STAFF PHOTO BY TAMMY MALGESINI

Youths created creatures for the open class Fruit and Vegetable Zoo division for the 2017 Umatilla County Fair. Open class entries must be pre-registered by July 25.

Fair to 'Stirrup Some Fun'

Open class pre-registration deadline is July 25

By TAMMY MALGESINI
COMMUNITY EDITOR

People are encouraged to show off their creativity by entering open class exhibits in the Umatilla County Fair — including everything from clothing, baked goods and sewing to photography, fine arts and hobby projects.

This year's theme is "Let's Stirrup Some Fun!," and what better way to do that than share your talents with others? In addition to general submissions, many departments have a fair theme category — which provides people with an opportunity to interpret the theme through a project.

In addition to the creative arts, open class entries — which are not a part of 4-H or FFA — are available for beef, dairy, sheep, Jackpot Lamb, goats and a variety of small animals. Exhibitors may purchase a discounted season pass — $14 or $10 for 4-H and FFA — by showing a pink copy of their exhibitor tag. Regular season pass prices are $40 for adults, $30 for seniors and $24 for youths ages 6-12.

To have items judged and be eligible for fair premiums, exhibitors need to register in advance. Projects don't have to be completed, but they must be pre-registered by Wednesday, July 25 at 5 p.m.

Exhibitors need to read department and division rules in the Umatilla County Exhibitors Guide. Entry forms, the guide and additional information are available at www.umatillacounty.net/fair.

For those who don't have access to a computer, assistance is available at the fairgrounds office at the Eastern Oregon Trade and Event Center, 1705 Airport Road, Hermiston. In addition, local libraries offer computer use and internet access. After completing the registration process, be sure to write down the online confirmation number.

The actual entries for most open class entries, including home economics, arts and creative kids, as well as horticulture and floriculture, need to be dropped off Sunday, Aug. 5 from 8 a.m. to 5 p.m. at the fairgrounds at EOTEC.

Livestock and small animals will be received Monday Aug. 7 from 7 a.m. to noon or 5-8 p.m. And, Jackpot Lamb are to be brought in Thursday, Aug. 9 from 7-10 a.m.

Those who haven't registered by the deadline may bring entries to the fair to be exhibited. However, they will be for display only and won't be judged.

For more information or questions, contact call fair@umatillacounty.net, 541-567-6121, or stop by the fair office at EOTEC. It's open Monday through Fridays from 8 a.m. to 5 p.m., but is closed for lunch from noon to 1 p.m.

Good Shepherd dietitian receives national certification

By TAMMY MALGESINI
COMMUNITY EDITOR

The National Certification Board for Diabetes Educators recently served up a reason for Katrina J. Larsen to celebrate.

A registered dietitian at the Diabetes and Nutrition Center at Good Shepherd Health Care System, Larsen achieved Certified Diabetes Educator status by successfully completing the certification examination. Nick Bejarano, Good Shepherd's marketing and communications director, said candidates must meet rigorous eligibility requirements to be afforded the opportunity to take the exam.

Achieving certification, Bejarano said, demonstrates that the health care professional possesses distinct and specialized knowledge. The result, he said, promotes increased quality of care for people with diabetes.

Currently, there are nearly 20,000 diabetes educators across the country who hold the special certification. Bejarano said many rural hospitals might have one, but Good Shepherd is proud to now have three — Larsen, along with Nancy Gummer and Cassandra Zabel — providing services at the Diabetes and Nutrition Center.

PHOTO CONTRIBUTED BY NICK BEJARANO

Katrina J. Larsen teaches a class at the Diabetes and Nutrition Center at Good Shepherd Health Care System. A registered dietitian, Larsen recently passed the National Certification Board for Diabetes Educators examination.

"To have three is really a benefit to our community and the surrounding area because it gives more access to diabetes care and management," he said.

Larsen has been a registered dietitian for nearly 10 years. She joined the team at Good Shepherd's Diabetes and Nutrition Center more than four years ago. Larsen has been involved in educating community members about diabetes self-management through individual appointments and group sessions. In addition, she has specialized experience in the treatment of eating disorders and emotional eating.

Also, Bejarano said Larsen has worked collaboratively with staff at the Diabetes and Nutrition Center to develop the ACT (Achieve, Conquer, Thrive) program for all adults. A healthy lifestyle education and support program, ACT focuses on nutrition and fitness. Participants can gain information about weight management, making healthy choices, improving blood pressure and/or cholesterol, managing chronic conditions and achieving other health goals.

ACT features nine group classes and two-three months of private sessions with registered dietitian nutritionists. New sessions recently began and additional classes will start Sept. 10.

The diabetes education program at Good Shepherd is recognized by the American Diabetes Association. It provides comprehensive education and support to individuals with all types of diabetes. For more information about the center and services offered, call 541-667-3517 or visit www.gshealth.org/diabetes-nutrition.

BRIEFS

Park series features country band

The MissyG Band, a Pacific Northwest group, will perform original songs as well as country covers from yesterday and today during the upcoming Music in the Parks.

The free concert is Monday, July 23 at 7 p.m. at Boardman Marina Park. In case of inclement weather, the performance will be held at the SAGE Center.

People are encouraged to bring a blanket or lawn chair. In addition, those attending are welcome to bring a picnic and beverages to enjoy while listening to the music. Also, food concessions will be available for purchased from the Boardman Little League.

The free show features Missy Guthrie, who writes and performs her own country originals and is currently working on her third release, "The Warrior In Us All." The group also features her husband, John Guthrie, who plays lead guitar and sings; Barb Crowell on pedal steel guitar and keyboards; and Paul Wieneke, a multi-instrumentalist who plays guitar, mandolin, harmonica and sings background vocals. The MissyG Band performs at family-friendly venues all across the Pacific Northwest including fairs, festivals, weddings and benefits.

Music in the Parks alternates each Monday through Aug. 13 between Irrigon and Boardman marina parks. For more information, contact Jackie McCauley at utility.clerk@cityofboardman.com, 541-720-1289 or 541-481-9252.

Parking lot sale to help Agape House

People are invited to find bargains and help support Agape House programs during this weekend's parking lot sale.

You name the price for knick-knacks, clothing items are five for $1 and furniture and bicycles are as marked. The sale is Saturday from 8-11 a.m. at 500 Harper Road, Hermiston. In case of inclement weather, the sale will be held indoors.

Agape House serves individuals and families in need. For more information, to volunteer or make donations, call 541-567-8774.

Strings camp still has openings

Violin, viola and cello players of all ages are invited to participate in the Summer Strings Music Camp.

Presented by the Oregon East Symphony, it runs July 23-27 from 9 a.m. to 3 p.m. at Peace Lutheran Church, 210 N.W. Ninth St., Pendleton. The camp crescendos with a free public concert Friday, July 27 at 5 p.m., also at the church.

"It is a wonderful opportunity for students to grow in their musical abilities while having fun and making new friends," said J.D. Kindle, symphony executive director.

The registration fee is $100, which includes all instruction and materials. Financial assistance is available. A morning snack is provided, but students need to bring lunch.

Participants must be able to read music at an elementary level or above. In addition to rehearsing and performing, the camp provides information about music theory, rhythms and composition.

For more information or a registration form, contact 541-276-0320, oesofficeinfo@gmail.com or visit the symphony office at 345 S.W. Fourth Ave., Pendleton.

Art display open at Hermiston library

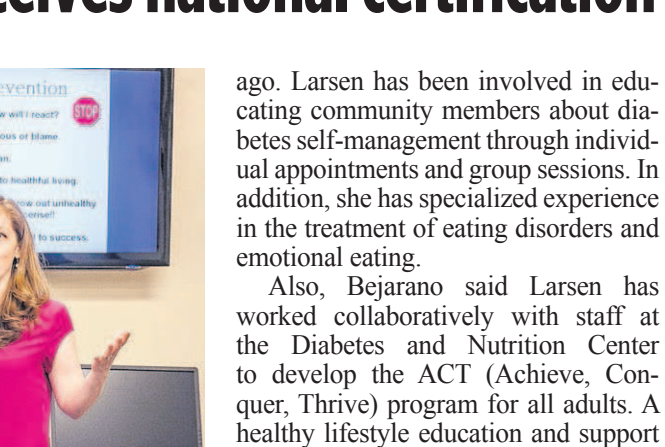
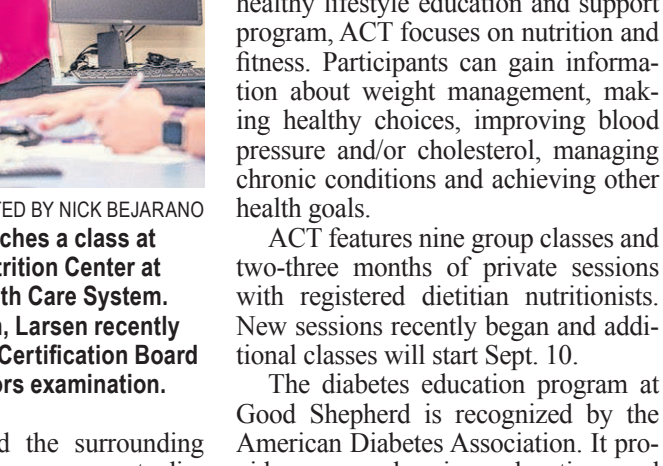
At an early age Kristen Oja discovered what would become the three prime motivators for her art — the family dog, exercise/physical education and nature.

A biology instructor at Blue Mountain Community College, Oja's current artwork focuses on her perception of the parts of life that bring her joy as filtered through her imagination. To view her latest creations, stop by the Hermiston Public Library as her work is currently on display throughout the month.

Oja became interested in encaustic painting after viewing a friend's work. Also referred to as hot wax painting, she delved further into the process after taking a class from Walla Walla artist Colleen Monette at Pendleton Center for the Arts.

The library is open Monday through Thursdays from 11 a.m. to 7 p.m. and Friday/Saturdays from 10 a.m. to 5 p.m. It's located at 235 E. Gladys Ave. For more information, call 541-567-2882 or visit www.hermistonlibrary.us.

Open Air Market is this Saturday

The Echo Open Air Market is gearing up for another weekend event.

The market, which runs the third Saturday of each month through October, helps raise money for the Echo Historical Museum. The upcoming event is Saturday from 4-7 p.m. at George Park, located at Bonanza and Dupont streets. There is no admission fee. Vendors offer everything from local farm-produced goods and direct sales merchandise to handcrafted items and artwork. For more information or to inquire about becoming a vendor, contact echoopenairmarket@gmail.com or search Facebook.