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Your views

Aviston Elementary fourth-grade class: Oregon items will add excitement to learning

To the Editor:
The fourth grade class at Aviston Elementary, located in southern Illinois, is learning about the United States and the different environments, climates, resources and highlights found in each region. The kids in the class think it would be fun to receive postcards, souvenirs, resources or any information about our great country from each of the 50 states.
We hope that the people who read this letter will be interested in mailing our class items pertaining to their state. Our address is: Aviston Elementary Fourth Grade, 350 S. Hull St., Aviston, Illinois 62216.
A sincere “thank-you” to anyone who is able to contribute. We appreciate the excitement you will add to

our learning experience.

Lisa Niemeyer, teacher
Aviston Elementary fourth-grade class

Write to us

LETTERSTO THE EDITOR

The Observer welcomes letters to the editor. Letters are limited to 350 words and must be signed and carry the author’s address and phone number (for verification purposes only). We edit letters for brevity, grammar, taste and legal reasons. We do not fact check. We will not publish poetry, consumer complaints against businesses or personal attacks against private individuals. Thank-you letters are discouraged.

Organic food known to be more nutritious — what’s on your plate?

The popularity of organic produce has increased dramatically over the years and for good reasons. Organic produce has now been shown by a number of studies to be more nutritious than produce raised with chemicals.
A \$25-million, four-year study of organically certified food, funded by the European Union, found that organic fruits and vegetables contain up to 40 percent more antioxidants; organic produce has higher levels of beneficial minerals like iron and zinc; and milk from organically raised cows contains 60 percent more antioxidants and essential fatty acids than conventional milk.
A doctoral dissertation by Virginia Worthington at John Hopkins University in 2001 revealed that organically grown vegetables have 27 percent more vitamin C, 21 percent more iron, 29 percent more magnesium, 13 percent more phosphorous and 15 percent fewer nitrates.
There should be no remaining doubt that buying organically grown produce is well worth the effort and additional cost. If you can’t buy organic, be sure

to at least avoid the conventionally grown “dirty dozen,” which are listed below along with the “clean 15” (“The Shopper’s Guide to Pesticides,” developed by the Environmental Working Group, see www.foodnews.org/).

Dirty Dozen (most chemicals used — buy only organic)

- Peach
- Apple
- Bell pepper
- Celery
- Nectarine
- Strawberry
- Cherry
- Kale
- Lettuce
- Grape (imported)
- Carrot
- Pear

Clean 15 (lower in pesticides)

- Onion
- Avocado
- Sweet Corn
- Pineapple
- Mango
- Asparagus
- Sweet Pea
- Kiwi
- Cabbage

- Eggplant
- Papaya
- Watermelon
- Broccoli
- Tomato
- Sweet Potato

It is good to avoid the health-damaging pesticides and herbicides when at all possible. The chemicals are especially concentrated in vegetable or fruit juices, in dried fruits or vegetables and in animal products.

How your food is grown or raised can have an impact on your physical, mental and emotional health. Many people who have food allergies or food sensitivities find when they eat foods that are chemical free, preservative free or organically grown, their symptoms lessen or go away.

The information below gives a good idea of the health benefits of eating organically.

Organic produce

- Grown with natural fertilizers (manure, compost).
- Weeds are controlled naturally (crop rotation, hand weeding, mulching and tilling).

My Voice

ABOUT THE AUTHOR

Linda Clayville is a certified nutritionist. My Voice columns reflect the views of the author only. My Voice columns should be 500-700 words or as space allows. Submissions should include a portrait-type photograph of the author. Authors also should include their full name, age, occupation and relevant organizational memberships. We edit submissions for brevity, grammar, taste and legal reasons. We do not fact check. We reject those published elsewhere. Send columns to La Grande Observer, 1406 5th St., La Grande, Ore., 97850, fax them to 541-963-7804 or email them to news@lagrandeobserver.com.



Clayville

- Pests are controlled using natural methods (birds, insects, traps) and naturally derived pesticides.

Conventionally grown produce:

- Grown with synthetic or chemical fertilizers.
- Weeds are controlled with chemical herbicides.
- Pests are controlled with synthetic pesticides

Organic meat, dairy, eggs:

- Livestock are given all organic, hormone- and GMO-free feed.
- Disease is prevented with natural methods such as clean housing, rotational grazing and healthy diet.
- Livestock must have access

to the outdoors.

Conventionally raised meat, dairy, eggs:

- Livestock are given growth hormones for faster growth, as well as non-organic, GMO feed.
- Antibiotics and medications are used to prevent livestock disease.
- Livestock may or may not have access to the outdoors.

I personally choose to buy organically grown or chemical-free food because I want to get the most nutrition, vitamins, minerals and antioxidants in the food I eat. I like feeling good, having plenty of energy in my aging body and being in good health.

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