

**SPORTS**

# Badgers settle for second



**Gov. Brown visits Baker City on cap-and-trade bill, 2A**

# THE OBSERVER

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**EOU Theatre** presents **THE ELEPHANT MAN**

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This production rated 'R', it contains one scene of brief nudity.



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**MONDAY • March 4, 2019 • \$1.50** Good day to our valued subscriber Phyllis Hodgson of La Grande



Photos courtesy of Val's Veggies

## You are what you eat

■ Study says eating organically could reduce cancer risk by 25 percent

By **Amanda Weisbrod**  
The Observer

In 2016, 22.9 million U.S. adults reported having cancer at least once in their lifetime, according to the Centers for Disease Control and Prevention. Cancer is the second-most common cause of death behind heart disease in the U.S., taking 185.1 lives out of a population of 100,000 in 2016, according to the CDC website.

Everyone knows someone, has heard of someone, or has even been that someone battling the slow and suffocating growth of cancerous cells. Some are victorious, others, sadly, are not. But what if there were a way to reduce cancer risk

by simply changing an everyday habit? A French study published in October 2018 by the American Medical Association in its monthly peer-reviewed medical journal claims there is. The NutriNet-Santé Prospective Cohort Study

*“When we’re facing challenges like climate change and epidemic levels of diabetes and cancer, you would think we’d pay attention to the science that we have.”*

— **Trudy Bialic, director of public affairs and quality standards at Puget Consumers Co-op**

analyzed the relationship between the diets and new cancer diagnoses of more than 68,000 French adults from 2009 to 2014 and found a diet high in organic foods is linked to a 25 percent reduced risk of developing cancer. Most notable was the correlation between organic food consumption and the risk of non-Hodgkins lymphoma, which the data shows as decreasing by 86 percent for those who most often consumed an increased amount of organic food. The study speculates the lack of residual pesticides in organic foods as a possible catalyst for this result. “Because of (organic food’s) lower exposure to

pesticide residues, it can be hypothesized that high organic food consumers may have a lower risk of developing cancer,” the study states. “A recent review concluded that the role of pesticides for the risk of cancer could not be doubted given the growing body of evidence linking cancer development to pesticide exposure.” The NutriNet study admits it has some limitations to its findings, such

as the likelihood of participants already being health-conscious individuals, the qualitative nature of the data, the short follow-up time, and the chance of residual confounding, which is the distortion of a conclusion by additional, unseen factors even after the study has been controlled. Charles Benbrook, an organic food analyst and holder of a PhD in agricultural

See **Organic** / Page 5A

## Lee granted court-appointed attorney

Observer Staff

Not a lot of new information came out of the status check for Ronald

D. Lee, the man who is being held without bail for the murder of his ex-wife Loretta Williams, which occurred in November 2018.

Lee was able to get a court-appointed attorney, previous Umatilla County District Attorney Dean Gushwa, who specializes, according to his website, in criminal defense.

Lee’s next hearing is a plea hearing set for April 24, according to court records.

Lee was arrested Feb. See **Lee** / Page 5A

## Pasta dinner benefits Angel Fund

■ Organized by La Grande RE/MAX, fundraiser helps homeless students

By **Francisca Benitez**  
The Observer

The annual Angel Fund Spaghetti Feed fundraiser will be held in the La Grande High School Commons from 5 p.m. to 7 p.m. March 5. The Angel Fund provides clothing, food and other vital supplies to students without homes in La Grande. Tickets are \$6 for adults and \$4 for children younger than 12.

The event is hosted and facilitated by La Grande RE/MAX. About 19 local businesses are sponsoring the event. Shawna McKinnis, the owner of La Grande RE/MAX, said that last year the event raised \$4,693 for the Angel Fund.

Kathleen McCall is the Youth in Transition Liason for the Angel Fund. She identifies students and families who do not have a regu-

See **Dinner** / Page 5A

## Baseball and softball fields get an upgrade

■ City, schools, volunteers team up to improve Pioneer Park fields

By **Dick Mason**  
The Observer

The community of Union County is stepping up to the plate in a big way for the Optimist and Sam Marcum baseball and softball fields at Pioneer Park.

The City of La Grande Parks and Recreation Department is partnering with the La Grande School District, community volunteers and donors to make major improvements at the two fields and replace the

shared concession stand. “It is going to be amazing,” said Fred Bell Jr. of La Grande, who is working as a volunteer for the project.

The project has been slowed considerably by the unusually late winter snowstorms Northeast Oregon has received. The storms left a blanket of snow on the softball and baseball fields.

Community volunteers began taking on Old Man winter this weekend, however, using snowblowers to push snow off the baseball and softball fields Friday and Saturday. Bell began blowing snow late Saturday afternoon off the softball field and worked until midnight and then returned Sunday to continue from 5 a.m. to 8 a.m. Bell said the work on the softball field was quite challenging until the wind began blowing and helped move the snow in the right direction.

Bell said getting the snow off the fields now, before it melts, will prevent the fields from becoming muddy.



Dick Mason/The Observer

The new concession stand building now being completed at Pioneer Park will include an announcer’s booth on top.

The list of improvements to be done at the complex will include replacing the concession stand between the baseball and softball fields. The new concession stand will have an announcer’s booth and dressing room for umpires.

The announcer’s booth will provide a good view of Optimist and Sam Marcum fields. Optimist Field is for baseball, and Sam Marcum

Field is for softball. All La Grande High School home baseball and softball games are played on the fields.

Upgrade plans also call for removing trees that obstruct the view of the softball field from the announcer’s booth, installing new ADA (Americans with Disabilities Act) sidewalks connecting the fields’ west parking area to the complex, and putting in new bleachers on the visi-

tors’ side at Optimist Field.

The softball field will receive the majority of the work. Improvements set to be made there include new dugouts for the home and visiting teams, a new backstop, new fencing down the first and third base lines, new benches and temporary outfield fencing.

The softball dugouts will include a back wall, See **Fields** / Page 5A

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**WEATHER** Full forecast on the back of B section

	<b>Tonight</b> 21 LOW Mostly cloudy		<b>Tuesday</b> 40/31 Rather cloudy
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