

ACHIEVING SUCCESS with the KETOGENIC DIET and INTERMITTENT FASTING

Thursday, March 14, 2019
7pm–9pm

Jolts & Juice Upper Deck
298 S Oregon St • Ontario, OR

PRESENTED BY
Michael Chase, MS
Dietetics/Nutrition

Learn how to use a carbohydrate controlled diet combined with intermittent fasting to lose weight, control blood sugar, enhance cognitive function, and improve overall health.

serving ontario for over 40 years

Catch up with all the local news @malheurenterprise.com

BUSINESS BEAT

Put your business on solid footing

By Andrea Testi
For the Enterprise

I recently asked a local contractor if he could build a house without a blueprint. He answered, “Yes, but it would end up a mess.”

A mess because it would not take into account all of the factors needed when building a house. How big does the foundation need to be, how much lumber do you need, and most importantly, what does the homeowner want? Sure the contractor could guess along the way, but there would be a lot of angry, frustrated subcontractors not to mention the homeowner that would be paying the cost for all the guessing going on.

Just like building blueprints detail every aspect of the finished house, your business blueprint details exactly how you imagine your business looking once all the building work is done.

So what’s the benefit of having a business blueprint? You will earn more, work less and build a sustainable business that you love serving the client you want to serve. And for a new business you defeat the odds of becoming a statistic……. a closed business shortly after it opened.

Your business blueprint removes the struggle that business owners without a blueprint feel every day. Your foundation includes your business structure, company purpose, business and personal goals, products and services, marketing, marketing plan, income statement and financial management. And every time one of these key foundational pieces is missing or isn’t

working your business and your customers and most importantly you feel the impact. It shows up as struggle. Things like payroll is tomorrow and there isn’t enough in the bank account to cover that, you work even longer hours trying to figure it out and fear and anxiety consume your thoughts. You question yourself and wonder if you really can get what you want from your business.

Your business blueprint connects all the dots! That means that your structure lines up with the purpose of your company and your business and personal goals and your business and personal goals line up with your products and services and your products and services line up with your ideal client and your ideal client lines up with your marketing plan and your structure, purpose, goals, products and services, ideal clients and marketing plan all create an income statement that is profitable giving you the ability to have the right credit vehicles in place so you have the cash flow you need to run your business and pay yourself EVERY month!

Sound too good to be true? It isn’t!

Your business blueprint removes all the guess work and allows you to put your real dreams, thoughts and expectations on paper and have a very specific step by step plan to achieve what you want for and from your business. This truly is the American dream of owning your own business.

Yes, you could build your business without a blueprint, but as my trusty contractor says, “It will end up a mess.”

Andrea Testi is director of the Treasure Valley Community College Small Business Development Center. For information, contact her at SBDC@tvcc.cc.

Gain Confidence with Computers

Starting at the April 2nd, **Vale City Library** will be offering **FREE basic computer classes** for **adults** in our community. Classes will be held twice a week for 6 weeks.

Sign up at the library or give us a call and we will put your name on the list!

FOR MORE DETAILS
Contact Morgan Quintero at 541.473.3902 or mquintero@cityofvale.com
Seats are limited! First come, first serve.

Vale City Library • 150 A St E • Vale, Oregon • 541.473.3902

Saint Alphonsus Foundation 2019 Scholarships

PURPOSE

The Saint Alphonsus Foundation Scholarships were established through contributions from the 2018 Saint Alphonsus Hoedown, an annual event, which raises money for local students wishing to pursue an education in healthcare. The hope is that post-education, these students will return home to enhance the well-being of local communities and positively impact the area’s ability to recruit and retain quality healthcare professionals. Applicants will be selected for scholarship awards by Saint Alphonsus Foundation Board Members.

SCHOLARSHIPS

One scholarship of \$1,000 will be awarded in memory of David Bates who dedicated years of his life to the healthcare profession at our Ontario hospital. David is sorely missed by the Saint Alphonsus family and will live on in our memories. **One scholarship of \$1,000 will be awarded in honor of Sister Kay Marie who is the epitome of grace.** As a member of the hospital board, Sister gave her time and talents freely and makes our world a better place. At least 8 additional scholarships of \$500.00 or more will also be awarded. Students may re-apply for a scholarship each year.

SCHOLARSHIP CRITERIA (applicants must):

- Be enrolled or plan to be enrolled in a college or university in a healthcare-related field.
- From the surrounding areas of Parma, Nyssa, Vale, Ontario, Weiser, Payette, Fruitland, or New Plymouth.
- Commit to provide healthcare related services in the surrounding community after graduation.



Saint Alphonsus - Ontario Foundation Scholarship Application

Last Name

First Name

Mailing address

City / State / Zip code

Phone number

Email

School currently attending: _____

School you plan to attend this coming academic year: _____

My field of study will be: _____

Applicant must submit an essay (250 to 300 words) to the application committee addressing each of the following:

- What field of healthcare the applicant is interested in
- Why the applicant is choosing that field
- Why the applicant believes it is important to give back to his or her community

Applicant must also submit 2 letters of recommendation.

Completed applications must be submitted by April 12, 2019 to the following address or email:

Saint Alphonsus Ontario Foundation, Inc.
351 SW 9th Street | Ontario, OR 97914
Olivia.Sorensen@SaintAlphonsus.org



Saint Alphonsus
FOUNDATION - ONTARIO