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Free cooking class to showcase brunch option

Those hoping to wow guests at their next brunch party are invited to a free cooking demonstration at the Gladstone Food Pantry. Nutritionist Stephanie Kurzenhauser will teach ways to experiment with alternative whole grain, nut, and gluten-free flours to make light and crispy banana pancakes.

The demonstration will be from 10 a.m. to noon on Saturday, May 20, at the Gladstone Food Pantry. The Pantry is on the north side of the Gladstone High School campus [18800 Portland Ave.] with parking and easy access from Nelson Lane.

All are welcome, whether they come to choose free foods for the family, to donate food, or to sign up as a Food Pantry volunteer.

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Head Start festival planned for families with kids 4 and under

Head Start, a free preschool program for low-income families, wants to recruit over 400 children from birth to age four for fall enrollment in Clackamas County. To provide information, they are hosting a family festival in Gladstone.

The event, on Saturday, May 20, runs from 11 a.m. to 3 p.m. at the Gladstone Center for Children & Families, located at 18905 Portland Avenue. Pregnant mothers and families with children from birth to four are invited.

The free event includes

- Free lunch provided by Famous Dave's Barbecue
- Free family portraits by a professional photographer
- Raffle prizes include items from JJ Jump, the Oregon Zoo, the Portland Timbers, and a Chromebook computer.
- Free books and story time provided by the SMART reading program
- A comedy show for kids
- Star Wars characters, a fire fighter, and a police officer

More than 14 family support agencies will be there to share information about free service and to provide free activities and giveaways for children, including 211-Info, Clackamas Women's Services, and Energy Assistance.

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Gladstone schools plan district wide concert

May 18, Gladstone's school music teachers will present the second annual District Music Concert in the Main Gym at Gladstone High School. Doors open at 6 p.m. and the show starts at 6:30 p.m. Admission is free.

The concert will feature over 200 students and all of the school district's performing ensembles, from 4th grade to 12th grade.

“The event features individual performances by each ensemble, as well as pieces featuring all of our students performing together,” said band teacher Seth Arnold. “In a small community like Gladstone, we have the rare opportunity to bring all our school musicians together on one stage. That’s pretty special.”

PHOTO: The Gladstone High School Jazz Band is one group that will perform at a district wide concert on May 18.

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Gladstone relay to raise scholarship funds

A community relay run and walk in Gladstone will raise funds for a Gladstone High scholarship while celebrating the memory of local runner, Winterhawk Semler. The event will take place on Saturday, June 3, from 8 a.m. to noon at Gladstone High School’s Dick Baker Stadium, 18800 Portland Avenue.

The format is for student and adult teams of five, with each person running or walking for 30 minutes in succession, and the final person running for 40 minutes. In addition, a solo walk event is included, with individuals walking the full 2 hours and 40 minutes. Runners and walkers will have separate lanes.

To register, visit the event website at <https://hawkstrun.racedirector.com/>. Registration costs \$200 per running team or \$45 per walker for those who register by May 23, with a \$25 discount for student teams. Those who don’t participate but want to donate to the scholarship fund can do so at <https://hawkstrun.racedirector.com/donate>.

Special rates are offered for those who choose the “no-shirt” option at pre-registration:

- \$150 for teams of 5
- \$35 for solo participants

Raffle prizes will be announced for participants every 15 minutes. Prizes will be awarded for top solo and team competitors.