

## Sign of the season



Ben Lonergan/East Oregonian

Line crews with Pacific Power work to hang a "Seasons Greetings" sign over Southgate in Pendleton on Friday, Nov. 20, 2020.

## Hermiston teacher cooks up new ideas amid virtual learning

By JADE MCDOWELL  
East Oregonian

HERMISTON — As most Oregon students learn from home this year, some classes are spilling over into family life.



Treadwell

Angela Treadwell, who teaches family and consumer sciences at Hermiston High School, said distance learning for her classes is allowing her students to cook for or with their family members as a homework assignment. They complete "food labs" using kits of fresh ingredients they pick up from the high school.

"One of the values of this is it's exposing them to new foods, to local foods and to a variety of foods," she said.

Once they made pancakes, another time they made granola. Their first lab was a simple vegetable omelet in a cup.

Most recently, Treadwell provided fresh winter squash from Hermiston-based Third Gen Farms, and let students choose what they made with it. They could choose one of the recipes provided through the free Food Hero website run by Oregon State University, or make a family favorite. Afterward, students sent photos and a report of how it went, with most sharing their family's reviews of the recipe.

"I seasoned, baked, and pulled apart the squash so nicely that I was actually impressed," wrote a student



Angela Treadwell/Contributed photo

A student sent Angela Treadwell, a family and consumer sciences teacher at Hermiston High School, a picture of this spaghetti squash they made at home for an assignment to cook something with squash in it.

who made spaghetti squash. "I've never done something like that before and it turned out better than I expected. I had my mom, little brother and little sister taste it, and they all thought it was delicious. My mom didn't know it was squash until I told her."

The squash was paid for by an OSU Moore Family Center Healthy Community Outreach grant.

Treadwell just started as a teacher at Hermiston High School, but she is extremely familiar with teaching cooking, particularly using Food Hero recipes, after years of teaching SNAP education classes to families receiving food stamps, visiting schools and carrying out other educational activities as the Oregon State University Extension Service's SNAP Education coordinator for Umatilla and Morrow counties.

Under the comprehensive distance learning model that Hermiston School District is using during the pandemic, students have "synchronous" learning in the mornings

when they watch instructional videos or gather with their whole class over video chat for live classes with their teachers. In the afternoons, they can work on homework like Treadwell's food labs or learn in small groups or one-on-one time with teachers.

It hasn't been an easy adjustment, said Treadwell, who both teaches classes for the high school and has her own daughter learning online at home. But students are adapting.

"I know it's different, but students here are getting into a routine," she said. "They're showing up for their synchronous learning, and I'm really proud of what they're doing."

In addition to cooking labs, Treadwell also teaches them about safe food preparation, knife safety, nutrition, seasonal produce and other topics. Preparing meal kits for about 100 students to pick up can be labor intensive, but Treadwell said she tries to use locally produced ingredients, such as the Third Gen Farms squash, as much as possible.

### LOCAL BRIEFING

#### State parks waive day-use fees on Nov. 27

SALEM — Oregon Parks and Recreation Department is inviting Oregonians to head outside for some fresh air the day after Thanksgiving. OPRD will waive day-use parking fees that day in 25 state parks across Oregon on Friday, Nov. 27.

The parking waiver applies from open to close Nov. 27 at the 25 parks that charge a \$5 daily parking fee. A list of parks that require day-use parking permits is available at [stateparks.oregon.gov](http://stateparks.oregon.gov). Parking is free year-round at the majority of Oregon's 250-plus state park properties.

"We recognize that being outdoors makes us feel better and is a break from the stresses of 2020," said director Lisa Sumption in a press release. "In this unconventional year, we feel it is especially important to honor this tradition as thanks to Oregonians for supporting us through our toughest times."

Thanksgiving weekend falls squarely within the Gov. Kate Brown's two-week freeze, Nov. 18-Dec. 2. Accordingly, OPRD directs people to limit gatherings at parks to six people and two households. This is in addition to longstanding direction

to stay local, wear face coverings and maintain a 6-foot distance from other visitors.

#### Hermiston woman arrested, passed out in car with drugs

HERMISTON — A Hermiston woman was arrested Saturday, Nov. 21, after police found her passed out in the driver's seat of a illegally parked vehicle.

Umatilla County Sheriff's Deputy Cody Marcum discovered Ruby Sanders, 45, passed out in a vehicle that was parked illegally at Short Stop on East Puntin Center Road and Highway 207 in Hermiston. Marcum knocked on the window with no response. He also banged on the top of the car and she moved, opened her eyes and gained consciousness.

When questioned, Sanders admitted that she was using methamphetamine and told Marcum she had more drugs in her purse. She also said there was a warrant out for her arrest. Dispatch confirmed a felony no bail warrant out of the Oregon State Parole Board. Sanders identified her



Sanders

purse and the drugs and paraphernalia Marcum found, including multiple baggies and containers with approximately 40 grams of meth, a quantity of M-30 pills (fentanyl), small baggies with brown heroin, a digital scale, small Ziploc baggies and \$593 in cash.

Sanders was lodged in the Umatilla County Jail on the felony warrant, along with charges for possession and delivery of all three substances.

#### TRCI inmate dies in custody

UMATILLA — A Two Rivers Correctional Institution inmate in Umatilla died early Friday, Nov. 20, the Oregon Department of Corrections (DOC) reported.

Robert Archie Shimmin, 83, died at a local medical facility. Shimmin entered DOC custody in February 2014 from Marion County of multiple counts of sexual abuse. His earliest release date would have been November 2039.

Per standard protocol, the Oregon State Police have been notified of the death.



Shimmin

— EO Media Group

# COVID-19 is a gift you don't want to give this holiday season.

Coronavirus spreads rapidly at social gatherings, putting every person in attendance at risk. It can take up to two weeks for symptoms to begin, and **you may be transmitting the virus without even knowing you have it.**

The best way to protect your loved ones from the serious and sometimes fatal effects of COVID-19 this holiday season is to alter your annual routines and find new ways to connect.

Putting a pause on your family traditions is difficult.

Passing COVID-19 around the dinner table and putting your family at risk is worse.



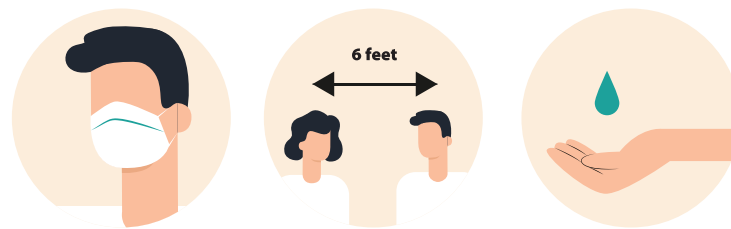
### Keep it small.

Limit the number of people and households at your gathering. It is recommended that no more than six people from two households gather at one time.



### If you're sick, stay home.

Get your rest and don't risk the health of your loved ones by potentially exposing them to coronavirus.



### Stop the spread.

Wear your face covering, keep a 6-foot distance, and wash your hands regularly when you're around people who don't live in your household.



### Talk to your family.

Stay connected through phone and video conversations, and share the reasons you are choosing to stay safe this holiday season.

