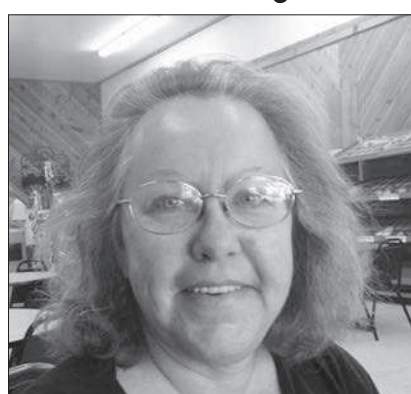


# Local

## Holiday recipes for restricted diets



**Homemade Goodness  
By Eileen Driver**

I have always believed in “tradition,” especially when it comes to what I eat for the holidays.

Someone will say, “Let’s have asparagus for Christmas dinner this year,” and I will tell them okay as long as we have my green bean casserole as well. It has always been fine with me to add to my traditional meals, as long as you don’t subtract from them.

Well this year I have been thrown for a loop as I have been given a vast array of dietary restrictions by my doctor. I won’t go into the boring reason why, but it has made me become much more adventurous in my food choices as I can no longer eat a lot of the foods that I love.

So for those of you who have restrictions on what you can eat maybe some of these recipes will help you as well.

If you have a dairy restriction and love green bean casserole as much as I do you can make homemade cream of mushroom soup to put in it with almond or cashew

milk. Or you can make this recipe which still gives you the beans and mushrooms without the saucy part.

**Green Bean & Mushroom Medley**  
1/2 lb fresh green beans, cut in 1 inch pieces  
2 carrots cut into thick 1 inch strips  
1 onion sliced  
1/2 lb fresh sliced mushrooms

1/4 cup real butter  
1 teaspoon salt  
1/2 teaspoon seasoned salt  
1/4 teaspoon garlic  
1/4 teaspoon pepper

Boil green beans and carrots in just enough water to cover, till tender but still firm. Drain.

Melt butter in a large skillet over medium heat. Sauté onion and mushrooms till tender. Reduce heat, cover and simmer for three minutes. Add remaining ingredients, as well as green beans and carrots to skillet. Cover and cook 5 minutes over medium-high heat.

The green beans and mushrooms are my favorite part so hopefully this will satisfy that craving.

For those who must go gluten free I really feel for you.

I never knew how much I loved bread until I had to all but give it up. I have tried the gluten free bread but have only found 1 bagel that I really like, however I discovered that if you turn that bread into

stuffing it actually tastes great.

**Homemade Stove Top Stuffing - Serves 6**

8 slices bread  
3 tablespoons butter  
1 stalk celery, chopped  
1 small onion, finely chopped  
2 cloves garlic, minced  
2 tablespoon fresh parsley, or 1 dried  
1/2 teaspoon sage  
1/4 teaspoon marjoram  
1/4 teaspoon pepper  
1/8 teaspoon salt  
1 1/4 cups chicken stock  
Make Bread Cubes  
Preheat oven to 350 degrees.

Place the bread evenly on a cookie sheet and toast in the oven for 8-10 minutes or until golden. Then turn over bread and toast for about another 6 minutes.

Cut toasted bread into cubes, set aside.

Make the stuffing

In a large sauce pan melt the butter over medium heat. Add the celery, onion and garlic, cook till veggies are translucent about 5 minutes.

Add the herbs, spices and chicken stock, then bring to a boil. When boiling quickly mix in the bread cubes, cover and remove from heat. Let stand 5 minutes, fluff with fork and serve.

This recipe takes a little bit longer than the boxed version, but tastes so much better.

I made a batch of it for myself for Thanksgiving with a few chopped up gible pieces and a small can of sliced mushrooms thrown in and it was delicious and I didn’t feel like

I was missing out at all. Christmas morning is going to be the biggest change for me as I usually have a delicious homemade raspberry pastry with some diced ham and scrambled eggs.

But since I can’t have most of the ingredients in the pastry I will be changing things up quite a bit.

**Ham, Cheese & Hash browns Casserole**

1-2 tablespoons olive oil  
1 onion diced  
1 bell pepper diced  
1 teaspoon salt  
1/2 teaspoon pepper  
6 eggs  
1 can evaporated milk  
8 oz shredded cheese  
30-oz bag frozen hash browns  
12 oz diced ham  
Preheat oven to 350 degrees. Sauté the onion, bell pepper, salt and pepper in olive oil over medium heat for 4-5 minutes.

In large bowl beat eggs, whisk in evaporated milk, stir in cheese, hash browns, ham and onion and bell pepper mixture.

Pour mixture into greased 9x13 baking dish and cook for 70 minutes until eggs are set.

Serve hot.  
I have to make some changes, like evaporated coconut milk, non-dairy cheese and turkey ham, but don’t be afraid to try your recipes with substitutions. Don’t feel you have to go without your favorites because of food restrictions.

And I will have that bagel with raspberry jam as well.

Merry Christmas everyone!

## Grove

CONTINUED FROM PAGE 1

According to BCPD Chief Wyn Lohner, he received the report of Grove having been spotted on his bicycle near the pathway. Lohner eventually spotted the purple bike being ridden by Grove across Campbell and called out to the suspect.

Grove bolted, eventually dropping his bicycle on the ground and continuing on foot, trespassing through multiple private properties.

Several officers joined in the pursuit, with Lt. Dustin Newman finally seeing Grove, still running. Grove eventually obeyed commands to stop and lay down on the ground, and was arrested at 1532 Baker Street.

Grove was arrested for an outstanding Parole and Probation Detainer, Harassment and four counts of Criminal Trespass II, according to Lohner.

## Walden puts La Grande native on committee

U.S. Rep. Greg Walden (R-Ore.) announced today that Ray Baum will bring his decades-long experience in policy making back to Capitol Hill as Staff Director of the House Energy and Commerce Committee. Last week, Walden was elected by his colleagues as Chairman of that Committee, which has broad jurisdiction over health care, energy, and telecommunications policy. Baum will replace Gary Andres.

“Ray Baum is a gifted policy leader and a true pro who will bring nearly three decades of policy experience to the Committee’s top staff role. As a long-time Energy and Commerce staffer, state regulatory board chairman, and Oregon House Majority Leader, Ray has put into place common-sense policies to help consumers and grow jobs in America. We’re fortunate to have him on our team.

“I’d like to thank outgoing Staff Director Gary Andres for his long record of dedicated service to the Committee. Gary is a remarkable leader who has done great work for the American people. I will continue to turn to him for advice, counsel, and friendship,” Walden said.

Baum, a native of La Grande, Oregon, joined the staff of the Energy and Commerce Committee in 2011, serving as senior policy advisor and chief strategist on state initiatives, cybersecurity, telecommunications, and technology. Prior to that, he served as the Chairman of the Oregon Public Utility Commission, as well as the National Association of Regulatory Utility Commissioners Telecommunications Committee. He has chaired the Oregon Broadband Advisory Council, served as a member of the Board of Directors of the National Association of Regulatory Utility Commissioners (NARUC), and was state chair of the Federal-State Joint Board on Universal Service.

Walden and Baum were both elected to the Oregon state House of Representatives in 1988. Baum served in the legislature for eight years, the last two as House Majority Leader. He holds a B.A. from Brigham Young University and a J.D. from Willamette University.

## Sumpter holds marijuana meeting

BY MEGHAN ANDERSCH  
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Sumpter City Council held an emergency meeting December 2 for the first reading of Ordinance 2016-3 regarding city permits for marijuana businesses. After opening, Mayor Cary Clarke handed the meeting over to Councilman Greg Lucas.

Lucas stated the meeting was being held because of the issue not being handled with previous administration and business people now legitimately wanting to open these businesses in town. He said Council is in the forced position of having to handle the ordinance in a quicker manner than they had intended due to the process of businesses seeking licenses.

Lucas stated members of the Council are not for or against marijuana businesses, but are in their positions as representatives of Sumpter citizens and will do their best to leave their own opinions at the door. He said the Council loves to see business and there are benefits from the wide range of businesses that have interests in the town. He acknowledged benefits to City government and budget.

Lucas stated results of the marijuana poll sent to local citizens will not be available until next week. If the townspeople are for marijuana businesses, the Council will do their best to enable them to be successful. If the townspeople are against them, they’ll try to figure out how to accomplish that.

Lucas said there will be a second reading of the ordinance at the next Council

meeting and a vote. He stated they would hopefully have enough data to know which direction to go.

Clarke said the City lawyer had looked at the ordinance twice. He picked it apart and agreed it is a legal document. Clarke motioned to accept the document as ordinance. Clarke, Lucas, and Robert Armbruster voted in favor and Samantha Rowan voted against. She stated there are still things in the ordinance that she thinks need to be further addressed.

Clarke then motioned to read the ordinance by title only as allowed per City charter. All voted in favor and City Recorder Julie McKinney read the ordinance by title.

Karen Peters stated there are many people registered to vote in town who are not water users and did not receive the poll. She also asked about households who have one person in favor of marijuana and one against.

Clarke said he figured most people would write on the paper how each person thinks. Armbruster suggested the poll should perhaps have been distributed across the registered voter lists. McKinney stated not all property owners are registered to vote in Sumpter.

Lucas said the poll delivery may need to be revamped. That would mean results would not be available before the next regularly scheduled meeting. Council could vote at that meeting to accept the ordinance as is and give themselves time to address saturation of a new poll.

Or they could acknowledge the results of the current poll as partial, realizing it would not give the best representation. He said the more definite but long-term way to handle the issue is to refer it to election, but that puts it out two years. The Council would prefer to go with what the townspeople want.

Catherine Dodgens stated licenses for marijuana businesses should be suspended while the issue is figured out.

Lucas said the City is able to sell licenses such as for the café and construction business going into the Sumpter Nugget. As for OLCC licenses, the City has nothing to do with that except for the marijuana ordinance. He stated they are trying to be as fair as possible to all parties involved. Application for OLCC licensure is in the final stage for one business, forcing the Council’s hand to deal with the ordinance.

Dodgens asked if the OLCC would not issue the licenses if the City doesn’t want them issued. Lucas responded that because Sumpter missed the opt-out period, they are now covered under State ordinance.

Lynn Bean asked how many marijuana businesses would potentially be allowed to operate.

Lucas stated that the town has two applications at present. Grows and manufacture will also need to be addressed in the future. He said the Council had at this point completed the business they could for the day.

He said the Council would work to figure out the best way to get the

poll to the largest group of citizens.

Jenny Long stated that some of the items in the ordinance, such as required distance from a State park and restriction of grows, are covered under state land use regulations. She stated that changing them requires a public hearing to take public testimony and that every property owner in the City limits must receive notice. She stated if this step is skipped, the ordinance can and will be appealed to LUBA.

Peters stated she thought the poll was supposed to show what would happen in a vote and if it goes to referendum, registered voters would have a say.

Lucas stated that the problem with an up and down vote is that it tends to create separation. The Council is trying to involve as many as possible that have interests in the town, whether weekenders or full-time residents.

Long stated that the Council is not giving a chance to the public to testify and have concerns addressed by the Council.

Lucas said the Council was told by the marijuana businesses that they would honor the Council working through this process. The Council found the businesses are not honoring the town’s systems and processes and so they were here taking the next step. He stated they are not pros and must consult state agencies and lawyers to try to do this right.

Lucas said the Council will go through the process at the next meeting as agencies and lawyers have recommended.

## Fire marshal offers safe heating tips

As colder weather arrives, State Fire Marshal Jim Walker offers the following home heating safety tips:

- Portable Space Heaters**
  - Only use portable space heaters with an automatic shut-off so if they’re tipped over they will shut off.
  - Give heaters space. Keep at least three feet of space between the heater and combustibles such as furniture, curtains, bedding, and papers.
  - Check heater electrical cords. Inspect for cracked or damaged cords, broken plugs, or loose connections. Replace before using the space heater.
  - Plug portable electric space heaters directly into a wall outlet. Never plug them into a power strip or extension cord.
  - Turn heaters off when not in use, before going to bed, or when leaving the room.
- Fireplaces and Woodstoves**
  - Have chimney and woodstove flues and vents inspected and cleaned every year by a qualified specialist. Ask them to check for creosote deposits, soot build-up, or physical damage.
  - Always use a fireplace screen. Make sure the screen is made of sturdy metal or heat-tempered glass to prevent sparks from escaping.
  - Keep a clutter-free environment. Clear the area around the hearth of debris, decorations, and materials.
  - Store kindling, fire logs, and wood at least three feet from any heat source.
  - Install stovepipe thermometers to help monitor flue and chimney temperatures.
  - Use proper fire starters. Proper fire starters include newspaper, kindling, or specially manufactured starters designed for indoor use. Never use flammable liquid, such as lighter fluid, kerosene, or gasoline to start a fire.
  - Never burn charcoal indoors. Burning charcoal can release lethal amounts of carbon monoxide.
  - Allow fireplace and woodstove ashes to cool before disposing of them.