

AccuWeather.com Forecast

TODAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Showers around this afternoon	Partly sunny with showers around	Periods of rain	Breezy and mild with rain	A morning shower; rather cloudy

PENDLETON TEMPERATURE FORECAST				
47°	33°	46°	37°	59°
47°	34°	44°	37°	59°

HERMISTON TEMPERATURE FORECAST				
47°	34°	44°	37°	59°
47°	34°	44°	37°	59°

ALMANAC

PENDLETON

through 3 p.m. yesterday

TEMPERATURE	HIGH	LOW
Yesterday	54°	33°
Normals	44°	28°
Records	66° (1934)	-18° (1950)

24 hours ending 3 p.m. 0.01"

Month to date 0.14"

Normal month to date 0.09"

Year to date 0.86"

Last year to date 0.76"

Normal year to date 1.47"

HERMISTON

through 3 p.m. yesterday

TEMPERATURE	HIGH	LOW
Yesterday	43°	28°
Normals	45°	29°
Records	64° (1934)	-28° (1950)

24 hours ending 3 p.m. 0.03"

Month to date 0.13"

Normal month to date 0.06"

Year to date 0.57"

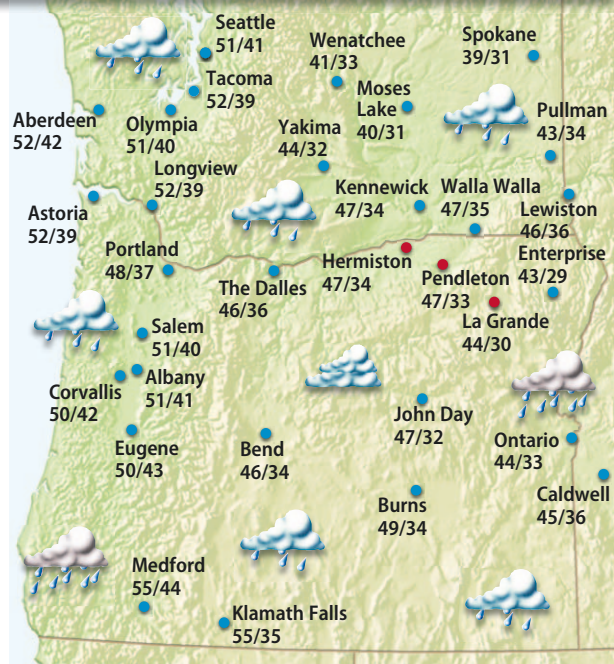
Last year to date 0.60"

Normal year to date 1.34"

SUN AND MOON

Sunrise today	7:15 a.m.
Sunset tonight	5:04 p.m.
Moonrise today	5:18 p.m.
Moonset today	6:44 a.m.

	Full	Last	New	First
	Feb 3	Feb 11	Feb 18	Feb 25



REGIONAL FORECAST

Coastal Oregon: Occasional rain today and tonight. A couple of showers tomorrow.

Eastern and Central Oregon: Periods of rain today; arriving in the afternoon across the north.

Western Washington: Cloudy today with a couple of showers. Periods of rain across the south tonight.

Eastern Washington: Cloudy. Morning snow, then rain in the mountains; showers across the south, near the Idaho border and the Cascades.

Cascades: Cloudy today; periods of rain; however, dry across the north.

Northern California: Mostly cloudy today; a little rain in the interior mountains. Mostly cloudy tonight.

REGIONAL CITIES

	Today			Wed.		
	Hi	Lo	W	Hi	Lo	W
Astoria	52	39	sh	53	45	sh
Baker City	41	26	sh	41	32	sh
Bend	46	34	r	51	36	sh
Brookings	58	49	r	58	52	c
Burns	49	34	r	50	35	c
Enterprise	43	29	sh	44	32	sh
Eugene	50	43	r	53	46	sh
Heppner	47	34	sh	48	35	sh
Hermiston	47	34	sh	44	37	sh
John Day	47	32	c	49	35	sh
Klamath Falls	55	35	r	54	38	c
La Grande	44	30	sh	46	38	sh
Meacham	40	27	sh	44	34	sh
Medford	55	44	r	57	41	c
Newport	54	44	sh	57	50	sh
North Bend	56	48	r	61	51	sh
Ontario	44	33	r	45	36	sh
Pasco	45	35	sh	44	38	sh
Pendleton	47	33	sh	46	37	sh
Portland	48	37	sh	49	43	sh
Redmond	45	34	r	51	39	sh
Salem	51	40	sh	51	44	sh
Spokane	39	31	r	40	35	c
Ukiah	42	29	sh	46	34	sh
Vancouver	48	35	sh	49	40	sh
Walla Walla	47	35	sh	46	38	sh
Yakima	44	32	sh	43	36	sh

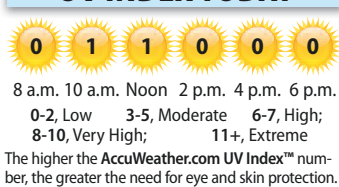
WORLD CITIES

	Today			Wed.		
	Hi	Lo	W	Hi	Lo	W
Beijing	48	25	s	44	21	s
Hong Kong	71	60	pc	70	54	s
Jerusalem	61	40	s	57	43	pc
London	42	30	c	42	31	pc
Mexico City	71	39	c	73	42	s
Moscow	28	21	sn	27	20	sf
Paris	36	30	pc	39	27	pc
Rome	52	46	r	56	47	r
Seoul	41	21	pc	40	21	pc
Sydney	76	64	sh	76	67	pc
Tokyo	46	35	s	47	37	pc

WINDS

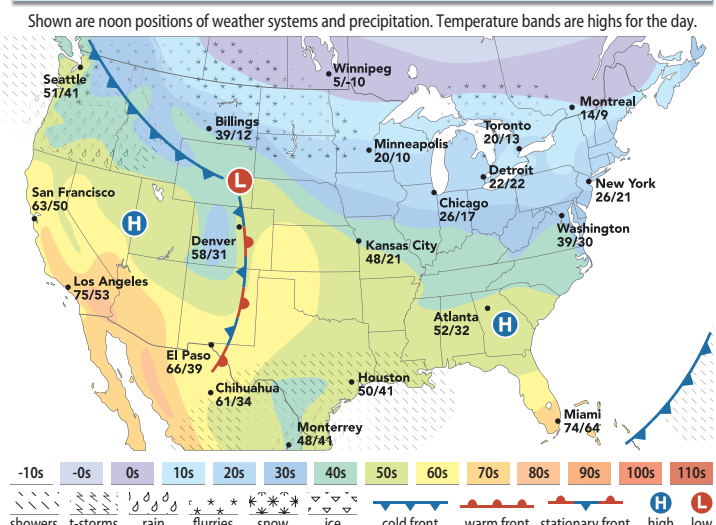
(in mph)	Today	Wednesday
Boardman	N 3-6	NE 3-6
Pendleton	W 3-6	NE 3-6

UV INDEX TODAY



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NATIONAL WEATHER TODAY



National Summary: Light snow will spread from the northern Rockies to the northern Plains as rain spreads from Texas to Louisiana today. Rain and snow will fall on the Northwest as Arctic air grips the Northeast.

Yesterday's National Extremes: (for the 48 contiguous states)
High 85° in Miami, Fla. **Low -31°** in Embarrass, Minn.

NATIONAL CITIES

	Today			Wed.				Today			Wed.		
	Hi	Lo	W	Hi	Lo	W		Hi	Lo	W	Hi	Lo	W
Albuquerque	57	32	s	60	32	s	Louisville	44	34	pc	48	22	c
Atlanta	52	32	s	58	37	c	Memphis	50	35	s	57	29	pc
Atlanta City	30	24	s	46	33	pc	Miami	74	64	c	75	69	pc
Baltimore	33	23	s	48	32	c	Milwaukee	23	16	sn	24	2	c
Billings	39	12	sn	32	24	pc	Minneapolis	20	10	sn	19	0	pc
Birmingham	52	30	s	59	37	c	Nashville	48	32	s	55	27	pc
Boise	48	36	r	47	39	sh	New Orleans	53	45	c	57	45	r
Boston	21	13	s	25	25	sf	New York City	26	21	s	41	32	c
Charleston, SC	52	33	s	63	45	c	Oklahoma City	59	38	s	52	23	c
Charleston, WV	38	27	pc	51	25	pc	Omaha	37	12	sn	21	-7	sn
Chicago	26	17	sn	26	1	sn	Philadelphia	30	23	s	46	33	pc
Cleveland	27	24	pc	36	13	sf	Phoenix	75	52	s	76	52	s
Dallas	57	41	pc	62	35	c	Portland, ME	20	5	s	30	23	sf
Denver	58	31	pc	32	25	sn	Providence	21	11	s	37	28	c
Detroit	22	22	pc	31	6	sf	Raleigh	46	29	s	56	38	pc
El Paso	66	39	s	70	37	s	Rapid City	45	12	sn	26	16	pc
Fairbanks	-9	-27	s	-14	-32	s	Reno	65	35	c	65	42	c
Fargo	18	-1	c	12	-1	s	Sacramento	67	44	c	63	48	pc
Honolulu	82	71	sh	82	68	sh	St. Louis	49	33	pc	39	12	sn
Houston	50	41	sh	62	47	r	Salt Lake City	56	42	r	53	37	c
Indianapolis	35	26	c	36	9	sn	San Diego	68	54	s	68	54	s
Jacksonville	57	40	pc	62	50	c	San Francisco	63	50	c	61	51	pc
Jackson City	48	21	pc	26	2	sn	Seattle	51	41	sh	51	45	c
Las Vegas	71	46	s	71	46	pc	Tucson	74	47	s	75	47	s
Little Rock	54	32	s	59	30	c	Washington, DC	39	30	s	52	36	pc
Los Angeles	75	53	s	74	53	s	Wichita	58	29	s	39	15	sn

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

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To submit community events, calendar items and Your EO News: email community@eastoregonian.com or call Tammy Malgesini in Hermiston at 541-564-4539 or Renee Struthers in Pendleton at 541-966-0818.

To submit engagements, weddings and anniversaries: email rstruthers@eastoregonian.com or visit www.eastoregonian.com/community/announcements

To submit a Letter to the Editor: mail to Managing Editor Daniel Wattenburger, 211 S.E. Byers Ave., Pendleton, OR 97801 or email editor@eastoregonian.com.

To submit sports or outdoors information or tips: 541-966-0838 • sports@eastoregonian.com

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FIRE: 'This is as close as you can get to the real thing'

Continued from 1A

smoke eventually gave way to large plumes of dark gray smoke and the house was quickly engulfed in fire.

As crews of four to five firefighters periodically doused small amounts of water on the burning building, Pendleton Fire Department Capt. John Richardson said the intent of the exercise was to control the fire without completely putting it out.

While the ground crews eventually needed help from a hose affixed to a fire engine's ladder to avoid endangering a set of nearby power lines, the house started to fall apart the way Benedict intended, with the roof caving in before the house's far walls fell inward.

With the house fire burning steadily behind her, Hermiston Fire and Emergency Services firefighter Andi Walker spoke about the valuable training experience Burn to Learn offered.

Walker, a two year veteran, said some of the younger firefighters could learn from teachable moments outside the classroom, something a normal fire scene might not afford.

"This is as close as you can get to the real thing," she said.

Contact Antonio Sierra at asierra@eastoregonian.com or 541-966-0836.

LUNCH: USDA reimburses school district \$3 per meal served

Continued from 1A

The USDA reimburses the school district \$3 per meal served, and each meal costs the district about \$1.70. The rest is used to cover overhead expenses.

Some people see the program as a middle class entitlement, but Concannon said many families in those high-poverty districts made just barely enough money not to qualify for free or reduced lunch but still struggled to make ends meet.

"The rationale behind that is to simplify the administrative process for school staff and to feed those students," he said.

Concannon said CEP schools across the country are reporting fewer absent or late students and fewer trips to the nurse's office with a headache or stomachache.

"We want kids not to be struggling in school because they're hungry," he said.

The program is also designed to cut down on child-

hood obesity, he said. The USDA meals, with a whole grain, protein, fruit, vegetable and one percent milk, are often healthier than meals that parents send with their children.

Concannon said the USDA has been working with universities to study what factors lead to students making the healthiest school lunch decisions. The layout of the lunchroom makes a difference, they found. Students also take more fruits and vegetables from the salad bar if there is better lighting, if they have more time to eat and if they eat lunch after recess instead of before.

He said at elementary schools they also found that colorful signs naming choices "Gameday grapes" or "Champion Caesar salad"

ad" encourage more students to eat them.

"We call that the smarter lunch room, that whole package," he said.

In Umatilla, Larsen said the district has been working to implement some of those findings. Students are given a few minutes of extra eating time, the lunchroom has been redesigned and the district is working on creating its own signs adding adjectives to all of the food and showing students how much one serving is.

She said students in Umatilla are already unusually good at eating from the salad bar, and she tries to keep it stocked with items that have proved popular.

"We have pretty good luck with our kiddos eating fruits and vegetables," she said.

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