to our communities.

Heppner sidewalk sale scheduled

The annual sidewalk sale and activities will be held in downtown Heppner on Friday, June 15 starting at 9 a.m.

Local merchants participating in the sidewalk event are Artisan Village, Blondee Salon/LuLaRoe, Murray’s Drug and Peterson’s Jewelers. Heppner Market Fresh will have special meat selections just in time for Father’s Day grilling.

Hayley Olson with Perfectly Posh will be set up in front of the Blondee Salon

and Lelia Workman will be in front of Colt’s Café selling homemade laundry bags.

The local Farmer’s Market will be open at the Heppner city park from 10 a.m. to 2 p.m., with Community Bank providing refreshments.

The Bank of Eastern Oregon will be hosting their annual community appreciation BBQ from 11:30 a.m. to 1 p.m. in the area between the Heppner branch building and the administrative offices.

Hopeful Saints to host movie night

Hopeful Saints Ministry will be hosting movie night on Friday, June 15 at 7 p.m. in the All Saints Parish Hall (corner of Church and Gale). Pizza will be provided.

This month’s new release film addresses the power of forgiveness in the healing of relationships. It is rated PG but has been popular with audiences of all ages. Everyone is welcome.

For more details, call the church office at 541-676-9970.

Ione student to compete in all-state football game

Taylor Rollins, an eighth-grader from Ione, has been selected to compete in the first annual Oregon Middle School All-State Football game. The game will take place on June 30 at the University of Oregon campus in Eugene.

Taylor played running back and middle linebacker for the Ione Cardinals and will attend Ione High School next year. He will be playing for the White Team, wearing jersey number 45 at the all-state game.

The inaugural Oregon All-State game will feature separate sixth-, seventh- and eighth-grade games, showcasing players from the Portland and the surrounding area as Team Metro versus the rest of the state playing as Team Oregon.

The event is intended to raise awareness and support for more than 500,000 youth in foster care and in need of foster care around the nation.

Players, including Rollins, will report to the University of Oregon campus on June 27 and stay through June 30 in the school dormitories. They will enjoy meals and practices at the Ducks’ facilities and have the opportunity to hear several guest speakers, including Michael Oher of the Carolina Panthers.

For more information visit <http://www.oregonallstategame.com/> or the event Facebook page @OregonAllStateGame. All are encouraged to attend and attendance is free.

Heppner softball team headed to all-stars



Back Row: Coach Doug Boor, Kat Bloom, Kylie Boor, Hailey Wenberg, Aubri Rodriguez, Madison Orem, Coach Katilyn Zinter. Front Row: Harley Anderson, Ireland Martin, Alex Cavin, Sage Ferguson, Morgan Cutsforth and Amelia Baker Not pictured: Hailey Cimmiyotti.

-Photo by Damon Brosnan.

A team of 11 Heppner girls are headed to Redmond this weekend to compete at district’s all-stars, with the winner advancing to the state level competition on June 30 in Clackamas Oregon.

According to a spokesperson, the Heppner Mustang coaches, Rick Johnston, Janelle Ellis and Mike Correa have helped with pitching and hitting over the last two years preparing the team for this competition.

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