

PENDLETON

Walking for a cure at Roy Raley

By JAYATI RAMAKRISHNAN
East Oregonian

By 4:30 p.m., Kristi Worden had walked 12 and a half miles without leaving Roy Raley Park. As a participant in the Relay For Life event Saturday, Worden was one of about 250 who started walking laps around the Pendleton park that morning for the event, which raises funds for cancer research.

But not many persisted as long as she did. Worden was few who walked continuously from the beginning of the event at 10 a.m. without stopping to rest.

"I'm walking for my mom, Pam," Worden said. "She has breast cancer and is in treatment right now."

Worden said she was also walking for her grandfather, who died of mesothelioma.

Along with John Doherty, Worden adopted the spirit of Relay For Life. Originally, the event, founded in 1985, lasted for 24 hours to help people realize that "cancer never sleeps."

The two Heppner residents said they had gotten lots of encouragement from people who heard they were doing the event.

"(Worden's) mom just started treatment," Doherty said. "So her family thought it was a good time to join."

Pendleton has had a Relay for Life for about



Staff photo by Kathy Aney

Elizabeth Lindberg holds her dad's hand as she walks Saturday during Relay for Life in support of her grandmother, who is undergoing cancer treatment.

15 years, said coordinator Carol Preston. This year, their goal was to raise \$50,000. By Saturday afternoon, they had raised \$40,450.

Though the money goes to the national American Cancer Society organization, Preston said this year the local chapter will be able to apply to get five percent of the funds raised back to use at a community organization.

The event this year

drew 27 teams, Preston said, some representing local businesses, groups of friends or families.

There are several events that take place each year, such as the survivor lap, and the setting out of luminarias, or bags decorated to honor a person who died of cancer or is fighting it now. A small candle is placed in the bag to light it up.

The event features live music, a silent auction, and a variety of food vendors.

But the highlight for most is the sense of community among those walking.

"My first year, I met a woman who was 30 years out of breast cancer, and I was two years out," Preston said. "It's good for us to meet others, and know we're not going through it alone."

Former Pendleton residents Gert and Dan Hawthorne came down from Richland. Dan has had basal cell carcinoma four times, and the couple have been involved with Relay for Life since their granddaughter asked them to be on a team 12 years ago.

Gert has served on the planning committee in many different roles, and said she has had many family members battle cancer. Her sister passed away from pancreatic cancer.

"I encourage people to get the appropriate tests, and work in partnership with their doctors," she said.

Though the crowd thinned out a little after some rain Saturday afternoon, a group of people kept walking through it all.

Worden looked at Doherty and smiled.

"I'm going to keep walking until he gives up," she said.

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Staff photo by Jade McDowell.

Attendees at a regional school and childcare nutrition training sample different recipes.

School lunches will get a menu makeover

By JADE MCDOWELL
East Oregonian

While pizza, sloppy Joes and chicken nuggets still make an appearance in school cafeterias sometimes, today's school lunches are not what they used to be.

"I like to encourage parents to go have lunch with their students at school at least one time to see how things have changed," chef Garrett Berdan said. "They might be surprised to see the variety, the different colors, the love and care that goes into them."

Berdan was at Umatilla High School on Friday, teaching child nutrition program professionals from schools and daycares around Eastern Oregon for a training sponsored by the Oregon Dairy and Nutrition Council and the Oregon Department of Education's Child Nutrition Services. The annual trainings cover a variety of topics, such as evidence-based lunchroom design that helps encourage kids to make healthier eating choices. Friday morning's training included a section on knife skills with fruits and vegetables and fresh herbs.

By 1 p.m. attendees had cooked 16 different recipes and everyone sat down to try the buffet of options. They loaded up plates with arroz con pollo, spicy Asian noodles with tofu, fiesta chicken chili, Brazilian rice and beans, berry smoothies, oatmeal, roasted garbanzo beans and more.

Most of the recipes, Berdan said, were adapted from the Food Hero program that Oregon State University's extension service uses to teach families about affordable, nutritious cooking (anyone can look up recipes at www.foodhero.org).

"It's nice to have those recipes featured at school, because there's a good chance they have already tasted them at home, especially if their families are SNAP recipients," he said.

U.S. Department of Agriculture standards for school and childcare nutrition have gotten more strict in the past 20 years, Berdan said, which presents more of a challenge but also means that in many cases students today are eating healthier meals at school than their parents did.

Menus will vary depending on who runs the kitchen,

but for the most part culinary specialists are encouraged to offer a more diverse selection that represents a variety of cultures.

Rikkilyn Larson, child nutrition director for Umatilla School District, said Friday was the second time Umatilla had played host to one of the state's continuing education trainings. Last time she picked up a few new recipes she incorporated into Umatilla school lunches, including a gourmet grilled cheese sandwich with roasted tomatoes. This time she found a few more she wanted to try.

"It's so amazing," she said. "I always learn something new."

As attendees tasted the various recipes, accompanied by Armand Larive Middle School students who were documenting the event for ALTV, they discussed ways to adapt them for their own students. Several people thought the fiesta chicken chili turned out too spicy for younger students, for example, and one table decided they would add pineapple juice to the berry smoothie to sweeten it without adding sugar. Some attendees discussed which recipes could be used for students who are gluten-free, dairy-free or have other dietary restrictions — something that has become increasingly common.

Larson said it can be hard to walk the line between offering healthy, diverse foods and offering selections that most students will eat on any given day.

Umatilla County Sheriff's Office looking for armed suspects in two crimes

East Oregonian

PENDLETON — The Umatilla County Sheriff's Office seeks the public's help to find two armed suspects from crimes on opposite ends of the county.

The sheriff's office reported it received a call Saturday at 7:58 p.m. of a robbery that occurred that morning at the Taj Food Mart, 84802 Highway 11, Milton-Freewater. The owner said a young Hispanic male entered the store at approximately 6:30 a.m., grabbed an 18-pack of Budweiser and ran out of the store.

The suspect got into the passen-

ger side of a white Chevrolet car with damage to the front passenger side, and the car took off toward Milton-Freewater. The gas attendant followed the car until one of the occupants on the Chevrolet held a handgun up in the air, displaying it for her to see.

And Sunday around 1:20 a.m., staff at the Comfort Inn & Suites, 77514 S. Highway 207, Hermiston, reported a robbery just occurred.

"A male suspect entered the lobby of the business, displayed a gun and demanded the clerk give him all the money in the cash drawer and safe," according to the sheriff's office.

The clerk complied and the robber left. He was possibly Hispanic, approximately 6 feet tall, had dark hair, wore a light colored jacket with a hood over and around his face. He carried a dark colored bag or backpack, which he told the clerk to put the money into.

The sheriff's office reported it is working with the business to retrieve video and anticipates releasing clearer photos soon. The suspects in both crimes remain at-large. The Umatilla County Sheriff's Office asked anyone with information about either crime to contact the 24-hour dispatch center at 541-966-3651.

HERMISTON

School district narrows potential bond projects scope

By JAYATI RAMAKRISHNAN
East Oregonian

A group of community members and district employees trying to help the Hermiston School District come up with its next bond request has narrowed their options.

Stacey Stanek and Phil Hamm, co-chairs of the Hermiston School District Facilities Planning Committee, presented two "project mixes" to the school board at a recent meeting. They also asked the board to approve the facility master plan.

Project mix "A" has four goals: replace Rocky Heights Elementary School, renovate Sandstone Middle School, renovate Highland Hills Ele-

mentary School and expand Hermiston High School.

Project mix "B" has all the same projects as "A," with one exception. Instead of renovating Highland Hills, project mix "B" calls for replacing the school.

Committee members said project mix "A" had an estimated cost of around \$67 million, and project mix "B" had a projected cost of between \$75 million and \$90 million.

District Operations Manager Brad Wayland said the board will now review the information presented to them, and likely ask him for more details about the potential costs and what a bond structure would look like for each of project.

"I anticipate several

months of back and forth between myself, the board and Superintendent (Tricia) Mooney," he said.

After making presentations to parent and community organizations, the committee held two public meetings where people could come and ask questions about the potential projects. The committee then voted on a list of priorities based on their research.

"Number one was replacing Rocky Heights, and number two was renovating Sandstone," committee co-chair Stacey Stanek told the board.

Stanek said the third priority was building a new elementary school and fourth was expanding the high school.

But Wayland said that

when considering the district's financial situation, building a new elementary school would have limited the district's ability to complete the first two projects.

"The committee rapidly realized we didn't know the exact numbers of what we could spend, but had ballpark figures of what to spend to keep taxes stable," he said.

Wayland said he didn't know what the exact cost of each project would be, because the numbers were based on current dollar values, and didn't factor in inflation.

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