



STAFF PHOTO BY JAYATI RAMAKRISHNAN
High school assistants Avery Treadwell and Monica Hernandez look on as McKenna McGraw and Yiselle Ortiz scoop batter into tins for apple-cinnamon muffins.

Middle schoolers learn the basics of cooking, nutrition

By JAYATI RAMAKRISHNAN
STAFF WRITER

Making meals is easier than it looks. About 20 Hermiston middle schoolers have spent the last four weeks learning that in the inaugural middle school cooking class at Hermiston High School.

Angie Treadwell, who works with the OSU Extension program, coordinated the class with Hermiston High School teacher Susie Cobb and a few high school students. Students spent the once-per-week class learning about the basics of nutrition, and how to make some simple snacks and meals from scratch.

On the last day of class, students learned about added sugars, looking at the amount of sugar in Dutch Bros. coffee drinks and flavored yogurt. They then learned how to make their own fruit yogurt using frozen fruit and a little sugar, as well as granola and apple cinnamon muffins.

“You can give them lectures about nutrition, but helping them learn hands-on, through taste and touch, is better,” Treadwell said.

Lidia Ortiz, a seventh

grader at Sandstone Middle School, said this was her first time cooking, and she was surprised by some of the things she learned.

“Dutch Bros. (drinks) had more sugar than I expected,” she said.

Ortiz was making apple cinnamon muffins, with some help from Avery Treadwell and Monica Hernandez, the high schoolers who had the idea to start the class.

“I know a lot of younger kids don’t know how to cook meals, so we wanted them to be able to cook healthier meals and snacks,” said Avery. She said they taught students how to make cookies, pancakes and muffins, as well as soup, from scratch.

“When they’re at home, they can actually cook something simple and healthy,” Hernandez said.

Cobb, who teaches family and consumer sciences at the high school, said some students come into the class with basic cooking skills, but the majority have no experience.

“They learn how to cook food so they don’t only have to eat out of a box,” she said. “A lot of the time, when you don’t know what you’re eating, you end up

eating a pile of chemicals.”

She said she tries to incorporate nutrition lessons directly into what the students are doing.

“We made pancakes with six to seven ingredients,” she said. She picked up a box of prepared pancake mix.

“If you look at this box, it has 20 to 25 ingredients. Most of them are fillers or so it will last,” said Cobb.

She said they also discuss the cost of buying healthy foods.

“Many people think it’s cheaper to eat fast food, but it’s not. It’s not just the financial cost, but the cost to your body.”

Cobb said she teaches students about using food preserved in different ways.

“You can buy things that are fresh now, like raspberries, but there’s a hefty cost, and they’re transported. You don’t know what the standards are,” Cobb said.

“When you buy things that are sourced closer, they may be frozen, but they’re from here. Sometimes frozen or canned is better.”

She said she hopes they will be able to host more classes. The day after the deadline for signing up for the class, Cobb said she got 20 more applications.



STAFF PHOTO BY E.J. HARRIS
Veterinarian Fiona Hillenbrand, center, checks the dental health of a dog on January 24 at the Pendleton Veterinary Clinic.

Canine influenza found in Walla Walla

By JAYATI RAMAKRISHNAN
STAFF WRITER

Now is a good time to keep an even closer eye on your dog’s health, as a case of canine influenza was recently confirmed in the area. The virus, which has two strains — H3N8 and H3N2 — was recently found in a dog in Walla Walla. Some local veterinary clinics have already been taking precautions against the virus.

“I’ve informed local day cares and groomers,” said Dr. Fiona Hillenbrand, a veterinarian at Pendleton Veterinary Clinic. “We’ve been vaccinating against the virus since January 2016.”

Hillenbrand said dogs have to be vaccinated twice, with one dosage administered three or four weeks after the first. They don’t get full immunity until a week to 10 days after the

second injection.

“Full immunity has a 95 percent protection rate,” she said.

Hillenbrand said the virus may have originated somewhere on the East Coast, but there has been a fairly large outbreak in the San Francisco area.

“A lot of day care and boarding facilities are closing down,” she said.

Hillenbrand said they have had lots of people calling, concerned that their dogs are at risk.

“Some of them are already up to date,” she said. “Right now, the population of pets are at risk when they’re in contact with other animals — boarding, dog parks.”

Not all local vet clinics are concerned. A representative for Hermiston Veterinary Clinic said they are not currently vaccinating for canine influenza, and that the veterinarians there have no immediate plans to do so.

Hillenbrand said symptoms include a cough, followed by fever and ocular or nasal discharge.

“They’re just sick,” she said. “Lethargic. Very similar to the human flu.”

If a dog does contract the virus, Hillenbrand said there is supported treatment, and that most dogs are OK if they receive treatment. But she said there is a five to 10 percent death rate for dogs who are infected with the virus.

“It doesn’t discriminate between the young and very old,” she said. “Dogs already have compromised lung functions.”

Hillenbrand said the virus usually doesn’t survive more than 48 hours on inanimate objects. Dogs who test positive for the virus have to be isolated for 21 days, she said. They are most contagious during the two to four-day incubation period of the virus.

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