

THREE MINUTES WITH ...



ANGIE TREADWELL

Registered Dietitian, SNAP-Ed Coordinator

When and why did you move to Hermiston?

I moved to this area almost 20 years ago for my first job out of college. I didn't think I would stay long, but I am glad I did.

What is your favorite place to eat in Hermiston?

My favorite place to eat in Hermiston is actually at home with my family. For going out to eat, we like Veg Out and Kobe Hibachi Sushi; we also have a deep appreciation for several of our local taco trucks.

What do you like to do in your spare time?

I like to spend time with my family, run (especially with my friends), experiment with recipes and read. I have recently taken up yoga to help counter the effects of running and my advancing age; I am surprised by how much I enjoy it. Thank you Lauren at Nourish Yoga!

What was the last book you read?

Currently, I am reading "Let Your Mind Run" by Deena Kastor, an excellent book on the power of positivity that can apply to running or life in general.

What app or website do you use most often other than Facebook or Google?

I am really into podcasts, so those apps are the ones I utilize most. I also spend quite a bit of time on the Food Hero website as it houses recipes developed at OSU that I use frequently in my work.

If you could travel anywhere, where would you go?

My family and I want to travel the world! Japan is on the schedule for 2019. Greece, Italy, Germany and Morocco are on the list as well as Philadelphia, Washington, D.C., Chicago and a return to New York City, a trip we all loved. Now, we just have to figure out the time and money thing ...

What is the funniest thing that's happened to you?

Last winter I was running early in the morning with my friends Sara and Crystal. It was dark and icy so I was watching my steps very carefully, so carefully that I ran straight into a mailbox in the middle of the sidewalk. Funny, yes, but also painful.

What are your goals for the next 12 months?

I am working to do a better job of enjoying the moment and not always looking toward the next thing, but ... I do want to run another marathon and travel with my family, combining the two is always optimal.

What is your proudest accomplishment?

I have been blessed with many wonderful experiences in my life: at the top is becoming a mom to my three awesome daughters. The accomplishment that is freshest in my mind happened about two weeks ago. I ran in the Boston Marathon in the worst weather ever! The cold pouring rain did not let up for the entire race, nor did the brutal headwinds. I am proud to say that I finished the race without completely succumbing to hypothermia. Not exactly the experience I envisioned, but I will never forget it!

HERMISTON HISTORY

25 YEARS AGO
May 4, 1993

State police offices in Eastern Oregon are jumping into a new community policing project that will involve officers in both Umatilla and Morrow counties.

To bring communities more fully into the "Service Oriented Policing Project," several regional boards will be established to collect citizen input. Similar to community policing, the idea is to bring police officers into closer contact with the public they serve.

Citizen contact will be gathered through meetings and individual contact with station commanders and citizen representatives on the District Advisory Committee, which includes Randall McMichael of Hermiston.

Needing to raise \$5,000 to attend a world-level competition, the Hermiston High Odyssey of the Mind team is holding a spaghetti feed. The event includes a presentation that earned them the right to attend the competition.

Odyssey gives students a chance to participate in something besides sports, said group director Cathy Lloyd. For their performance, the group built a human-powered contraption. To qualify, it must make laps around a pre-set course and be able to travel backwards. Lloyd said the group has a good chance of winning if they can make enough money for the trip.

The 8th Annual Greater Hermiston Open Cribbage Tournament, hosted by the Eagles Lodge, was held April 23-25. Drawing 136 participants, it included nationally-ranked players from as far away as New York.

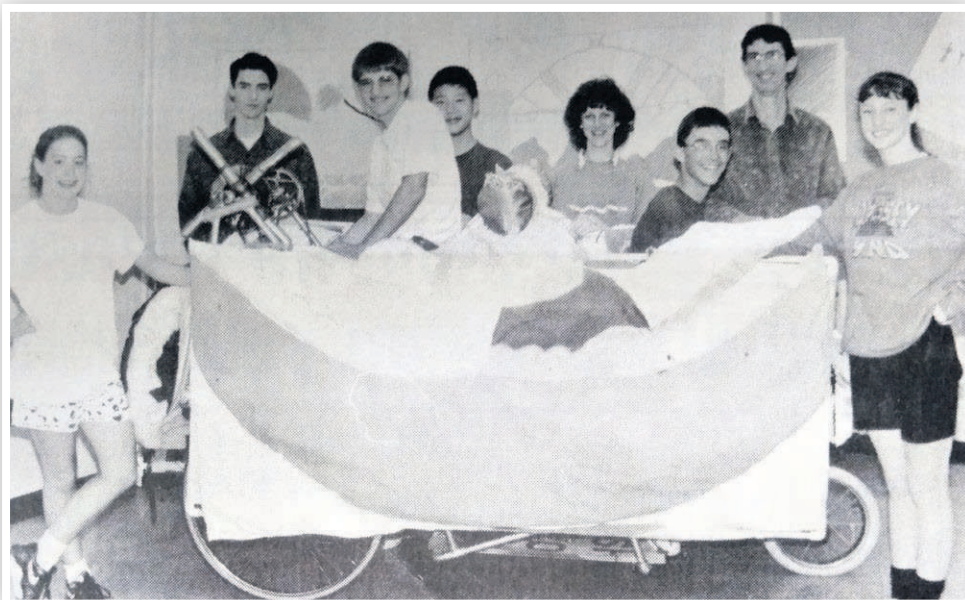
Rex Paddock of Missoula, Montana, captured the championship trophy and a hefty check for \$818. Several local players did well in the "High-Roller" event. Bill Jones took second, followed by Jack Haller and Jan Foster. Jones also placed fourth in the main event, winning a trophy and \$365.

50 YEARS AGO
May 2, 1968

The city of Hermiston budget committee met Monday and approved a 1968-69 budget, including general fund expenditures of \$346,150 — with \$132,500 being derived from taxation. Within the 6 percent limitation, the budget will not require voter approval.

With the expected increase in the city evaluation and using the new requirement of stating tax dollars per \$1,000 of true cash value, City Manager Tom Harper said the budget will cost approximately \$5.40 per \$1,000 — 8 cents greater than last year.

The budget calls for the following major changes: All city employees will be eligible for a one-step pay raise on their employment anniversary date. The city will pay all of the employees' share of the Blue Cross insurance instead of the present \$3 per month. The volunteer fireman's pay has been increased from \$3 to \$4 per call. And



FILE PHOTO

Members of the Hermiston High Odyssey of the Mind team pose with their human-powered contraption that they hope to take to the world-level OM competition. Group members include Darcey Witherspoon, Dirk Lloyd, Michael Paul, Andy Park, Cathy Lloyd, Jedidiah Brewer, Ronnie Brewer and Luisa Lloyd. Not pictured: Nathan Acheson.



FILE PHOTO

A youngster swings at a piñata during the 1993 Cinco de Mayo fiesta at McKenzie Park in Hermiston.

the police department will have two clerks, relieving patrolmen the duties of radio dispatcher and office clerks.

75 YEARS AGO
April 29, 1943

All who sell any commodity or service are to attend an informational meeting with the War Price and Rationing board. Details of the war price and rationing setup will be explained.

It is essential that anyone who provides services or sells commodities attend the meeting. This includes operators of grocery stores, banks, service stations, shoe repair shops, restaurants, funeral parlors, beauty parlors and many others.

Rationing: 1. Because recapping takes only one-sixth as much crude rubber as a new tire, the OPA has removed quota restrictions on the number of certificates that may be issued for recapping truck tires.

2. "Play" shoes not used for street wear will go back on the rationed list.

and received the Outstanding Junior Citizen Award this year.

100 YEARS AGO
May 4, 1918

L. J. Simpson, candidate for governor, came to Hermiston by auto and for a couple of hours circulated among the people.

We had heard quite a bit about the gentleman's good qualities, but we had taken it with a grain of salt in the belief that it was only political buncombe let loose for his gubernatorial aggrandizement. But on meeting him, we could see at a glance over the make-up of the man that our impression of him had been all wrong, and we now believe the high rating the gentleman has received by friends here and elsewhere is wholly justified.

All whom he met while here have signified their intention of voting for him for governor. The voters are rapidly coming to the belief that L.J. Simpson will be one governor of Oregon that will serve all the people. (Editor's Note: Simpson lost the Republican nomination to incumbent James Withycombe).

The city council at its Wednesday meeting, after having numerous complaints regarding reckless driving of automobiles on the streets of Hermiston, instructed the city marshal to see that the ordinance covering the speed of such vehicles be strictly enforced. Also, the ordinance against allowing irrigated water to run on the streets will be rigidly enforced this season.

In Red Cross news, the third Superfluity Sale was a great success, with \$62 taken in. While the bidding on the pig was not what was expected, the proceeds of the sale as a whole was very gratifying.

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Cinco de Mayo Train Ride!
Delicious Mexican Food
Fantastic Grande Ronde Scenery!
May 5, 11 a.m.
Elgin, Oregon
Mother's Day Brunch
May 13
Book online, eaglecaptrainrides.com or call 800.323.7330

UMATILLA COUNTY IS IN GREAT SHAPE...WHAT'S NOT TO LIKE ABOUT IT?

- A balanced budget
- Twice as many road deputies
- Greatly expanded jail capacity
- Improved customer service
- Modernization of public health

Commission Chair George Murdock has earned a second term. Let's keep utilizing his experience!

VOTE GEORGE MURDOCK ON MAY 15

Paid for by
Committee to Re-elect George Murdock,
County Commissioner.
191 NW Johns Ave., Pendleton, OR 97801

Great things are happening!

EOU IS CONNECTED

- ▶ Women's basketball standout Maya Ah You-Dias earned the NAIA's national character award
- ▶ EOU's Trapshooting Club made its first appearance at national competition
- ▶ 180 regional teens tried hands-on STEM activities at the IMESD Tech Expo on campus

For more information visit eou.edu/connected

EASTERN OREGON UNIVERSITY