

OVERDOSED

■ New study shows Americans have a slightly greater chance of dying from an opioid overdose than from a vehicle accident

By Najja Parker
The Atlanta Journal-Constitution

While car crashes are one of the leading causes of deaths, opioid overdoses are more likely to kill you, according to a new report. Researchers from the National Safety Council recently conducted a study to explore the odds of dying in the United States. To do so, they collected mortality data for 2017 from the National Center for Health Statistics. They also pulled population and life expectancy information from the U.S. Census Bureau.

After analyzing the figures, they found Americans now have a 1 in 96 chance of dying from an opioid overdose. The probability of dying from a motor vehicle accident is 1 in 103.

“The nation’s opioid crisis is fueling the Council’s grim probabilities, and that crisis is worsening with an influx of illicit fentanyl,” the team said in a statement.

More than 49,000 people died due to opioid overdoses in 2017, according to the U.S. Cen-

ters for Disease Control and Prevention.

Overall, opioid overdoses are the fifth leading cause of death in the country. Heart disease and cancer are still the No. 1 and No. 2 cause, respectively, followed by chronic lower respiratory disease and suicide.

However, the lifetime odds of an American dying from a preventable, accidental injury have gone up over the past 15 years. Preventable injuries caused 169,936 deaths in 2017.

“We’ve made significant strides in overall longevity in the United States, but we are dying from things typically called accidents at rates we haven’t seen in half a century,” Ken Kolosh, manager of statistics at the National Safety Council, said in the statement. “We cannot be complacent about 466 lives lost every day. This new analysis reinforces that we must consistently prioritize safety at work, at home and on the road to prevent these dire outcomes.”

Want to learn more about the findings? Take a look at the full assessment <https://bit.ly/2FujXML>.



Liz O. Baylen/Los Angeles Times-TNS

Tips for helping kids learn moderation with snacking

By Casey Seidenberg
Special to The Washington Post

Just as children need support when they learn to read, write or ride a bike, they need support learning to eat in moderation, especially during snack time.

Snacks are usually the most challenging to moderate because children often prefer snack foods to what is served for dinner.

Most kids can control the amount of broccoli they consume much more easily than they can control the number of cookies, so if you want to teach your children to snack and eat sweets in moderation, follow these six steps.

Teach them to recognize hunger cues

Children won’t be able to recognize how much they should eat at snack time if they don’t understand how hungry they are.

Explain what hunger feels like and how to tell when feeling full, then ask how hungry they feel before every snack. This will help children connect hunger levels to the amount they choose to eat.

Let your child listen to hunger without input

Have you ever noticed that some days your child can finish an entire bowl of ice cream and other times won’t want more than a bite?

How sometimes they are ravenous in the morning and other times too tired to even think about breakfast?

Our children must learn to trust their own constantly changing hunger and satiety cues, otherwise they may learn to habitually overeat.

As Dina Rose says in her book “It’s Not About the Broccoli,” “even if it turned out, by some stroke of magic, that you do know how much your kids ought to eat, you still shouldn’t interfere. Teaching kids to trust your instincts rather than their own instincts prevents your children from learning how to self-regulate.”

Give them practice

Just as children need practice reading before they reach chapter books, and

practice driving before they hit the roads alone, they need practice figuring out how much they should eat at any one time.

To teach them this, follow author Ellyn Satter’s division of responsibility in which parents are responsible for what food is put on the table, when meals and snacks are served, and where children eat.

Children are responsible for how much they eat — and whether they eat at all. By giving kids control over how much they eat, you are giving them moderation practice.

Set a specific snack time

The kitchen or snack cabinet should not be open all day. Snack times should be designated and kept brief.

After sitting down for a snack, your child should move to another activity and be given plenty of time to rebuild an appetite before the next meal.

Create snack drawers

Have a refrigerator snack drawer full of foods such as hard-boiled eggs, blueberries, carrots and yogurt, and always keep a bowl of fresh fruit on the counter. Also, create a snack drawer outside the refrigerator.

Fill it with mostly healthy snacks such as applesauce, raisins and nutritious bars, but add a few less healthy items, such as leftover candy. Explain that at snack time, they may eat from either of these locations.

Set a family rule for sugary foods

Let’s say you allow one sugary food a day (as this makes a clean example). Tell your children it is up to them when to have that food each day. Then place the sugary snacks next to the healthy snacks.

A child who truly listens to their body might reach for the candy, then see the applesauce and decide that is what they really desire. The power of junk food dissipates when it becomes accessible.

Creating a snack drawer and giving your children

some control over it could possibly ease your eating worries.

As Rose explains, “When you break up the contents, the candy collection no longer seems like a set. As a result, your kids won’t feel entitled to eat it all at once.”

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SATURDAY, JANUARY 19th, 2019
Blue Mountain Conference Center
404 12th Street, La Grande, OR
Seminar 8:45 AM–3:20 PM

- 8:45am Workshop & Workshop Overview**
- 9:00 – 9:55am “Export Markets & National Beef Traceability Programs”** Kent Bacus; Director of International Trade & Market Access, NCBA
- 9:55 – 10:50am “Practicality & Implementation of Beef Traceability Programs”** Heather Donley; Director of Quality Assurance, Beef Marketing Group
- 10:50 – 11:20am Morning Break** (provided by sponsors)
- 11:20 – 12:15pm “Value of Stockmanship & Low-Stress Systems in Beef Production”** Dr. Tom Noffsinger; Veterinarian, independent consultant & Production Animal Consultation (PAC) partner
- 12:15 – 1:30pm Lunch** (provided by sponsors)
- 1:30 – 2:25pm “Retailer & Consumer Perspectives of Traceability Programs”** Dr. Wayne Morgan; Corporate VP & President of Protein Products, Golden State Foods
- 2:25 – 3:20pm “Economic Outlook & Impacts on Beef Marketing Systems”** Katelyn McCulloch; Senior Economist, Livestock Marketing Information Center

Note: For more information, please contact Kim McKague at (541) 562-5129 ext. 21
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Your Touchstone Energy® Cooperative

OTEC nominating committee members appointed

Baker City, Oregon (OTEC) — The Oregon Trail Electric Cooperative Board of Directors have appointed the following members to the director nominating committee for Baker and Union counties:

Positions 7 and 8 — Union County
Seats are currently held by incumbents Greg Howard and David Baum

- Donna Beverage 541-786-1492
- Mary West 541-910-4546
- Russell Lester 541-910-0906

Position 9 — Baker County
Seat is currently held by incumbent Charlene Chase

- Diana Brown 541-523-3679
- DeeDee Clarke 541-524-1999
- Fred Warner, Jr. 541-524-2040

The nominating committee handles interviewing and recommendations of qualified candidates for the 2019 OTEC Board of Directors elections. If you are a member of the cooperative and are interested in running for the OTEC Board of Directors, please contact one of the committee members in your county.

The committee has requested any members interested in stepping forward for consideration, please contact them on or before January 29, 2019.

The nominating committee must submit its nominations to the board secretary no later than February 1, 2019.

Any member wanting to petition for placement on the 2019 Board of Directors election ballot should contact Lea Gettle (541-524-2831) for the petition and conflict of interest forms.

Nominations by petition must be filed no later than March 5, 2019, must be signed by the candidate and include at least 50 OTEC members’ signatures who are qualified to vote. In addition, there must be a request that the candidate’s name be placed on the ballot.

A copy of the bylaws describing the terms of office, application and qualifications needed to serve on the nine-member board, along with a conflict of interest policy are available online at www.otecc.com/about/annual-meetings

Each director’s term of office is for three years. The election will be completed at the annual meeting scheduled for Saturday, May 4, 2019, in John Day at the Grant County Fairgrounds. All OTEC members and their families are encouraged to attend.

About the cooperative

Oregon Trail Electric Cooperative (OTEC) is a not-for-profit, member-owned electric cooperative that serves over 31,000 homes and businesses in four counties in Eastern Oregon. Headquartered in Baker City, OTEC has district offices in Burns, John Day and La Grande.