AP Photo/Nati Harnik, File

**In this 2015 file photo, pipes for the proposed Dakota Access oil pipeline that will stretch from the Bakken oil fields in North Dakota to Illinois are stacked at a staging area in Worthing, S.D.**

# If confirmed, Native American site may delay $3.8B pipeline

**By DAVID PITT**
*Associated Press*

DES MOINES, Iowa — Discovery of an archaeological site that may have cultural significance to Native Americans could further delay construction of a $3.8 billion oil pipeline if government officials require the route to be moved.

Houston-based Dakota Access LLC wants to build the pipeline — designed to carry a half-million barrels of oil a day — from northwest North Dakota to a storage facility in south-central Illinois. Construction has begun in North Dakota, South Dakota and Illinois, but the Iowa Utilities Board has not authorized work to begin.

On Friday, Iowa State Archaeologist John Doershuk said his office had received information indicating a possible Native American site in northwest Iowa that, if confirmed, could result in relocation of the pipeline. He said details should start falling into place by next week, "as we confirm site characteristics and ownership/jurisdiction, as well as position relative to the planned pipeline construction activities."

Doershuk said in an email that those construction activities "may then be shifted, although the necessity of this course of action remains to be determined," he said.

Final approval for the Iowa section is pending because the U.S. Army Corps of Engineers, which must issue permits for the pipeline to cross the Missouri and Mississippi rivers, hasn't issued its permits. A Corps spokesman said permits for the Iowa leg of the project are 60 to 120 days away.

Iowa was the last state to issue a permit for the pipeline, and the permit requires that Dakota Access prove it has all required federal and state permits before starting construction in Iowa.

Dakota Access is pressuring the Iowa Utilities Board to let it begin work at sites outside the jurisdiction of the Corps, but the board has declined to act quickly, saying it is reviewing comments from all sides before making a decision. Last week, the company said it had to start laying pipe this week in order to finish before winter and avoid disturbing farmland for a second growing season.

The Corps' main goal is to avoid impact to the environment and historically significant sites, and that often means working with the applicant to reroute the pipeline to avoid a sensitive area, said agency spokesman Ron Fournier, who serves a Corp district including Iowa and Illinois.

# Food nutrition labels to get makeover

*Associated Press*

WASHINGTON — A new look is coming to Nutrition Facts labels on food packages, with more attention to calorie counts and added sugars. And no longer will a small bag of chips count as two or three servings.

Michelle Obama said parents will be the beneficiaries.

"You will no longer need a microscope, a calculator, or a degree in nutrition to figure out whether the food you're buying is actually good for our kids," the first lady said Friday, announcing the new rules.

The changes were first proposed by the Food and Drug Administration two years ago and are the first major update to the labels since their introduction in 1994. They are now on more than 800,000 foods.

The overhaul comes amid scientific advances. While fat was the focus when the labels were created, calories are of greater concern these days. The calorie listing will now be much larger than anything else on the label, making it hard to overlook.

Nutrition advocates have long sought an added sugars line on the label so consumers can understand how much sugar in an item is naturally occurring, like that in fruit and dairy products, and how much is put in by the manufacturer. Think an apple vs. sweetened apple sauce.

The labels will also include a new "percent daily value" for sugars, telling people how much of their recommended daily intake they will get from each item. This year's guidelines recommend no more than 10 percent of calories from added sugar, a limit of around 200 calories or 50 grams.

"The new labels should also spur food manufacturers to add less sugar to their products," Michael Jacobson, president of the Center for Science in the Public Interest, an advocacy group. He said it's currently impossible for consumers studying the labels to know how much sugar fits into a reasonable diet.

Serving sizes will be clearer, listed at the top of the graphic. And they will be less misleading, making it easier to figure out how many servings are in a container.

That means revised calculations for about a fifth of foods.

The idea behind listing a whole package of food, or an entire drink, as one serving isn't to motivate people to eat more. It is to help them understand how many calories they are consuming. By law, serving sizes should be based on actual consumption and not ideal consumption.

A serving size of ice cream will now be based on average consumption of 2/3 of a cup. Previously it was a half-cup. Products between one and two servings, such as a 20-ounce soda or a 15-ounce soup can, will be labeled as a single serving because that's how much people typically eat in one sitting.

Larger packages, like a pint of ice cream, will have labels with two columns. One will show serving information; the other is for the whole container.

Labels also must now list levels of potassium and Vitamin D, nutrients Americans don't get enough of. Vitamins A and C are no longer required but can be included. Iron and calcium stay.

Most food companies have until July 2018 to comply. Smaller companies have an extra year.

Industry reaction has been mixed. The Sugar Association said the emphasis on added sugar distracts attention from calories, potentially causing confusion. They have fought the new rules alongside some companies, including beverage makers who say they are already putting calorie labels on the front of cans and bottles.

Consumers may notice the added sugars information most when buying sugary drinks. A 20-ounce bottle of Coca-Cola, for example, has 65 grams of sugar, or 130 percent of the recommended daily value.

Other food producers have been supportive. Mars Inc., maker of Snickers and M&Ms, said sugar can be part of a balanced diet and "making nutrition guidance clear to consumers is the right thing to do."

Leon Bruner of the Grocery Manufacturers Association, which represents the food industry's largest companies, said "this update is timely as diets, eating patterns and consumer preferences have changed dramatically since the Nutrition Facts panel was first introduced."

Obama announced the final rules for labels at a conference organized by the Partnership for a Healthier America. She has promoted label updates as part of her "Let's Move!" campaign against childhood obesity."

## Nutrition label revamp

Major changes to the nutrition labels required on food packages sold in the U.S.:

**Original label**

**Nutrition Facts**
Serving Size 2/3 cup (55g)
Servings Per Container About 8

**Amount Per Serving**
**Calories** 230 — Calories from Fat 72

| | % Daily Value* |
|---|---|
| **Total Fat** 8g | **12%** |
| Saturated Fat 1g | **5%** |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 160mg | **7%** |
| **Total Carbohydrate** 37g | **12%** |
| Dietary Fiber 4g | **16%** |
| Sugars 1g | |
| **Protein** 3g | |
| Vitamin A | 10% |
| Vitamin C | 8% |
| Calcium | 20% |
| Iron | 45% |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

| Calories: | 2,000 | 2,500 |
|---|---|---|
| Total Fat | Less than 65g | 80g |
| Sat Fat | Less than 20g | 25g |
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 2,400mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |

**New label**

**Nutrition Facts**
8 servings per container
**Serving size** **2/3 cup (55g)**

**Amount per serving**
**Calories** **230**

| | % Daily Value* |
|---|---|
| **Total Fat** 8g | **10%** |
| Saturated Fat 1g | **5%** |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 160mg | **7%** |
| **Total Carbohydrate** 37g | **13%** |
| Dietary Fiber 4g | **14%** |
| Total Sugars 12g | |
| Includes 10g Added Sugars | **20%** |
| **Protein** 3g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
| Iron 8mg | 45% |
| Potassium 235mg | 6% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

← **Serving** information larger, in bolder type; serving sizes updated to be more realistic for how people actually eat

← **Calorie counts** larger, bolder; "calories from fat" removed

← **Daily values** for nutrients updated to reflect current science on diet

New line for "**added sugars**"

**Nutrient amounts** included along with percentages; ← adds potassium and Vitamin D, which many Americans need more of

← **Revised footnote** to better explain daily value

SOURCE: Food and Drug Administration AP

> "You will no longer need a microscope, a calculator, or a degree in nutrition to figure out whether the food you're buying is actually good for our kids."
> — **Michelle Obama,** first lady

## Corrections

The *East Oregonian* works hard to be accurate and sincerely regrets any errors. If you notice a mistake in the paper, please call 541-966-0818.


**EAST OREGONIAN**

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211 S.E. Byers Ave., Pendleton 541-276-2211
333 E. Main St., Hermiston 541-567-6211
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**Multimedia Consultants**
• Jeanne Jewett
541-564-4531 • jjewett@eastoregonian.com
• Terri Briggs
541-278-2678 • tbriggs@eastoregonian.com
• Dayle Stinson
541-966-0806 • dstinson@eastoregonian.com
• Stephanie Newsom
541-278-2687 • snewsom@eastoregonian.com
• Audra Workman
541-564-4538• aworkman@eastoregonian.com
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**COMMERCIAL PRINTING**
**Production Manager:** Mike Jensen
541-215-0824 • mjensen@eastoregonian.com


## AccuWeather.com Forecast

| TODAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
|---|---|---|---|---|
| A shower or t-storm in spots | Mostly cloudy, a shower; breezy | Variable cloudiness | Rather cloudy with a few showers | Some sunshine |
| **PENDLETON TEMPERATURE FORECAST** | | | | |
| 61° 48° | 65° 45° | 68° 49° | 70° 48° | 72° 44° |
| **HERMISTON TEMPERATURE FORECAST** | | | | |
| 67° 52° | 69° 48° | 72° 53° | 75° 52° | 77° 49° |

## ALMANAC

### PENDLETON
through 3 p.m. yesterday

**TEMPERATURE**

| | HIGH | LOW |
|---|---|---|
| Yesterday | 59° | 37° |
| Normals | 72° | 48° |
| Records | 93° (1928) | 33° (1910) |

**PRECIPITATION**

| | |
|---|---|
| 24 hours ending 3 p.m. | 0.02" |
| Month to date | 0.98" |
| Normal month to date | 0.80" |
| Year to date | 5.38" |
| Last year to date | 4.34" |
| Normal year to date | 5.95" |

### HERMISTON
through 3 p.m. yesterday

**TEMPERATURE**

| | HIGH | LOW |
|---|---|---|
| Yesterday | 66° | 38° |
| Normals | 74° | 48° |
| Records | 94° (1928) | 35° (2003) |

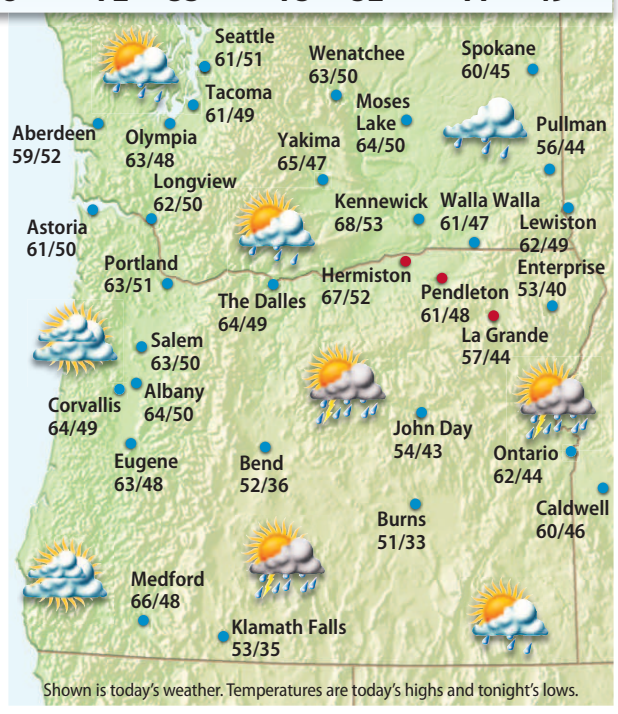
**PRECIPITATION**

| | |
|---|---|
| 24 hours ending 3 p.m. | 0.00" |
| Month to date | 1.22" |
| Normal month to date | 0.73" |
| Year to date | 4.20" |
| Last year to date | 3.04" |
| Normal year to date | 4.75" |

### SUN AND MOON

| | |
|---|---|
| Sunrise today | 5:17 a.m. |
| Sunset tonight | 8:27 p.m. |
| Moonrise today | 8:18 p.m. |
| Moonset today | 5:36 a.m. |

| Full | Last | New | First |
|---|---|---|---|
| May 21 | May 29 | June 4 | June 12 |




Shown is today's weather. Temperatures are today's highs and tonight's lows.

## REGIONAL FORECAST

**Coastal Oregon:** Variable cloudiness today with a shower in spots.

**Eastern and Central Oregon:** A shower or thunderstorm around today, but a brief shower or two in the south.

**Western Washington:** Some sun today with a shower in places during the afternoon.

**Eastern Washington:** Mostly cloudy today with a couple of showers. A passing shower tonight.

**Cascades:** Variably cloudy today with a shower and thunderstorm around; chilly in the south.

**Northern California:** A shower and thunderstorm around today; snow, accumulating 1-3 inches in the interior mountains.

## REGIONAL CITIES

| | Today Hi | Lo | W | Sun. Hi | Lo | W |
|---|---|---|---|---|---|---|
| Astoria | 61 | 50 | c | 60 | 49 | pc |
| Baker City | 53 | 38 | pc | 58 | 34 | sh |
| Bend | 52 | 36 | pc | 56 | 37 | c |
| Brookings | 57 | 48 | c | 57 | 49 | pc |
| Burns | 51 | 33 | pc | 56 | 28 | t |
| Enterprise | 53 | 40 | t | 55 | 37 | c |
| Eugene | 63 | 48 | sh | 62 | 49 | pc |
| Heppner | 57 | 43 | pc | 61 | 40 | c |
| Hermiston | 67 | 52 | pc | 69 | 48 | c |
| John Day | 54 | 43 | pc | 59 | 40 | c |
| Klamath Falls | 53 | 35 | t | 55 | 36 | sh |
| La Grande | 57 | 44 | t | 60 | 41 | c |
| Meacham | 54 | 43 | t | 57 | 40 | c |
| Medford | 66 | 48 | t | 66 | 48 | pc |
| Newport | 56 | 50 | c | 56 | 49 | pc |
| North Bend | 59 | 52 | c | 60 | 50 | c |
| Ontario | 62 | 44 | t | 67 | 41 | t |
| Pasco | 67 | 50 | c | 70 | 48 | c |
| Pendleton | 61 | 48 | pc | 65 | 45 | c |
| Portland | 63 | 51 | sh | 62 | 51 | pc |
| Redmond | 53 | 36 | pc | 58 | 36 | c |
| Salem | 63 | 50 | sh | 62 | 49 | pc |
| Spokane | 60 | 45 | r | 61 | 43 | sh |
| Ukiah | 51 | 40 | pc | 56 | 36 | c |
| Vancouver | 62 | 50 | sh | 60 | 51 | pc |
| Walla Walla | 61 | 47 | pc | 64 | 48 | c |
| Yakima | 65 | 47 | sh | 69 | 44 | pc |

## WORLD CITIES

| | Today Hi | Lo | W | Sun. Hi | Lo | W |
|---|---|---|---|---|---|---|
| Beijing | 86 | 54 | s | 85 | 59 | pc |
| Hong Kong | 87 | 77 | r | 88 | 78 | pc |
| Jerusalem | 79 | 63 | pc | 86 | 61 | s |
| London | 63 | 52 | c | 63 | 48 | c |
| Mexico City | 82 | 56 | t | 83 | 55 | t |
| Moscow | 60 | 48 | r | 59 | 49 | sh |
| Paris | 74 | 56 | pc | 61 | 48 | r |
| Rome | 79 | 56 | s | 76 | 57 | pc |
| Seoul | 85 | 61 | pc | 85 | 60 | s |
| Sydney | 72 | 57 | pc | 76 | 59 | s |
| Tokyo | 76 | 65 | pc | 78 | 65 | s |

## WINDS

| (in mph) | Today | Sunday |
|---|---|---|
| **Boardman** | W 8-16 | WSW 10-20 |
| **Pendleton** | WSW 8-16 | WSW 10-20 |

## UV INDEX TODAY

| 8 a.m. | 10 a.m. | Noon | 2 p.m. | 4 p.m. | 6 p.m. |
|---|---|---|---|---|---|
| 1 | 3 | 5 | 5 | 3 | 1 |

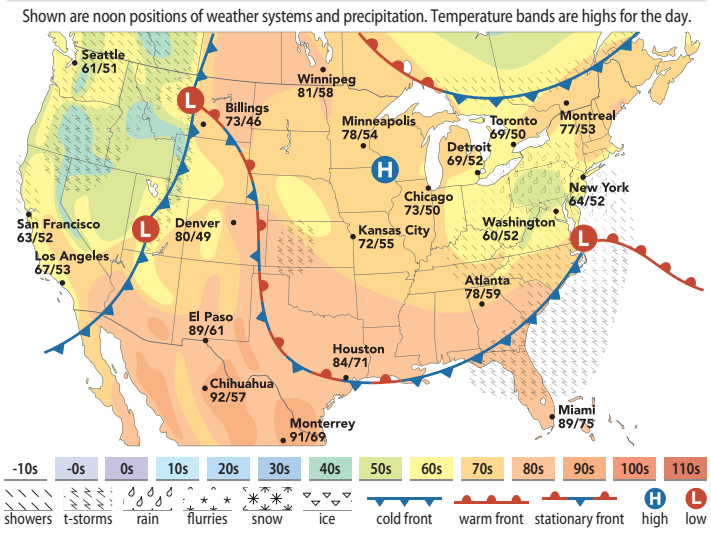
**0-2**, Low **3-5**, Moderate **6-7**, High; **8-10**, Very High; **11+**, Extreme

The higher the **AccuWeather.com UV Index™** number, the greater the need for eye and skin protection.

Forecasts and graphics provided by **AccuWeather, Inc.** ©2016

## NATIONAL WEATHER TODAY

Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day.




**National Summary:** Rain will drench the mid-Atlantic as gusty storms target the Florida Peninsula today. Locally severe storms will affect the High Plains. Showers and thunderstorms will dampen much of the Northwest.

**Yesterday's National Extremes:** (for the 48 contiguous states)
**High** 99° in Goodyear, Ariz. **Low** 27° in Stanley, Idaho

## NATIONAL CITIES

| | Today Hi | Lo | W | Sun. Hi | Lo | W |
|---|---|---|---|---|---|---|
| Albuquerque | 81 | 52 | pc | 80 | 51 | s |
| Atlanta | 78 | 59 | pc | 78 | 57 | s |
| Atlantic City | 60 | 53 | r | 60 | 52 | c |
| Baltimore | 58 | 50 | r | 62 | 52 | t |
| Billings | 73 | 46 | pc | 67 | 45 | sh |
| Birmingham | 79 | 57 | pc | 80 | 56 | s |
| Boise | 58 | 44 | t | 62 | 43 | t |
| Boston | 70 | 51 | pc | 56 | 53 | r |
| Charleston, SC | 86 | 64 | t | 80 | 57 | pc |
| Charleston, WV | 66 | 50 | sh | 68 | 49 | pc |
| Chicago | 73 | 50 | pc | 74 | 51 | s |
| Cleveland | 60 | 47 | c | 67 | 47 | s |
| Dallas | 87 | 69 | pc | 85 | 70 | pc |
| Denver | 80 | 49 | pc | 74 | 43 | pc |
| Detroit | 69 | 52 | c | 71 | 48 | s |
| El Paso | 89 | 61 | pc | 90 | 63 | s |
| Fairbanks | 65 | 47 | r | 61 | 45 | c |
| Fargo | 81 | 57 | s | 81 | 62 | pc |
| Honolulu | 85 | 74 | pc | 84 | 74 | pc |
| Houston | 84 | 71 | pc | 82 | 72 | pc |
| Indianapolis | 69 | 49 | pc | 75 | 51 | s |
| Jacksonville | 87 | 65 | t | 86 | 60 | pc |
| Kansas City | 72 | 55 | s | 78 | 63 | pc |
| Las Vegas | 76 | 58 | pc | 79 | 61 | s |
| Little Rock | 81 | 59 | pc | 82 | 61 | s |
| Los Angeles | 67 | 53 | pc | 70 | 56 | pc |

| | Today Hi | Lo | W | Sun. Hi | Lo | W |
|---|---|---|---|---|---|---|
| Louisville | 69 | 53 | pc | 77 | 55 | s |
| Memphis | 79 | 58 | s | 82 | 60 | s |
| Miami | 89 | 75 | t | 88 | 72 | t |
| Milwaukee | 69 | 51 | pc | 67 | 51 | s |
| Minneapolis | 78 | 54 | s | 80 | 61 | s |
| Nashville | 72 | 53 | pc | 79 | 53 | s |
| New Orleans | 88 | 73 | pc | 87 | 72 | s |
| New York City | 64 | 52 | r | 68 | 56 | t |
| Oklahoma City | 82 | 64 | pc | 81 | 67 | pc |
| Omaha | 75 | 55 | s | 78 | 65 | pc |
| Philadelphia | 60 | 52 | r | 67 | 54 | t |
| Phoenix | 89 | 65 | s | 86 | 64 | s |
| Portland, ME | 71 | 49 | pc | 57 | 49 | r |
| Providence | 72 | 50 | r | 57 | 51 | r |
| Raleigh | 74 | 56 | t | 67 | 51 | c |
| Rapid City | 75 | 52 | pc | 79 | 46 | pc |
| Reno | 57 | 37 | pc | 64 | 41 | pc |
| Sacramento | 67 | 48 | t | 72 | 50 | pc |
| St. Louis | 76 | 55 | pc | 80 | 59 | s |
| Salt Lake City | 64 | 46 | pc | 64 | 48 | t |
| San Diego | 68 | 60 | pc | 69 | 61 | pc |
| San Francisco | 63 | 52 | c | 65 | 53 | pc |
| Seattle | 61 | 51 | pc | 61 | 50 | c |
| Tucson | 90 | 60 | pc | 88 | 59 | s |
| Washington, DC | 60 | 52 | r | 63 | 55 | c |
| Wichita | 74 | 61 | pc | 80 | 64 | pc |

**Weather (W):** **s**-sunny, **pc**-partly cloudy, **c**-cloudy, **sh**-showers, **t**-thunderstorms, **r**-rain, **sf**-snow flurries, **sn**-snow, **i**-ice.