

# Five-day iCan bike camp returns into Hermiston

By TAMMY MALGESINI  
COMMUNITY EDITOR

A unique day camp that provides instruction on how to ride bicycles returns to Hermiston.

After a one-year hiatus, the iCan Bike program rides into town again — offering individuals with disabilities an opportunity to learn how to ride a bicycle. Cindy Middleton was the driving force behind bringing the iCan Bike to Eastern Oregon after her son, Rian, participated in the program in Longview, Washington.

“Cindy saw the success Rian had when he was younger. She saw the benefits of the independence it gave him,” said volunteer Tracy Hepworth.

In addition to learning how to ride bikes, Hepworth said the program increases self-confidence and provides an opportunity for participants to interact with others. She said learning the skill opens the door for outdoor fun.

The five-day camp



Photo contributed by Michele Madril

**A rider and volunteer participate in a past iCan Bike program in Hermiston. Both campers and volunteers can register for the program, which runs June 24-28 at Armand Larive Middle School.**

includes daily 75-minute sessions, which are offered between 8:30 a.m. and 3:35 p.m. It runs Monday, June 24, through Friday, June 28. Sessions are held at Armand Larive Middle

School, 1497 S.W. Ninth St., Hermiston. The cost is \$99 per camper.

To participate, riders must be at least 8 years old. Also, participants must be able to walk without an assistive

device, weigh less than 220 pounds and have a minimum inseam measurement of 20 inches. Hepworth said the requirements are based on specialized equipment used at the camp.



File photo

**Krista Cliff learns to ride a bike with the help of Karen Timmons, Abbi Feltner, Mindy Barron and Autumn Wiley during a past iCan Bike program. Participants and volunteers can register for this year's program, which is June 24-28 at Armand Larive Middle School in Hermiston.**

Riders initially utilize special bikes provided by the program. After working on skills indoors, they move outside to the track. By the end of the week, Hepworth said a large percentage of the participants are able to transition to riding their own 2-wheeled bike.

Riders are assisted by assigned volunteers, who must be at least 15 years old. Also, volunteers need to commit to the same time-frame each day to provide continuity for the participants. A variety of physical activity levels are needed from volunteers — from those who can walk to people able to jog at a vigorous pace.

“We have parents that come and help and kids that run cross country,” Hepworth said. “The community has been phenomenal and the kids have so much fun.”

There is a mandatory 45-minute training session for volunteers. It will be held Sunday, June 23 at Armand Larive. The time will be announced.

For camper and volunteer registration forms and additional information, visit [www.icanshine.org/hermiston-or](http://www.icanshine.org/hermiston-or) or contact [icanbikehermiston@gmail.com](mailto:icanbikehermiston@gmail.com). In addition, Hepworth can provide forms and answer questions by calling 541-667-6021.

# Hermiston author continues book tour

By TAMMY MALGESINI  
COMMUNITY EDITOR

Local author Carol Clupny has been making the rounds after recently launching her book, “The Ribbon Of Road Ahead: One Woman’s Remarkable Journey with Parkinson’s Disease.”

The Friends of the Hermiston library hosted Clupny during a May 14 book event at the Hermiston Public Library. The Hermiston woman will be heading to Portland for a Thursday, June 20 event at Broadway Books, 1714 N.E. Broadway St. It runs from 7-8 p.m.

In addition, Clupny invites people to attend an upcoming presentation coordinated by Par-



Contributed photo

**Carol Clupny shows off her book and one by John Alexander at the World Parkinson Congress in Kyoto, Japan. The Hermiston author has a June 20 book event in Portland.**

kinson’s Resources of Oregon. Dr. Delaram Safarpour of the Parkinson’s program

at Oregon Health & Science University is the featured speaker. The free event is Tuesday, June 25 from 3-4:30 p.m. at St. Anthony Hospital, Pendleton. People planning to attend are asked to register at [www.eventbrite.com](http://www.eventbrite.com) or by calling 1-800-426-6806.

Safarpour will speak on the topic, “The Basics and Beyond,” providing information on how Parkinson’s disease is diagnosed and what the common symptoms are. In addition, she will offer her insight regarding current best practices for therapeutic treatments.

The presentation is part of Parkinson’s Resources of Oregon’s effort to expand access to services and edu-

cation throughout the region. The initial launch of the effort includes a series of three lectures, grant funding for new exercise classes, support group development and personal support for individuals living with Parkinson’s disease. Future lectures will focus on “Living Well with Parkinson’s” and a discussion of current and promising research that is underway.

For more information about Clupny, to read her blog or to order her book, visit [www.ultreiablog.org](http://www.ultreiablog.org). For more about Parkinson’s Resources of Oregon, contact [info@parkinsonsresources.org](mailto:info@parkinsonsresources.org), 503-594-0901 or visit [www.parkinsonsresources.org](http://www.parkinsonsresources.org).



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**IN BRIEF**

## Relay for Life takes steps for cancer cure

The Relay for Life of Umatilla & Morrow Counties is stepping out in the fight against cancer.

With a theme of “Carnival for a Cure,” the event is Saturday from noon to 9 p.m. at Roy Raley Park, 1205 S.W. Court Ave., Pendleton. People are encouraged to participate in the fundraising event to benefit the American Cancer Society.

After the opening ceremony and survivor’s lap, a special luncheon is provided by Safeway for all survivors and their caregivers. Also, a taco truck will be available throughout the event.

In addition to raising money, the event assists in connecting cancer survivors and honoring those that have died from the disease. Event highlights include a silent auction (12:30-4:30 p.m.), a petting zoo (2-4 p.m.), special laps, including an animal lap (3:45 p.m.), a kid’s open mic (4 p.m.) and an adult open mic (6:30 p.m.).

The Luminaria Ceremony is at 8 p.m. It serves to remember friends or loved ones who lost their fight to the disease, to support those currently battling cancer or to honor survivors. The closing ceremonies are at 8:30 p.m.

For more information, contact [relaypendleton@yahoo.com](mailto:relaypendleton@yahoo.com), 541-379-6294, search [www.relayfor-life.org](http://www.relayfor-life.org) or visit [www.facebook.com/umatillarelay](http://www.facebook.com/umatillarelay).

## Wasteland Kings offer Americana with a twist

With influences from Tom Petty and Muddy Waters to the Beatles and Rolling Stones, The Wasteland Kings stirs up the genre with their own unique twist. To hear the La Grande-based band, head to the upcoming Music in the Parks.

The free concert is Monday, June 17 at 7 p.m. at Irrigon Marina Park. In case of inclement weather, the performance will be moved to Stokes Landing Senior Center, 150 Columbia Lane, Irrigon.

Packing bars, clubs and festivals across the Pacific Northwest, The Wasteland Kings have been rockin’ together since 2008. Known for the gritty blues vocals of Kris Mallory and Holly Sorensen, the band also features Mike Mallory, Mark Emerson and Al “Too Loud” Macleod. The group also “tones it down” a bit as The Acoustic Kings (including a Thursday performance from 5-8 p.m. at the Maxwell Farmers Market, at Maxwell Siding Pavilion, 255 N. First St. in Hermiston).

Sponsored by the North Morrow

Community Foundation, Music in the Parks is funded by the Morrow County Unified Recreation District and Portland General Electric. It alternates weekly on Mondays between Irrigon and Boardman marina parks through Aug. 12.

People are encouraged to bring a blanket or chair and enjoy the music. For more information, contact Jackie McCauley at 541-720-1289 or utility.clerk@cityofboardman.com.

## Brain Camp offers hands on learning

A science-based event for youths that highlights how the brain works is offered free of charge in La Grande.

Brain Camp, which also provides an opportunity for participants to touch a real brain and craft their own brain cells, is Saturday, June 22. The session runs from 9-11:30 a.m. at La Grande Middle School, 1108 Fourth St. Presented by Northeast Oregon Area Health Education Center, Go-STEM (Greater Oregon Science, Technology, Engineering, Math) and N.W. Noggin, it’s open to students in sixth through 12th grades.

While Brain Camp is free, those planning to attend need to register in advance at [www.go-stem.org/noggin](http://www.go-stem.org/noggin). For questions, contact Kim Young at [kwyoung1@eou.edu](mailto:kwyoung1@eou.edu) or 541-962-3403.

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