



AP Photo/Tamara Lush, File
In this 2013 file photo, a cow eats in a feedlot at Suwannee Farms in O'Brien, Fla.

New diet guidelines may reflect environmental cost

By **MARY CLARE JALONICK**
Associated Press

WASHINGTON — For years, the government has been issuing guidelines about healthy eating choices. Now, a panel that advises the Agriculture Department is ready to recommend that you be told not only what foods are better for your own health, but for the environment as well.

That means that when the latest version of the government’s dietary guidelines comes out, it may push even harder than it has in recent years for people to choose more fruits, vegetables, nuts, whole grains and other plant-based foods — at the expense of meat.

The beef and agriculture industries are crying foul, saying an environmental agenda has no place in what has always been a practical blueprint for a healthy lifestyle.

The advisory panel has been discussing the idea of sustainability in public meetings, indicating that its recommendations, expected early this year, may address the environment. A draft recommendation circulated last month said a sustainable diet helps ensure food access for both the current population and future generations.

A dietary pattern higher in plant-based foods and lower in animal-based foods is “more health promoting and is associated with lesser environmental impact than is the

current average U.S. diet,” the draft said.

That appears to take at least partial aim at the beef industry. A study by the journal Proceedings of the National Academy of Sciences last year said raising beef for the American dinner table is more harmful to the environment than other meat industries such as pork and chicken.

The study said that compared with other popular animal proteins, beef produces more heat-trapping gases per calorie, puts out more water-polluting nitrogen, takes more water for irrigation and uses more land.

As the advisory committee has discussed the idea, doctors and academics on the panel have framed sustainability in terms of conserving food resources and also what are the healthiest foods. There is “compatibility and overlap” between what’s good for health and good for the environment, the panel says.

Once the recommendations are made, the Agriculture and Health and Human Services departments will craft the final dietary guidelines, expected about a year from now. Published every five years, the guidelines are the basis for USDA’s “My Plate” icon that replaced the well-known food pyramid in 2010 and is designed to help Americans with healthy eating. Guidelines will also be integrated into school lunch meal patterns and other federal eating programs.

BRIEFLY

New sanctions on North Korea

HONOLULU (AP) — Opening a new front in its cyber spat with North Korea, the United States slapped new sanctions Friday on government officials and the North’s defense industry in its first public act of retribution for a cyberattack against Sony. Despite lingering doubts by the cyber community, the U.S. insisted that North Korea was to blame.

The White House warned that this was just the opening salvo in the U.S. response.

While the fresh sanctions will have limited effect — North Korea already is under tough U.S. sanctions over its nuclear program — American officials portrayed the move as a swift and decisive response to North Korean behavior they said had gone far over the line. Never before has the U.S. imposed sanctions on another nation in direct retaliation for a cyberattack on an American company.

With this round of sanctions, the U.S. also put North Korea on notice that payback may not be limited to those who attacked.

Iran, six powers move closer to nuclear deal

VIENNA (AP) — Iran and the United States have tentatively agreed on a formula that Washington hopes will reduce Tehran’s ability to make nuclear arms by committing it to ship to Russia much of the material needed for such weapons, diplomats say.

In another sign of progress, the two diplomats told The Associated Press that negotiators at the December round of nuclear talks drew up for the first time a catalog outlining areas of potential accord and differing approaches to remaining disputes.

The diplomats said differences still dominate ahead of the next round of Iran-six power talks on Jan. 15 in Geneva. But they suggested that even agreement to create a to-do list would have been difficult previously because of wide gaps between the sides.

Iran denies it wants nuclear arms, but it is negotiating with the U.S., Russia, China, Britain, France and Germany on cuts to its atomic program in hope of ending crippling sanctions. The talks have been extended twice due to stubborn disagreements.

The main conflict is over uranium enrichment, which can create both reactor fuel and the fissile core of nuclear arms. In seeking to reduce Iran’s bomb-making ability, the U.S. has proposed that Tehran export much of its stockpile of enriched uranium — something the Islamic Republic has said it would not do.

Donna Douglas, of hit sitcom ‘The Beverly Hillbillies,’ dies at age 82

NEW YORK (AP) — Donna Douglas, who played the buxom tomboy Elly May Clampett on the hit 1960s sitcom “The Beverly Hillbillies,” has died.

Douglas died Thursday in Baton Rouge, Louisiana, near her hometown of Zachary. The cause of death was pancreatic cancer, said her niece, Charlene Smith. Douglas was 82.

She was best known for her role in “The Beverly Hillbillies,” the CBS comedy about a backwoods Ozark family who moved to Beverly Hills after striking it rich from oil.

The series, which ran from 1962 to 1971, also starred the late Buddy Ebsen and Irene Ryan as well as Max Baer Jr., who turns 77 on Sunday.

Idaho gay marriage fight appealed to Supreme Court

BOISE, Idaho (AP) — Idaho’s governor and attorney general have filed separate petitions to the U.S. Supreme Court, fighting against gay marriage and arguing that the state’s case has national consequences.

Same-sex marriage has been legal in Idaho since an October ruling by the 9th U.S. Circuit Court of Appeals, which has struck down bans across the West.

Attorney General Lawrence Wasden’s filing Friday states that the issue is a matter of a state’s right to define marriage without the federal government’s involvement.

“This case presents the Court with the opportunity to resolve a divisive split on a question of nationwide importance: Whether the United States Constitution now prohibits states from maintaining the traditional definition of civil marriage, i.e., between one man and one woman,” Wasden said in the petition.

Gov. Butch Otter’s petition, filed Tuesday, states that the high court should review Idaho’s case alone or in addition to a pending case involving the 6th U.S. Circuit Court of Appeals that upheld the right of Kentucky, Michigan, Ohio and Tennessee to decide whether to allow gay marriage.

Otter’s petition maintains that unlike in other states, Idaho’s public officials have not shied away from defending a broad definition of heterosexual marriage, specifically by arguing that

children are better off when marriage is limited to opposite-sex couples.

He added that Idaho’s case addresses not only the question of in-state marriages, but also out-of-state same-sex marriage. Two out of the four lesbian couples who challenged Idaho’s same-sex marriage ban more than a year ago had been legally married in other states.

“It is important that at least one of the cases this court considers on the merits be a case in which the traditional definition of marriage has been defended with the most robust defense available,” wrote Otter attorney Gene Schaerr. “This is that case.”

Gay marriage supporters have until the end of the month to file responses, and it’s unclear whether the Supreme Court will step in.

Along with the 9th Circuit, three other appeals courts have ruled in favor of gay marriage. Only the 6th Circuit has sided with states seeking to preserve same-sex marriage bans. Because of the split decisions among the appellate courts, it is very likely the Supreme Court will intervene.

The high court justices could decide as early as Jan. 9 to add same-sex marriage to their list of issues to be decided by summer. Gay marriage is legal in at least 35 states, with Florida expected to be the begin issuing licenses Jan. 6.

The 9th Circuit ruling that legalized gay marriage in Idaho on Oct. 15 declared that Idaho’s ban on same-sex marriage violated equal protection

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— **Gene Schaerr**,
Attorney for Governor Butch Otter

and due process rights guaranteed by the U.S. Constitution. It overturned a constitutional amendment Idaho voters passed in 2006. The amendment, considered one of the strictest in the nation, prohibited gay marriage, civil union and any other form of state recognition of relationships that was not between a man and a woman.

Deborah Ferguson, the lead attorney who represented the four couples who successfully Idaho’s gay marriage ban, said she is willing to continue to defending the 9th Circuit’s decision.

Idaho’s gay marriage fight has cost taxpayers more than \$400,000 so far. In December, a federal court ruled that the state must pay the attorney fees to the team of lawyers who defended the four lesbian couples fighting the ban on gay marriage. The state has also spent more than \$80,000 on private attorneys.

Farewell to Parade

Parade magazine has been a beloved part of many American newspapers – including the East Oregonian – for decades. We regret to inform our readers that the company that now publishes **Parade** – Athlon Media Group – will discontinue distribution in smaller media markets such as ours, effective January 1, 2015.



Athlon Media Group has also announced that **American Profile** magazine will reduce their publication schedule from weekly to twice a month, starting in January 2015.

Athlon’s food magazine, **Relish**, will continue to be distributed in the East Oregonian 11 times a year, with a combined January/February issue. We will also continue to distribute Athlon’s health and wellness magazine, **Spry**, every month.

