

# The Echo



Jan. 2013

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## Christmas Light Contest



Winners of the Christmas lighting contest can pickup their prizes at city hall. The awards were based on ballots turned in at city hall.

### Top 10:

Stuart & Lorraine Bance, 640 Kennedy  
Jerrie & Dale Fife, 210 N. Dupont  
Kim & Kevin fife, 301 N. Dupont  
Thorne/White, 120 N. Dupont  
Peggy & Frank Haines, 300 S. Bonanza  
Marie & Robert Rose, 310 S. Bonanza  
Dan & Pauline Sherbahn, 550 S. Thielsen  
David Selders, 300 W. Bridge  
Chad & Kristi Ray, 11 Smith Dr.  
Trent Fife, 630 s. Hiestand

### Honorable Mention:

Marvin & Sandy Storz, 101 W. Bridge; .Tim & Jeannette Goldie, 10 S. Prescott; Cliff & Lou Williams, 101 N. Dupont.; Brenda & Larry Hunter, 11 Smith Drive; Francisco Reyes, 41 N. Thielsen; Dan McConkey, 15 Smith Dr.;

Residents also contributed toys, food and cash to help purchase turkeys and other perishables. Sno Road Winery gathered food and \$69 in cash donations at the Horse-drawn wagon rides on December 14 & 15.

All who helped with the program felt very blessed by the generosity of our community members. Thanks to our many volunteers who help put together the baskets, wrap presents and help with deliveries: Gene & Jeanie Hampton, Jerry Gaunt, Janie Enright, Sue Kays, Chet Prior, Carol Reese, Jake Broyles, Bill Caplinger and the other Echo Kiwanis Club Volunteers.

### Cash Donations:

Anonymous (4)	\$175
Diane Berry	50
Bonnie Berry	20
Charlotte Berry	50
Echo Community Church	200
Harley & Fran Fitzhugh	10
Gene & Jeanie Hampton	20
Kiwanis Club	300
PacifiCorp	100
Swede Ramos	25
Richard Winter/Sue Kays	115
Pat & Judy Wood	25
Sno Road Wagon Rides	69



### Food:

Mr. & Mrs. Curtis Bauck  
Dave Cragun  
Frank Nelsen/Lamb Weston (boxes)  
Pine City Study Club  
Mr. & Mrs. Larry Woodall

### Toys/Giving Tree:

Nedra Albro	Bonnie Berry
Suzie Davie	Bill & Karen Douglas
Janie Enright	Kathy Enright
Robert Harris	Tara Longhorn

## Christmas for Needy

The community stepped up again this year to provide for needy families. The City, Kiwanis, School District and Echo Community Church joined forces to put together 31 food baskets filled with canned & boxed goods, fresh produce, a turkey and where there were children in the household gifts for the children.



Echo students gathered food and toys and Echo Teachers donated toys gathered at their annual Christmas party. Echo Area

**Christmas for Needy Continued:**

Joe & Mary Middleton	Elsie Middleton
Frank & Laurie Nelsen	Joe Ramos
Dina Ranger	Stephanie Ray
Janice Schulze	Alfred & Janice Scott
Bill & Judy Webb	Mr & Mrs. Larry Woodall

**Library News**

Children had fun with several holiday related crafts in December including making



New Years Hats and Resolutions during the story & craft time at the library. On January 4, children will celebrate National Bird Day and learn about Penguins. January 18 the program will be about Martin Luther King Jr. & on Jan. 25 the program will commemorate Australia Day with a craft and searches on Australia.

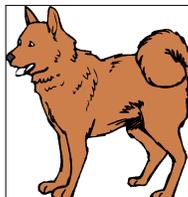
The Library Story & Craft Time follows the church's free Friday lunch (11:30 am) at 2 pm in the library. Thanks to Marie Rose & Sandy Storz for their help.

**Donations:**

Charlotte Berry	45 books
Bonnie Berry	3 books
Roxanne Callahan	60 books
Jeanne Daly	11 books
Elsie Middleton	10 books
Lou Nakapalau	2 books
Amanda Newton	12 books, 16 DVDs
Terry Rudolph	10 books
Selders Family	7 books

**Dog Licenses**

The 2012 dog licenses expired on Dec. 31 and **2013 licenses** need to be renewed. Licenses not renewed by Feb. 28, 2013 will be subject to a penalty of \$10 per month for each month the licensing is delayed. Current license fees are \$4.00 per year for



a spayed or neutered animal and \$12 per year for an unaltered animal. Proof of a current rabies shot is required.

**Blood Pressure & Nature**

This information comes from GreenTalk via the America in Bloom Newsletter

*For the initiated, new research coming out of Japan may seem to be just another form of supporting evidence for the benefits of nature to man, but for the analytical science types, it breaks new ground, redefining the role of nature on a molecular level. Researchers are evaluating the human response to walking among trees/nature compared to walking in a strictly urban environment, and they're quantifying it with brain-imaging technology, blood pressure, hormone analysis, and heart rate.*



*The findings are striking. to look to nature's existing solutions for inspiration.*

*For centuries, gardens have been a place of repose, a source of healing. But it's*

**Kopacz Nursery & Florist**



**"Helping Make Echo More Beautiful"**

Kopacz Nursery sponsors Echo's Beautification Program each year; Providing plants, labor & green house space for floral displays & donates annuals for public areas.

- Beautiful Bouquets
- Gift Center
- Blooming & Houseplants
- Visit us on Facebook

541-567-3278  
465 W. Theater Ln. Hermiston



## Healthy Benefits of Nature Cont.

only recently that science and psychology have paired up to give us tangible research results about how plants, flowers and green landscapes affect both physical and mental health. You probably knew that plants make us feel happier, that gardening is good exercise, and so on. But did you know that greener spaces can reduce stress levels (we're talking heart-rate, blood-pressure proof), improve children's ability to cope with attention deficit disorder, increase work productivity in office environments, help people recover from surgery, increase the amount of money people are willing to spend in a shopping district, reduce crime rates and much more?



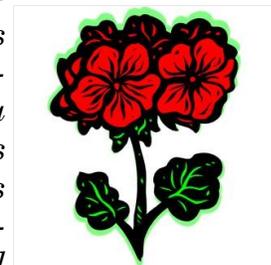
Plants have been providing physical and mental benefits since the beginning of time. In a culture filled with high-stress, fast-paced lifestyles, anything that provides relaxation or stress-reduction is considered a luxury.... However, to see the whole picture, let's start at ground level and present some of the evidence—the concrete, proven reasons why live plants and flowers make a difference. (The studies mentioned here are just a few examples of the numerous findings we uncovered.) If we, as an industry can better articulate why plants are important, then maybe, we can do a better job communicating that to the public.

### Stress reduction

To put it simply: We live in a society crammed with stimuli that overwhelm our senses, creating serious stress. An environment dominated by plants appears less complex and reduces the excitement caused by other stimuli, thus reduc-

ing stress.

The Center for Urban Horticulture, University of Washington, notes that numerous studies have shown that brief encounters with nature can aid cognitive fatigue recovery—i.e. it helps us concentrate better. According to Roger Ulrich, a behavioral scientist at Texas A&M University, plants lower blood pressure and reduce muscle tension related to stress. People in his study who viewed nature after stressful situations displayed not only reduced physiological stress, but they had better interest and attention and reduced feelings of fear and anger/aggression.



A study by Eunhee Kim and Richard Mattson of the Kansas State University Horticultural Therapy Program compared the stress-recovery effects of red-flowering geraniums to green geraniums and no geraniums. The conclusion: Red geraniums significantly enhanced stress recovery in high-stress situations for the females in the study. (Interestingly, there weren't significant differences in responses with the males.)

**Tip:** If you don't want to read the entire article, here are a few highlights: select bright flowering plants, those with a pleasing scent and that are visually appealing to you. It will help you physically & mentally. Gardening or just a stroll through nature can help you cope with stress and lower your blood pressure.



## Red to Red 2013

Planning is underway for the 2013 Red to Red MTB Cycle Race on March 1, 2 & 3. Crafts & vendor spaces are available this year. Music and entertainment will be provided on Bridge & Dupont. Streets near the park & at the winery.. Contact City Hall or Stephanie Myers at Echo Bike & Board for further information. Echo Bike & Board also has a Facebook page. & the Red 2 Red website is <http://echored2red.com/2012> Echo Red 2 Red XC

[MTB Race/Home.html](#).



## Library Services

**Library2Go Oregon's Digital Library** Service is available to Echo Library Patrons. Patrons can access 15,000 current downloadable audiobooks, e-books, and videos. Since our library is not yet automated, you cannot access the site using your library card number. You will first need to contact the Librarian at 541-376-8411 and ask her to set you up. You will then go to the website, select Login on the upper right of the screen. This will open a radio button and select Libraries of Eastern Oregon 2. It will then ask for your library card number. This is the number the librarian will provide you. You can then request downloads of digital materials. The website is:

<http://library2go.lib.overdrive.com/6ECAF59D-F0A0-4E84-9DE6-628A87BC0946/10/438/en/Default.htm>.

Several of the websites available to Echo patrons can be found by going to the city's website at [www.echo-oregon.com](http://www.echo-oregon.com), then click on the Library photo at the bottom left. On the right at the bottom of the box labeled "Library Learning" is the link to several websites..

**Gale Cengage:** Click on this link and it will open up the website where you will see a list of 23 searchable databases and 13 Infotrac collections. Don't want to pay for a magazine subscription? go to the bottom collection, Popular Magazines and when it asks for your password type: trial. You can then type in a subject such as Gardening and it will provide a list of periodicals with articles on gardening. Each

time you switch databases or collections you will have to retype the password.

Check with the librarian



on how to access: **World Book** -Full 2012 World Book Encyclopedia for adults, World Book Info Finder, World Book Kids, Spanish Encyclopedia, 200+ world newspapers, and much more.



Free wagon rides started at the Sno Road Winery Dec. 14 & 15.

## Echo Mural

The Echo Koontz Miller Mural that will be placed beside the Echo Sign on Main & Thielsen has arrived (picture at right) and will be mounted sometime this month. Artist is Chris Lee Marcum.



## Park Shelter

Below is a picture of the new park picnic shelter under construction in the Fort Henrietta Park. Next will be playground equipment & exercise stations. While the shelter looks small here it is 32 x 16 ft.



## Donations/Memorials

Karen J. Luciani Anderson \$100/Downtown Pasquale Anolfo Memorial Total \$90