

SISTER: Meals featured much larger servings than in Japan

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the Farm-City Pro Rodeo, a prospect they hadn't anticipated.

Minamisoma and Pendleton were connected as sister cities because of their shared passion for horsemanship, as evidenced by the Round-Up and the Soma-Nomaai Festival, a Minamisoma tradition that features horse racing and processions.

Despite Minamisoma being more than four times the size of Pendleton, the feeling among the group was that the Round-Up looked like the larger event.

But beyond rodeos, the Minamisoma teenagers

mused on some of the other cultural differences.

Haruka Kyoya said American meals feature much larger servings than in Japan, although she had no trouble finishing any of the food she was offered, prompting giggles from her classmates.

Miya Sato said American kids her age were more independent than they are in Japan, as evidenced by their ability to drive themselves to school.

While many of the group members were making their first trip to the U.S., Keller was making her return trip to Pendleton.

Keller was just a chaperon when she made her



Staff photo by E.J. Harris
Arisa Sato, center, takes a cellphone photo of birds in one of the flight pens while on a tour of Blue Mountain Wildlife in Pendleton.

trip to Pendleton 15 years ago and has since become a staff member for the Japanese side of the exchange

program.

Back then, Pendleton hosted the Japanese students during Round-Up week, and she was surprised to see the rodeo grounds looking so empty a few weeks before their signature event.

But Keller's memories seemed fond, and many of the girls expressed fondness for their host families.

Jordan McDonald, who was chaperoning Monday's activities with his wife, Pendleton City Councilor McKennon McDonald, was glad to hear that the host families were treating their guests well.

McDonald chaperoned the group of Pendle-

ton High School students who made the trip to Minamisoma this year and was impressed with their hosts' level of hospitality.

"It was like going back in time with an extra large dose of politeness," he said.

McDonald will take over as president of the Pendleton Cultural Foundation, the group that sponsors the exchange locally, next year. He plans to focus on educating host families on Japanese hosting customs to make sure they're keeping up with their sister city partners.

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HEALTHY: Funnel cakes, fries topped with cheese, and ice cream

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by the end of the week it had run out. Monica Lopez said some vendors sell fruit cups with chili powder, a healthy choice. But while surrounded by the abundance of fatty foods at every corner, she had trouble thinking of other options.

"I guess they have kettle corn, but I don't know how healthy that is," offered Mandy Erhardt.

So I headed over to KC Brand Kettle Corn to ascertain just what's in the sweet snack is. Zac Berven described it as "along the line of chips," meaning it was cooked in an oil and had a lot of carbs and sugar.

"It's a great snack, but I wouldn't recommend eating it every day," he said.

According to Livestrong, a three-cup serving of kettle corn contains 195 calories, 32 grams of carbohydrates and a little over seven grams of fat. As for other fair foods, Livestrong writes funnel cakes have about 760 calories and 44



Staff photo by E.J. Harris
A pair of beef cuts roast on an electric spit at the Piggy's Barbecue food cart on Saturday at the Umatilla County Fair in Hermiston.

grams of fat and a three-ounce plate of cheese fries are about 360 calories. Elephant ears contain about 300 to 500 calories, according to Time.

Berven said it is possible to eat healthy at the fair, but it's hard. He suggested taco stands, which use less oil.

On the other side of the fairgrounds, Brandi and Tony George were enjoying beef nachos under the canopy of Ruty's Restaurant, a Hermiston

Chan School of Public Health are rich in omega-3 fatty acids, fiber, protein, calcium, phosphorus and zinc.

So I went out in search of where this drink was sold, thinking it would lead me to an abundance of healthy options.

Just as I started to lose hope, lost amongst the funnel cakes, fries topped with cheese sauce and ice cream cones, I found it. Hanging on a clear juice canister was a small sign with the words "cucumber with chia seeds." It was housed at Maguey Grill, a California vendor that works the fair circuit. The cucumber drink was aguas frescas, a fruit beverage blended with sugar and water. The stand also had a watermelon flavor and a mango and pineapple flavor.

I asked the woman working at the stand, Teresa Deanda, if she thought it was possible to eat healthy at the fair. She gave me a discerning look.

"Yes, because for us everything we make is

healthy," she said.

Deanda said she makes the rice without canned goods. She also uses Mazola corn oil, which according to a study cited in Prevention magazine can be more effective than olive oil in reducing bad cholesterol. And the aguas frescas are made fresh every day, according to Deanda.

And to top it all off: "We serve fresh fruit cups," she said gesturing to a fridge filled with cups of melon, cucumber and pineapple.

I felt like I had found the holy grail of healthy fair food, even with the admittedly processed cheese nachos on the menu.

Angie Treadwell of the Oregon State University extension program and SNAP-ed coordinator promotes healthy living, but she said life is all about balance.

"Putting it in perspective, if you're going to eat an elephant ear once a year that's not that bad," she said.

If someone did overindulge at the fair, the

best way to get back on track for healthy eating is to get back to a routine and implement some self-care.

"They should do things to take care of their body," she said.

But she also endorsed the fair for other healthy attributes, such as community interaction. Treadwell said being part of a community is another important component to well-being. Plus, people engage in light exercise by attending the fair.

"Everybody's walking — they're already off to a good start," she said.

So, yes it is possible to eat healthy at the fair. With fresh fruits and vegetables and healthy cooking oils, all signs point to taco stands. But with a surfeit of greasy and sugary foods at every turn, people might be better off saying, "The diet starts tomorrow."

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WHEAT: Immigrant 'overjoyed' by shipment

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Air National Guard, grew up surrounded by wheat fields in Condon. He said he is proud of U.S. humanitarian efforts and pleased that Oregon wheat is doing its part.

"If you are blessed with bounty, you should share it," McLane said. "And we here in Oregon are blessed with bounty."

Finally, Mohamed Aly-

ajouri, a first-generation immigrant from Yemen, spoke about the need for emergency relief back in his home country, where many of his family members still remain.

Alyajouri, who works as a health care administrator for Oregon Health and Science University, came to the U.S. when he was 10 years old. He is the first Yemeni-American elected to pub-

lic office in Oregon, serving on the Portland Community College Board of Trustees.

Though Oregon is now home, Alyajouri said Yemen will forever be in his heart. He said he was "overjoyed" to hear local wheat was on its way to assist the Yemeni people.

"I'm excited for the future and opportunities to build many more bridges between Oregon and Yemen," he said.

BRIEFLY

Classic car crashes into onlookers; 1 critically hurt

THE DALLES (AP) — Authorities say one person was critically injured after a classic car driver accelerated quickly in The Dalles, flipped over and struck several people who were watching nearby.

KATU reports that The Dalles police responded to the incident around 10 p.m. Saturday.

Investigators say the driver was in a 1955 Chevy Bel-Air and rapidly accelerated after the light turned green. Some witnesses say the driver was trying to race a vehicle in the adjacent lane.

Police say the Chevy Bel-Air flipped over, struck a parked vehicle and injured people who were watching the classic car cruise. One person suffered critical injuries and was taken to the hospital.

The Chevy Bel-Air burst into flames after the crash. The driver suffered minor injuries. The driver was arrested on charges of second-degree assault.

Wildfire north of Spokane burns 3 homes, forces evacuations

KETTLE FALLS, Wash. (AP) — A wildfire burning north of Spokane destroyed

at least three homes and threatens over one hundred more.

The *Spokesman-Review* reports that Boyd's fire, which started Saturday near Kettle Falls, quickly moved up a slope away from the city and grew Monday morning to about 3 square miles.

Mandatory evacuations were in place Monday and the Red Cross had set up a shelter at Kettle Falls High School.

State rejects request to immediately fill aging Hanford tunnel

RICHLAND, Wash. (AP) — The state of Washington will not allow the federal government to quickly shore up an aging tunnel containing radioactive waste left over from the production of nuclear weapons.

The U.S. Department of Energy wanted to immediately start filling the tunnel, which is in danger of collapsing, with a concrete-like grout intended to strengthen the structure located on the Hanford Nuclear Reservation.

The state Department of Ecology on Monday declined to allow the work before a required public comment period ends Sept. 27.

Hanford for decades made plutonium for nuclear weapons, and some of the waste is stored in tunnels on the huge site

One tunnel partially collapsed in 2017. A study revealed a second and much larger tunnel, built in 1964, was at serious risk of collapse.

Togo wolf pack responsible for killing cattle

SPOKANE, Wash. (AP) — Members of the Togo wolf pack in the Colville National Forest of eastern Washington state killed one cow and injured another last week.

The state Department of Fish and Wildlife says the Togo pack is responsible for five depredations in the past 10 months, including two last November and one in May.

The agency said Monday that it was alerted last week about a potential wolf depredation near Danville, Washington. Staff have confirmed the cow was killed by a wolf or wolves.

The agency's policy allows the killing of wolves that prey on livestock three times in a 30-day period or four times in a 10-month period.

The agency says it will continue to monitor the Togo pack as it considers its next steps.

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