

A view from the hill

By Doris Brosnan

A view back at the February calendar spots some enjoyable highlights at Willow Creek Terrace. The birthday celebrants shared their special lunches with neighbors, who wished Ernie, Anna and Bernice happy days. Super Bowl Sunday was festive and the lucky score-number winners made some wee profits: Floss Watkins, Karen Wolff and Kim Henrichs. Everyone who attended thoroughly enjoyed the voices of the two HHS choir members who shared time and talent on Valentine's Day. The month also included some surprise garden goodies from Jerry Green and Carl Lauretsen, both of whom brought produce from their indoor facilities. Such a treat to have fresh vegetables at the table when the weather is still frightful.

This month has begun surrounded with some sadness, as the community on the hill has had to say goodbye to Glen Ward and Anna Schwarzin. Both are greatly missed.

But a look at this month's calendar reveals some coming pleasant mo-

ments. Since this is designated "Art Week," included on Tuesday, and future Tuesdays until finished, work by the residents on quilt squares that feature a stylized bird shape that they will color and surround with personal other choices using permanent-color markers. When sewn together, the blocks will then be tied, creating the Terrace's contribution to the quilt show that is planned for a future date. On Friday, everyone will be aware of the "wear-blue" option that will show support for research in the fight against colon cancer. And on Saturday, some residents might be spotted at a table playing Monopoly, since that will be the 87th birthday of the board game.

On Sunday, the 8th, daylight savings time begins, so the flashlight batteries at the Terrace will be checked. Today, the Ione High School choir plans to bring their outstanding voices for a concert. On Thursday, some residents plan to attend the stage production at the Catholic Church parish hall, presented by Fr. Gerry Condon and his performers. On

Saturday, some will attend the Big Green Parade, especially meaningful this year because Ray and Norma French will be leading as grand marshals. Norma says that she hopes many people will wave to her, so she can spot faces along the route.

Saturday will also be a celebration of the 171st birthday of the ubiquitous baseball cap. First made of straw, it was first worn by the New York Knickerbockers, but today's version will be featured at lunch in the form of a baseball-cap cupcake. Some other menus might also surprise residents this month. Brown bags will be de rigueur for lunch on the 9th because it will be "Pack Your Lunch" day. "Buzzard lasagna (!)" will be served on the 15th. Pancakes must be part of lunch on the 21st, "Maple Syrup Saturday." On the 22nd, which will be "Goof Off Day," the menu will state that lunch might be served "if we are not too busy goofing off." Pecan pie (25th) and Eskimo Pie (28th) will end the month of some specialties.

The National Crossword Puzzle Tournament

will be held on the 20th and 21st in Stamford, Connecticut, and will be of interest to the residents who work a crossword puzzle together each week. They are led by Bill Ewing and Sandra Johnson, who trade off the leadership. Participants are so grateful for these two volunteers.

Also on the 20th, Kim Henrichs plans to bring her litter of Labrador puppies for a visit at the Terrace. This visit and the puppies' antics will surely be mentioned at the morning discussion the next Monday, which will be "National Puppy Day."

"World Poetry Day" is noted on the 21st and Sunday, the 22nd, begins "Poetry Week," so residents will have opportunities each morning of that week to read poems and to talk about favorite poets and poems. The significance of the Medal of Honor will also be discussed that Wednesday. And on Thursday, the 26th, discussion participants will be encouraged to let imaginations soar and "Make Your Own Holiday."

Some crazy, mismatched plaids could startle the eyeballs on the 29th,

as staff and residents will be encouraged to celebrate "Mad About Plaid Month." Then, on the 30th, the Terrace will take some treats to the Pioneer Memorial Clinic and Hospital, with a note of thanks on "Doctors Day."

The results of another activity should delight residents this month: The staff will be researching each

resident's name and will print out their discoveries. Each apartment door will then feature the meaning of the resident's name, to be viewed by friends and neighbors. Fun to see and another happy highlight of life at the Terrace. Maybe new neighbors in the three available apartments will view such activities in the same way.

Marriage Licenses

The Morrow County Clerk's office has released the following report of marriage licenses:

February 4, 2020: - Joy B Angel, 57, Irrigon, and Linda Jean Carneal, 68, Irrigon.

February 19, 2020: - Donald Patrick James Haney, 27, Ione, and Tabitha Rose Jackson, 25, Newberg.

FFA STUDENTS

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pation at 84.5 per 100,000 people. And she said that may not be a true statistic because many farm related suicides are recorded as "farming accidents."

Why farmers and ranchers stress out, Orem says a lot of it is the ups and downs in the markets, interest rates, loans and the weather can all contribute to stress levels. She says research shows there are four main ways farmers and ranchers deal with their stresses:

1. Figure, reassess, and reassure: This method is always figuring out how to make ends meet. If the farmer or rancher can convince themselves that everything will be all right, they can also convince their family.

2. Distraction: The farmer or rancher will distract themselves by going to get parts, going for a drive, or taking the day off.

3. Repression: Drinking, eating or doing drugs.

4. Remembering: When bad things happen farmers and ranchers will remember the good and fun times.

Orem says one of the reasons stress levels are high is a lack of access to consistent mental health help in rural areas.

Orem says that in 2018, a Ball State University study showed that 95 percent of rural mental health professionals said, "They can't meet the needs of their community." To illustrate she told the story of Wisconsin farmer Jeff Ditzenberg, who, twenty-five years ago tried to end his life.

Orem relates how Ditzenberg remembers asking to meet with local mental health centers, but help was always a couple weeks away. In response Ditzenberg created TUGS or Talking, Understanding, Growing, Supporting, a support group for those struggling with mental health problems. Though Ditzenberg mainly works with producers in the agricultural industry, anyone is welcome. Many farmers

that find help also believe that professionals don't realize the everyday stress of being a farmer.

She said Nick Hartwig, a Wisconsin dairy farmer said when he went into the local clinic after a long wait and they gave him two quick appointments and told him. "You're not that bad off, go ahead." After that, he ended up in TUGS, Orem relates.

Orem says some tell-tale signs that a farmer or rancher may have mental health issues or may need to seek help according to the North Carolina Agromedicine Institute are: "a decline in crops, animals, and farm, a decline in personal appearance, withdrawal from events, family, and friends, change in mood or routine, family showing signs of stress, increased drug or alcohol use, or always making negative statements."

She says there are about 570 million farms in the world and about 550 million of them are family operated. "If a farmer is having mental health issues, it's not only going to affect his farm and operation it will also affect his family," she points out. "If you believe someone in your family or someone you know is having trouble with their mental health here are some resources you can reach out to," she says.

Farmaid.org has a hotline 1-800-FARM-AID and has an online directory where you can choose what state you are from, what type of farm you have, and what type of help you need. She says there is the National Suicide Prevention Hotline at 1-800-273-8255 or a person in need can reach out to any local clinic or hospital. Mental health in the agricultural industry is a major issue that many people simply aren't aware of. "If farming were easy everyone would do it," she says. "So for the producers going through that struggle, we need to reach out, support them and listen," Orem concluded.

2020 Wee Bit O' Ireland Schedule of Events

Thursday, March 12, 2020

9:30 a.m.-5:30 p.m.: Vendors Square at the Neighborhood Center, at 441 N Main Street.

7 p.m.: "St. Theresa, The Little Flower" Play performance at St. Patrick's Catholic Parish Hall, 560 NW Jones.

Written by Father Condon, with original music Free Admission

Friday, March 13, 2020

9 a.m.-5 p.m.: Friends of the Library Annual Book Sale at City Hall.

9:30 a.m.-5:30 p.m.: Vendors Square at the Neighborhood Center across from City Park.

10 a.m.-5 p.m.: Morrow Co. Creative Arts and Crafts Show in the front room of the Senior Center on Main St.

1-5 p.m.: Morrow Co. Heritage and Agricultural Museums

4-7 p.m.: Irish Dinner at St. Patrick's Parish Hall, 560 NW Jones: sponsored by St. Patrick's Altar Society. Irish Potato Soup, Rolls, Dessert and Beverage, \$8 for adults, \$5 for 10 and under.

5 p.m.: 3 on 3 Basketball Tournament at Heppner High School Gym. Sponsored by Boys Basketball Program.

8 p.m.-12 a.m.: Murray's Irish Beer and Wine Fest, featuring Dan Burns 3D Productions at Gilliam and Bisbee Building. Food by Quality Concessions; \$5 cover charge (all ages)

Saturday, March 14, 2020

All Day: Sheep Dog Trials at Thompson's Ranch, 3 miles NW of Heppner on Bunker Hill Rd. off Hwy. 74, between mileposts 41 and 42.

7:30 a.m.-12 p.m.: Saturday O'Brunch at St. Patrick's Senior Center. Pancakes, Eggs, Sausage and Beverage.

\$8 adults \$5 for ages 6 to 12, under 5 is free. Sponsored by Heppner Christian Church.

8 a.m.-12 p.m.: Browne House Coffee and Black Acre Farms Fresh Coffee and Homemade Goodies at 471 N Main across from City Park.

8:30 a.m.-4 p.m.: Morrow Co. Creative Arts and Crafts in the Senior Center on Main St.

9a.m.-3 p.m.: Friends of the Library Annual Book Sale at City Hall

9 a.m.-2 p.m.: Flipside Youth Ministry selling Cookies in front of Peterson's Jewelers.

9:30 a.m.-5:30 p.m.: Vendors Square at the Neighborhood Center across from City Park. 9:30 a.m.: Remembrance Walk and 5K Run Meet at United Methodist Church; 183 W Church St. social hour/registration begins at 8:30 a.m.

10 a.m.: Registration for St Pat's Polar Plunge end of Willow Street, \$20 entry. Plunge at 11 a.m. Fundraiser for Fuzz Ball Pet Rescue.

10-11:30 a.m.: Irish Coffee Hour upstairs at the Elks Club. Enter the Irish Brogue Contest and win cash prizes.

10 a.m.-12:30 p.m.: Welly Toss Held on Willow Street; Team Toss 10-12:30; Children's and Individual Toss from 10:30-12:30.

10-2 p.m.: Neighborhood Center Bag Sale clothes, shoes and books. First bag \$15, additional bags are \$10 each. Proceeds help fund the food pantry.

10 a.m.-2 p.m.: Morrow Co. Home Health and Hospice Information and Lucky Suckers for sale at 162 N Main.

10 a.m.-3 p.m.: Cruz-In Car Show on Willow Street between Heppner Family Foods and St. Patrick's Senior Center. Registration at 9 a.m.

10 a.m.: Free Children's Games in front of BEO Cotton Candy and Balloons for sale. Sponsored by the Church of Jesus Christ of Latter-Day Saints.

10 a.m.-3 p.m.: Gold Nugget Treasure Hunt on Main Street (between Baltimore and May St) Look for a "Gold Nugget" and take it to the Information Booth to claim your prize. Limit one per family please. Sponsored by Morrow Co. Veteran's Services.

10 a.m.-4 p.m.: Angell's Kitchen food and children's games at 180 N Chase St.

10 a.m.-5 p.m.: Morrow Co. Heritage and Agricultural Museums

11:15 a.m.: Leprechaun Run for grades K-6; meet at 11 a.m. in front of the Library/Museum. Free Entry

11:30 a.m.: Bed Race Teams meet at 11:15 near the Cruz-In. Race starts immediately after the Leprechaun Run. Free Entry

11:30-12:55 p.m.: O'Planky Team Relay Race Teams meet near the Cruz-in at 11:30. Race starts immediately following Bed Race. Free Entry

1 p.m.: THE GREAT GREEN PARADE. DOWNTOWN MAIN STREET. DON'T FORGET TO WEAR GREEN.

1:30-5:30 p.m.: Bouncin' Leprechauns Fun Zone at HES Gym Mountain climbing, bungee run, slides, bouncy house and obstacle course. Free for all preschool through high school aged kids due to funding provided by Morrow Co. Unified Recreation District and organized and coordinated by Heppner Day Care. Water and snacks available for purchase.

2 p.m.: Ewe-Do-Bingo Live sheep activity between BEO/AmeriTitle. Sponsored by HHS Girls Basketball; \$5 per square, for a \$300 prize. Bingo squares sold until full or at 2 p.m.

2 p.m.: Corn-Hole Tournament on Willow Street. Teams of 2 people. 17 and under, \$10 per team, 18 and up, \$20 per team. Prize for best team costume.

2-4 p.m.: CEILI Irish entertainment, upstairs at the Elks Club. Drawing for \$100 Pot O'Gold

3 p.m.: O'Ducky Race Prizes from \$10 to \$100. "Adopt" a Duck in front of Bucknum's. Sponsored by the Colt Football Program.

6-7:20 p.m.: Local Talent Show at the Gilliam and Bisbee Building. Free Admission

5 p.m.: Elks Irish Buffet Dinner at the Elks Club. Corned Beef and Cabbage, Coleslaw, Scalloped Potatoes and Garlic Bread. Live Entertainment "Branded" featuring Michele Drey from 7-11 p.m.

6:30 p.m.: "Old Time Fiddlers" Show at the Fairgrounds Dance Hall. Free Admission funded by the Morrow Co. Unified Recreation District.

7:30-9:30 p.m.: "The Gothard Sisters" at the Gilliam and Bisbee Building. Free Admission funded by the Morrow Co. Unified Recreation District. Dessert by St. Patrick's Altar Society. Drawing for \$100 Pot O'Gold

9 p.m.-3 a.m.: Wee Hours O'Breakfast served at Angell's Kitchen at 180 N Chase St. \$7 per plate; Biscuits and Gravy, Hash browns, Scrambled Eggs, Juice and Coffee.

Sunday, March 15, 2020

All Day: Sheep Dog Trials at Thompson's Ranch, see Saturday for location.

8 a.m.-12 p.m.: Vendors Square at the Neighborhood Center across from City Park.

Visit Local Churches: Attend the church of your choice all Visitors Welcome.

9 a.m.-2 p.m.: Breaking Grounds Coffee Open for Espresso and Specialty drinks, limited breakfast items. (Murrays Drug will also be open)

12:30 p.m.-2:30 p.m.: Gateway Café open for Brunch Buffet. \$10 including beverage.

1 p.m.: Road Bowling at Balm Fork Road. Sign up a team of up to four people. Meet at 12:45 p.m. Park on Balm Fork Road. Sign up at information booth. Teams are limited to 20. \$20.00 per team.

OLD TIMERS' NIGHT
Thursday, March 12th
Dinner at 6:00pm
Steak
Salad
Roasted Potatoes
Asparagus
Garlic Bread





HEPPNER ELKS 358
676-9181 "Where Friends Meet" 142 North Main

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