

**BTW**

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**Hermiston Area Chamber of Commerce**, plus **Bellinger Farms** and **Walchli Farms**, who donated watermelons to hand out to Portland residents at Pioneer Courthouse Square. As usual, Portland and Hermiston city officials will face off in a friendly seed-spitting contest, but the annual trip is also an opportunity for leaders from both cities to spend time getting to know each other and discussing issues both cities face.

Get in touch with your inner Sherlock Holmes during the annual **National Night Out** treasure hunt. Watch for a bonus clue in the Aug. 1 *Hermiston Herald*. The **Hermiston Police Department** will be hiding a golden medallion July 31 and clues will be published each day in the *East Oregonian* until it's found. The winner will be treated to an ice cream social block party Tuesday, Aug. 7 during Hermiston's National Night Out festivities.



STAFF PHOTO BY JAYATI RAMAKRISHNAN  
**Jack, Gabriel and Evangeline Moreno eagerly show off the Hermiston watermelon they picked up in Portland in 2017.**

Members of the **Girl Scouts of Oregon and Southwest Washington** recently reached for the stars as they participated in **Astronomy Adventure**. The July 10-14 event was held at **Pine Mountain Observatory**, located in the **Deschutes National Forest** near Bend.

The outing offered a unique opportunity to observe the skies from mountaintop telescopes and learn about astronomy. Also, participants collected data and further developed outdoor skills.

"I hope to see these Girl Scouts pursue studies in physics or astronomy in

the near future," said **Scott Fisher**, director of Pine Mountain Observatory.

For more about how to get involved in Girl Scouts, visit [www.girlscoutsofsw.org](http://www.girlscoutsofsw.org).

If you're looking for a day-trip this weekend, the annual **Show 'n' Shine Car Show** revs up Saturday at Earl Snell Park in Arlington.

The family-friendly event also features lots of ways to cool down in the lagoon with floaties and water toys provided by the **Arlington Community Chamber of Commerce**. The annual Rubber Duck Regatta also will be launched in the park's

lagoon. For a chance to win some cash, be sure to buy a duck for a buck at **Arlington Hardware**.

Food will be plentiful as **St. Francis Mission Catholic Church** offers a barbecue lunch beginning at 11 a.m. and the **Methodist Church Ladies** will serve up their popular strawberry shortcake throughout the afternoon.

Registration for vehicles, which costs \$10 each, starts at 9 a.m. The first 50 registered will receive a dash plaque and goodie bag with various car-related items. There is no fee for spectators.

Also, the chamber is hosting a free poker walk with a handful of local businesses. The best hand wins a \$150 gift certificate to have something made by local leather artist **Ron Wilson Custom Leather**.

For more information, contact 541-626-3426, [info@visitarlingtonoregon.com](mailto:info@visitarlingtonoregon.com) or visit [www.visitarlingtonoregon.com](http://www.visitarlingtonoregon.com).

You can submit items for our weekly *By The Way* column by emailing your tips to [editor@hermistonherald.com](mailto:editor@hermistonherald.com).



STAFF PHOTO BY JADE MCDOWELL  
**The interior of the first completed home of the Wolf Run subdivision outside Hermiston.**

**SUBDIVISION**

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for 2,850 square feet, while the fully completed home is listed at \$324,900 for 2,278 square feet. Gehring is allowing custom designs to be requested but also offers four different floor plans that are each four-bedroom ranch-style homes.

Gehring said he's willing to take a look at two-story designs but really prefers to keep the neighborhood single-story where possible, as he's adamant about preserving the privacy of the back

yards. He said the first couple to buy one of the houses is retired, but he also thought the subdivision — a block from Armand Larive Middle School and Desert View Elementary School — would be a great place to raise a family.

RE/MAX Cornerstone is holding open houses from 11 a.m. to 1 p.m. every Saturday and Sunday, and Gehring said when he filled in recently he didn't get out of there until 1:30 p.m. because there were so many walk-ins.

"I sat up here and it was nonstop on Sunday," he said.

**FOOD**

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Umatilla-Morrow Head Start, along with OSU, is providing the classes to families that qualify for the WIC (Women, Infants and Children) program. WIC is a supplemental nutrition program that provides nutritious foods to low-income pregnant and breast-feeding women, infants, and children up to age 5 who are at risk of not getting adequate nutrition.

"We're trying to do preventative care," Treadwell said. She noted that scientific research has shown that eating enough vegetables can help prevent, and even address, common diseases.

For the "Fruits and Vegetables for Families" program, people were screened for food insecurity, and had to qualify in one of three areas: meeting CDC guidelines for obesity, or being diagnosed by a healthcare provider with diabetes or hypertension. Those who qualify are asked to come to at least four cooking classes, and get a bag of fresh produce to take home with each class. Classes are funded by an \$85,000 grant from Eastern Oregon Coordinated Care Organization. In June, 122 people attended one of the six classes offered.

Though the classes target women and children, Treadwell said they encourage the whole family to join in.

Silvia Castillo came to Thursday's class with her



STAFF PHOTOS BY E.J. HARRIS  
**Silvia Castillo watches as her sons, Angel Cruz Arreola, 5, and Dante Castillo, 14, pour salad dressing on an Asian salad Thursday during a family cooking class for the OSU Extension Service's nutrition education program in Hermiston.**

children.

"I am not big on cooking," she said, as she grated carrots, her son made

dressing and her daughter chopped tomatoes. "But as a family we had lots of fun."

She said she plans to

come back for other classes, and hopes to cook more with her kids.

Victoria Erevia-Garcia stirred brown rice into the vegetable-beef skillet.

"I love to cook, I've been doing it for years," she said.

But the class introduced her to some new things. She'd never cooked with squash before, and wasn't used to cooking with carrots.

"I'm diabetic, so it helps me learn what to do," she said of the class. "Maybe it will help me get rid of my diabetes as well."

In another room, Head Start employees arranged bags stuffed with fresh produce including zucchini, potatoes, carrots and cantaloupe.

Treadwell said most of their produce is donated

from CAPECO, and they supplement it with products from local growers.

"We've been budgeting about \$40 per month per family, but we've been coming in under that," she said.

Treadwell also showed people how to use the WIC shopper app, which connects them to a monthly newsletter and recipes. They can search for recipes using specific vegetables or different types of meals.

Selene Rosas, a Head Start Health Resource Specialist, said many families are initially hesitant to come when they're first contacted about the class, but reception has been positive.

"Once they're here and hands-on, making a meal, they want to come back," she said.



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