

Wage war on inflammation

BY ROBIN GAUDETTE
Health Hub

Inflammation related to well-being is all the rage in health related topics today. Inflammation can be evil as well as helpful to your health. Let's explore the basics of inflammation and how diet and exercise is a helpful addition to getting a handle on inflammatory processes.

The inflammatory process is part of our immune system. It protects us from invaders such as microbes, chemicals and allergens, physical trauma and stressors. Inflammation when acute or short-term is considered as part of the healing process. When inflammatory triggers remain and accumulate the inflammatory process becomes long-term and begins to cause a host of problems.

The immune system has intricate components that work as a team fighting off invaders and building a defense for future attacks. If this system does not maintain a balance between the two groups our body is vulnerable to the damaging effects of inflammation.

Chronic inflammation is a persistent, low-grade, long-term immune response. Strong research evidence links chronic inflammation to the development of chronic diseases such as cardiovascular, pancreatic and intestinal tract disease,

rheumatoid arthritis, cancer, neurological diseases and reproductive disorders. Obesity and type 2 diabetes are influenced negatively by chronic inflammation. And low-grade inflammation contributes to age-related conditions in the elderly including hypertension, atherosclerosis, vascular and nerve diseases and COPD.

Contributing factors that play a role in increasing inflammation may be easily modified or recognized and treated. These factors include physical imbalances (musculoskeletal, posture), poor diet, food and environmental allergens, sleep deprivation, repetitive stress and inactivity.

Exercise causes a physiologic immune response very similar to the response created by a physical or mental stressor. Research has concluded that exercise can support the immune system with positive anti-inflammatory benefits. Comparing low, moderate and high-intensity exercise researchers found moderate-intensity aerobic exercise was beneficial in managing low-grade inflammation. The study showed that moderate-intensity aerobic exercise performed for 45 minutes 3 days per week lowered pro-inflammatory markers and increased anti-inflammatory ones. Exercise at high intensity, longer than 20-30 minutes or exercise at low-intensity lasting longer than 75 minutes can drastically increase inflammatory markers. Resistance training also influences the inflammatory response.



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While one bout of weight lifting will increase the acute inflammatory response, over time the body will adapt and make a shift to an anti-inflammatory response. The studies especially support resistance training in the elderly population to improve anti-oxidative defenses and lessen its stress. These studies recommend resistance exercise performed at moderate-intensity, targeting every muscle group, 3-5 sets of 10 repetitions, 3 times a week. Concluding that adding more resistance exercises, at a greater frequency and duration appears to be a positive support for dealing with low-grade in-

flammation.

The anti-inflammatory system can also be supported with simple nutritional strategies. Simple fixes include consuming more fruits and vegetables daily, reducing trans-fat and saturated fat intake, increasing intake of omega-3 fats (fatty fish and fish oil, olive oil, avocados and walnuts), reducing intake of simple carbohydrates and animal products.

The plant-based diet, certain herbs and phytochemicals also improve the anti-inflammatory artillery. A plant-based diet encourages the body's natural healing and cellular renewal, supporting the immune system. Fruits, vegetables, whole grains, legumes, beans, nuts and seeds provide the body with nutrients not found in animal sources. There are herbs — turmeric, ginger, rosemary, basil and others — that create a potent anti-inflammatory response with no known side effects. Phytonutrients are plant compounds that enhance immunity. The following fruit and vegetables pack a powerful anti-inflammatory punch: arugula, broccoli, bok choy, cauliflower, Brussels sprouts, mustard greens, kale, berries, red grapes, citrus and green tea, sweet potatoes, carrots, squash and tomatoes.

Do your internal system a favor by making simple changes and modifications before problems arise.

■ Robin Gaudette is the aquatics wellness coordinator at the Redmond Area Park and Recreation District. Contact her at robin.gaudette@raprd.org.

Marijuana suspected in deadly hit-and-run

BY GARRETT ANDREWS
The Bulletin

A Redmond man is facing a homicide charge for allegedly being high on marijuana when police say he struck and killed a 90-year-old pedestrian last year.

Witnesses say Anthony Rubaldino Vasquez, 20, stopped his GMC Yukon after hitting Leroy Eugene Hall while traveling about 35 mph through Redmond, then shouted a few panicked statements and drove away, according to court documents. Vasquez was pulled over and arrested about 25 minutes later. A marijuana dab oil pen was allegedly found in his pocket and seized as evidence.

He was scheduled to enter a plea to a charge of criminally negligent homicide Thursday in Deschutes County Circuit Court, but a continuance was granted by the judge.

The incident took place at 6:50 p.m. Nov. 20 in the 1200 block of NW Sixth Street in Redmond. A 911 caller reported a red SUV had struck a pedestrian and driven away.

The first officer on scene, Zach Moore of the Redmond Police Department, saw Hall laying motionless in the middle lane and checked for a pulse but found none.

A witness reported that Hall had been attempting to cross traffic with a heavy limp, court records state.

Two vehicles had to brake hard as they approached him. Another driver said she felt concern as she passed Hall, but when she checked her rearview mirror, she saw him flying through the air.

A witness driving behind Vasquez's red SUV told police she saw it swerve to the right and moments later, saw a man in her rearview mirror, she saw him flying through the air. An officer on scene said the driver displayed no signs of impairment.

Witnesses told police they saw the driver of the red SUV get out of the vehicle, look at Hall's body before returning to the SUV and driving to a nearby mobile home park. One reported the driver of the SUV yelled, "I hit him. I hit him," before driving off.

Vasquez reportedly told police he fled the scene because he was scared, but he denied smoking marijuana that day, court records state.

Vasquez is represented by Bend attorney Bryan Donahue.

A similar case in Deschutes County in 2017 yielded a conviction against the driver, Justice Knight Collins, who was sentenced to three years in prison and a lifetime license revocation. Collins was high on marijuana when he caused the death of Jason M. Franklin, of Madras.



Vasquez

POLICE & FIRE REPORT

The Spokesman will update items in the Police Log when such a request is received. Any new information, such as the dismissal of charges or acquittal, must be verifiable. For more information, call 541-548-2185.

Redmond Police Department

March 8
DUII — Christopher K Gregg, 34, of Redmond was arrested on suspicion of driving under the influence of intoxicants at 8:34 p.m. in the area of NW Ninth Street and NW Maple Avenue.
DUII — Miguel A Mata Ibarra, 36, of Redmond was arrested on suspicion of driving under the influence of intoxicants at 10:24 p.m. in the area of SE Evergreen Avenue and S. U.S. Highway 97, and was also charged with reckless driving and reckless endangering.
Thefts — Thefts were reported at:
8:02 a.m. in the 2500 block of SE Jesse Butler Circle.
9:16 a.m. in the 1800 block of NE Eighth Street.
4:25 p.m. in the 1500 block of SW Odem Medo Road.
9:55 p.m. in the 300 block of NW Oak Tree Lane.
Vehicle crashes — Noninjury accidents were reported at:
11:23 a.m. in the 300 block of NW Oak Tree Lane.

4:44 p.m. in the 700 block of SW Evergreen Avenue.
March 9
Hit-and-run — A hit-and-run incident was reported at 3:50 p.m. in the 300 block of NW Quince Avenue.
Thefts — Thefts were reported at:
12:24 p.m. in the 1600 block of SW Odem Medo Road.
5:18 p.m. in the 300 block of NW Oak Tree Lane, and an arrest made.
March 10
Criminal mischief — Acts of criminal mischief were reported at:
5:16 p.m. in the 600 block of NW Jackpine Avenue.
9:23 p.m. in the 300 block of NW Oak Tree Lane.
Hit-and-run — A hit-and-run incident was reported at 9:39 p.m. in the 2500 block of SW Sixth Street, and an arrest made.
Thefts — Thefts were reported at:
6:17 p.m. in the 1900 block of SW 20th Street.
10:47 a.m. in the 1400 block of S. U.S. Highway 97.
11:08 a.m. in the 1200 block of NE Greenwood Avenue.
March 11
Thefts — Thefts were reported at:

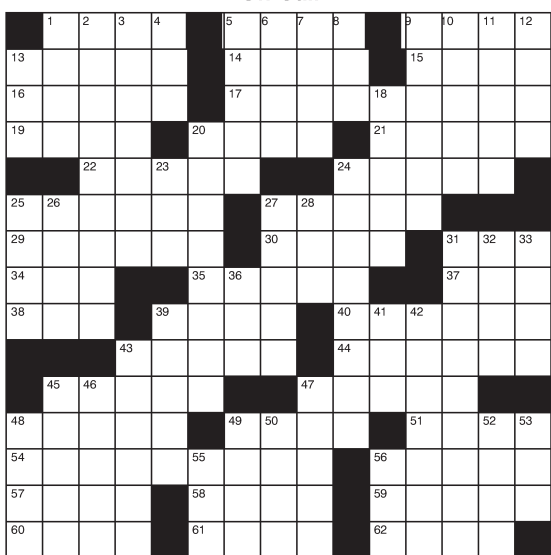
1:23 p.m. in the 1100 block of NW 19th Street.
3:06 p.m. in the 900 block of SW Veterans Way, and an arrest made.
4:34 p.m. in the 1700 block of SW Odem Medo Road.
6:09 p.m. in the 300 block of NW Oak Tree Lane.
10:35 p.m. in the area of SW Sixth Street and SW Tamarack Court.
Vehicle crash — An accident was reported at 4:10 p.m. in the 1900 block of S. U.S. Highway 97.
March 12
Burglary — A burglary was reported at 8:04 p.m. in the 1900 block of SW Reindeer Avenue.
DUII — Shannon Kristine Webb, 41, of Redmond was arrested on suspicion of driving under the influence of intoxicants at 2:42 p.m. in the area of SW Newberry Avenue and SW 31st Street, and was charged with reckless driving.
Hit-and-run — A hit-and-run incident was reported at 2:50 p.m. in the 900 block of SW Veterans Way.
Thefts — Thefts were reported at:
9:31 a.m. in the 1200 block of NW Uvas Avenue.
3:31 p.m. in the 1500 block of S. U.S. Highway 97, and two suspects arrested on suspicion of theft by receiving.

7:12 p.m. in the 800 block of SE Lake Road.
Vehicle crash — A noninjury accident was reported at 3:02 p.m. in the 1700 block of SW Parkway Drive.
March 13
DUII — Dylan Joseph Craig, 19, of Redmond was arrested on suspicion of driving under the influence of intoxicants at 5:51 p.m. in the area of SW 31st Street and SW Pumice Avenue.
DUII — Michael Scott Barber, 26, of Redmond was arrested on suspicion of driving under the influence of intoxicants at 7:17 p.m. in the area of NW Fifth Street.
Hit-and-run — A hit-and-run incident was reported at 1:17 p.m. in the 3000 block of SW Umatilla Avenue.
Theft — A theft was reported at 1:08 a.m. in the 700 block of NE Quince Place.
March 14
Theft — A theft was reported at 4:09 p.m. in the 300 block of NW Oak Tree Lane.
Vehicle crash — An accident with injury was reported at 4:57 p.m. in the area of SW Black Butte Boulevard and SW Fifth Street.
Redmond Fire Runs
March 9

5:37 a.m. Passenger vehicle fire, in the area of NE Greenwood Avenue and NE 11th Street.
2:29 p.m. Electrical wiring/equipment problem, other, 1804 NW Eighth St.
March 10
5:59 p.m. Motor vehicle accident with injury, in the area of W. state Highway 126.
March 11
1:45 p.m. Motor vehicle accident, noninjury, in the area of NW Pershall Way and N. U.S. Highway 97.
March 12
12:06 p.m. Prescribed fire, 1030 NE Yucca Ave.
March 13
11:33 a.m. Authorized controlled burning, in the area of N. U.S. Highway 97, Terrebonne.
12:23 p.m. Prescribed fire, in the area of NE Yucca Avenue and NE 17th Street.
12:44 p.m. Prescribed fire, 2315 NE Smith Rock Way, Terrebonne.
5:29 p.m. Forest, woods or wildland fire, 2542 S. U.S. Highway 97.
March 14
10:58 a.m. Building fire, 300 NW 95th St.
March 8-14: 90 Medical aid or transfer calls

CROSSWORD

On Call



- CREATORS NEWS SERVICE By Charles Preston
- ACROSS**
- 1 Best, of Hollywood
 - 5 Caesar's VIII
 - 9 Copperfield's first
 - 13 To the point: L.
 - 14 Diving bird
 - 15 Kind of rule
 - 16 Gadget
 - 17 Boswell's hero
 - 19 Will-...-wisp
 - 20 Caper
 - 21 Vinegar: comb. form
 - 22 River near Valencia
 - 24 Councils
 - 25 Give a critique
 - 27 Gangs' domains
 - 29 Baked
 - 30 Indian prince
 - 31 UN license-plate letters
 - 34 Kind of leaf
 - 35 Word of comfort
 - 37 Cartoonist Gardner
 - 38 A...cara: Bellini aria
 - 39 Chacun...gout
 - 40 Stabbed
 - 43 Large leaf
 - 44...no: either way
 - 45 Dutch painter
 - 47 Statesman Root
- DOWN**
- 1 Blue-pencil
 - 2 Lara's love
 - 3 Bane
 - 4 Latin I word
 - 5 Bit of nostalgia
 - 6 Heavy twine
 - 7 War criminal of 1941
 - 8 Lennon's widow
 - 9 Morons
 - 10 Beginning
 - 11 Melees
 - 12...lime
 - 13 Past
 - 18 Israeli port
 - 20 Holmes' sidekick
 - 23 Cartoon screech
 - 24 RLS character
 - 25 Float
 - 26 Nobelist Wiesel
 - 27 Inclination
 - 28 Former Mideast gp. role
 - 31 Marlowe's necromancer
 - 32 Hammer head
 - 33 Alan, of *Shane*
 - 36 Dearie
 - 39 Spinning
 - 41 Letters in a contract
 - 42 "The voice of the turtle...in the land": Song of *Solomon*
 - 43 Cat
 - 45 Emulate Gypsy Rose Lee
 - 46 Captures
 - 47 Choose
 - 48 Egyptian skink
 - 49 Stare
 - 50 *Un bel di, for one*
 - 52 Pigeonhole
 - 53 Skill
 - 55 Society gal
 - 56 Theology sch.

Answers on Page 4

SUDOKU

Fill in the grid so every row, every column and every 3x3 box contains the numbers 1 through 9, with no repeats.

			8	7	5	1		
7	5		2					9
6			1					
2						7		
9	7				2		3	
	6						4	
			3					8
1				2		6	5	
7	6	4	5					

MEDIUM

2

Answers on Page 4

WEATHER

FORECAST	HIGH	LOW	
Wednesday	54	34	Cloudy
Thursday	49	26	Cloudy
Friday	60	30	Sunny
Saturday	70	35	Sunny
Sunday	70	33	Sunny
Monday	56	31	Partly cloudy
Tuesday	63	34	Partly cloudy

LAST WEEK	HIGH	LOW	PRECIP
Monday, March 15	45	29	0.01
Tuesday, March 16	49	26	0
Wednesday, March 17	61	19	0
Thursday, March 18	62	35	T
Friday, March 19	57	28	T
Saturday, March 20	51	19	0
Sunday, March 21	51	18	T

Precipitation to date this year: 1.16 inches

* = daily record

National Weather Service broadcasts are on 162.50 mhz.

THE REDMOND Spokesman

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