

Workshop brings new recipes for a new year

By JESSICA POLLARD
East Oregonian

UMATILLA — Italian style paninis and garlic kale dip might not be the first items someone imagines chowing down on in a school cafeteria. But a culinary workshop hosted by Umatilla High School last Friday is looking to change that.

The workshop was hosted by the the Oregon Department of Education Child Nutrition Programs and Oregon Dairy and Nutrition Council with involvement from the Oregon State University Extension office's Food Hero campaign. It had cafeteria workers from across Eastern Oregon preparing an extensive menu of items with unique flavors that still align with national nutrition standards.

Jessica Visinsky, a child nutrition specialist with the ODE, who spearheaded the workshop, knows this is no easy feat.

"(Workers) are basically putting on Thanksgiving dinner every weekday by 11 a.m.," she said.

This is the third year that the workshop, which travels across the state, has stopped in Umatilla.

Those who participated also honed their knife skills as they worked in different teams to prepare a large lunch for people wishing to sample the menu items, which ranged from veggie quesadillas to a sweet cin-



Participants sample their creations following a school lunch culinary workshop on Friday put on by the Oregon Department of Education Child Nutrition Program and the Oregon Dairy and Nutrition Council.

Staff photo by Ben Lonergan

namon apple bake.

Visinsky said there are some misconceptions when it comes to school lunches.

"We may be serving pizza in school, but it's got whole grain crust and low-fat cheese," she said.

Rikkilynn Starliper, child nutrition director for the Umatilla School District, said many parents don't know that ready-to-serve items like chocolate milk and heat-and-serve items like quesadillas come from companies that spe-

cifically formulate them to meet national guidelines.

Countywide, almost 70% of students were eligible for free and reduced lunch during the 2018-19 school year, according to the ODE. That number increases to 80% of students throughout the district in Umatilla. Schools in the Umatilla district are unique in the sense that they take part in the USDA Community Eligibility Provision, which allows them to provide meals to students at no cost.

With so many students taking part in school lunch, fitting in scratch cooking like the kind taught during the workshop can prove difficult.

Starliper said that when the district first hosted a culinary workshop, they walked away with a popular Bánh mì recipe, but that they only offer it a couple times a month because it's so labor intensive and in such high demand.

"It's difficult to transition to scratch cooking when

you have staff that have been doing the same thing for years," she added.

Mary Smith, who works in the Clara Brownell Middle School cafeteria, noted that not much from the workshop gets to come to life in the kitchen.

"We do some scratch cooking, but not everything. There's just too many kids," she said.

Starliper said the district is hoping to include more scratch cooking in the future. The district has other

culinary projects in store for the upcoming school year as well.

They just purchased four "healthy celebration" carts, which come loaded with the equipment needed to make smoothies during classroom celebrations.

"It's easier for teachers and families to take that cart to the classroom. Instead of having cookies and cupcakes, the kids can bring in fruit, yogurt and granola and make a smoothie," Starliper said.

She's also looking forward to the addition of a FoodCorps member, who will focus on educating students about nutrition, to McNary Heights Cafeteria this year.

"She's already decorating the cafeteria. My staff doesn't have a lot of time to do that fun stuff," Starliper said.

Umatilla schools weren't the only ones prepping for the start of the school year.

Kayla Flores and Minnie Shoemaker traveled nearly two hours from North Powder to attend the workshop, and were looking forward to bringing the hummus recipe they learned back to their school to have teachers sample it.

"It's nice being where everybody is doing the same things," Flores said. "Everyone in our field is here. Down there, it's just us — just me and Minnie. It's nice to know more recipes."

Wrong turn



Staff photo by Ben Lonergan

A driver attempts to navigate paving equipment at the site of the Eighth Street Bridge project on Tuesday afternoon in Pendleton. Pendleton Public Works Director Bob Patterson said that he expects the road to open to traffic early next week with the remainder of the project being completed later this fall.

BRIEFLY

Hermiston Family Aquatic Center closed due to flood

HERMISTON — The Hermiston Family Aquatic Center is closed until further notice due to a "major mechanical failure."

Parks and recreation director Larry Fetter said the most optimistic projection would be reopening on Saturday.

Fetter said the aquatic center's basement mechanical room was found flooded on Tuesday morning. Staff pumped out the room and were still assessing the damage Tuesday afternoon, but Fetter said it was likely caused by a stuck float valve in the lower surge tank.

Five electrical motors from the room, which were not built to be submerged in water, have been pulled out and are being sent to a local shop to be dried out and repaired.

Having to close the aquatic center for several days is not ideal, Fetter said, but it is the first time something of that nature has happened in the 17 years the pool has been open. He said he is looking at a flood alarm system to prevent the problem from happening again, and the city will keep the public updated as soon as they know for sure when the pool will reopen. Recreation department seeks program instructors

Rec department seeks instructors

HERMISTON — Do you have special skills or talents?

If so, Hermiston Parks & Recreation might be interested in providing an opportunity to teach a class or program to share your expertise with others. Your skills might provide an opportunity to earn some extra income while teaching others.

For more information, contact Brandon Artz at bartz@hermiston.or.us or 541-667-5018.

Power Gala plugs in for 30th year

PORTLAND — People are encouraged to save the date for the Oregon Energy Fund Power Gala.

In its 30th year, the event celebrates three decades of helping Oregonians in need pay their energy bills. The Power Gala is Saturday, Oct. 12 with the doors opening at 5:30 p.m. in the Grand Ballroom at The Sentinel Hotel, 614 S.W. 11th Ave., Portland.

The 1920s-themed event will feature Northwest cuisine, live and silent auctions, live music and stories from energy fund recipients. People are encouraged to dress up in their finest Great Gatsby-era attire.

Tickets are \$150, which helps in supporting the Oregon Energy Fund's mission of assisting Oregonians in financial crisis with their energy bills. For more information or to purchase tickets, visit www.oregonenergyfund.org/powergala.

—East Oregonian staff



Staff photo by Ben Lonergan

The Bealls store located in the Hermiston Plaza shopping center has posted signs advertising a store closing sale ahead of its slated rebranding. Stage, the Bealls parent company, confirmed the company will be converting the location into a Gordmans in spring 2020.

Hermiston Bealls to be replaced with Gordmans

By JADE MCDOWELL
East Oregonian

HERMISTON — A banner advertising a "Store Closing" sale at Bealls had Hermiston residents worried they were losing one of their few clothing stores, but the change is more of a re-brand than a closure.

Stage, the Bealls parent company, confirmed the company will be converting the location into a Gordmans in spring 2020.

Gordmans is an "off-price" retailer, similar to Marshall's or Ross, which offers lower than usual prices on brand name clothing, footwear, home goods, fragrances and more. Such stores often do so by purchasing goods that are available for lower prices

due to being overstocked, at the end of their season or for other reasons.

According to an email from Stage, the company has been converting Bealls stores to Gordmans in several locations "because consumers are responding positively to Gordmans' off-price offerings."

"Gordmans is an off-price retailer, which means that it

has a wide array of merchandise for the entire family at the lowest possible prices compared to department stores," the email stated.

According to the company, the store will be closed for less than two weeks in the spring before reopening as Gordmans. All current Bealls employees will be offered jobs at Gordmans, and more will be hired early next year.

WILDHORSE RESORT & CASINO

8/21

Cineplex Show Times

\$5 Classic Movie Showing Today

How to Train Your Dragon 2 at 10a
and The Man Who Would Be King at 12p

Scary Stories to Tell in the Dark (PG13)
4:40p 7:20p 10:00p

The Angry Birds Movie 2 (PG)
2D 6:50p 9:20p
3D 4:30p

47 Meters Down: Uncaged (PG13)
4:50p 7:10p

Fast & Furious Presents: Hobbs & Shaw (PG13)
3:40p* 6:40p 9:40p

The Lion King (PG)
4:20p 7:00p 9:50p

The Kitchen (R)
9:30p

* Matinee Pricing
wildhorseresort.com • 541-966-1850
Pendleton, OR I-84 - Exit 216

OREGON REPUBLICAN PARTY DINNER

Saturday, August 24 | 7pm
Pendleton Convention Center
1601 Westgate, Pendleton, OR 97801

The Umatilla County Republican Party is hosting the Oregon Republican Party Platform Convention in Pendleton on Aug. 23-24. We hope Republicans in Umatilla County can join us for the ORP Fundraising dinner with Steve Yates. Follow us on Facebook; Umatilla County Republican Party

Featuring:
Stephen Yates



CEO of DC International Advisory, former Chairman of the Idaho Republican Party, former Deputy Assistant to the Vice President for National Security Affairs, frequent commentator on Fox News, Fox Business, HNL, and Taiwan's FTV.

Dinner - \$50/person VIP—\$250/person

VIP reception begins at 5:30 and includes pre-dinner reception, pictures with Steve Yates, and dinner.

Get your tickets at www.oregon.gov/steve-yates-2019

Questions? Contact Tracy Honl at tracy.honl@oregon.gov

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