



**WORLD/7A**  
**POPE MEETS WITH ABUSE SURVIVORS IN CHILE**



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**HERMISTON BEATS LA GRANDE**

# EAST OREGONIAN

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**HERMISTON**

## ACHIEVE CONQUER THRIVE

### ACT course helps people improve overall health

By **JADE MCDOWELL**  
*East Oregonian*

Weight loss programs are a dime a dozen, but Good Shepherd Health Care System is trying to help people get healthy and stay healthy — for life.

Achieve Conquer Thrive, known as ACT, offers a series of nine group classes as well as individual meetings with a registered dietitian nutritionist. Participants can learn how to maintain a healthier physique, lower cholesterol and triglyceride levels, get clearer skin, reduce stress and other healthful practices.

“There’s so much misinformation, and so many wrong ideas floating out there on the internet,” said Nancy Gummer, Nutrition Services and Diabetes Education Manager. “There’s so much click-bait out there regarding nutrition — ‘Don’t eat these five things and life will change for you.’”

Any “weight loss” program will help someone lose weight temporarily, she said, as they drastically change their diet. But many fad diets only temporarily take off pounds, or help the participant lose weight without addressing underlying health concerns such as high blood pressure.

Gummer, who helped develop the ACT program, said people tend to have wrong ideas that all fat is bad for them, for example, since “low fat has been preached for so long.”

“It’s not low fat, it’s the right fats,” she said.

Mary Ann Anson said she thought she knew about nutrition before taking the class, but she learned plenty.

“Some of the things I thought were healthy for me are not,” she said.

For example, she switched from Activa-brand yogurt to Nancy’s Yogurt after learning that different brands of yogurt vary widely in nutrition, stopped eating some things labeled “all natural” that she had assumed would be good for her, and ditched “diet” soft drinks altogether. All those things helped her better manage her diabetes, she said, which is what prompted her to take the class in the first place.

Anson uses a walker, so she said exercise is more difficult for her than some, but based on advice she was given during ACT she now makes it a goal to walk at least two miles per week and she has taken up yoga. She said the class can be a huge benefit, as long as people go into it with



Jenny Sullivan does a pose during a session Tuesday night at Nourish Yoga in Hermiston.

Staff photo by Kathy Aney

an open mind and are willing to change.

Rachel Tate, one of the dietitians who helps teach ACT classes, said helping people learn about their metabolism is one of the things she teaches. She said they also cook, meal plan and “talk a lot about stress and inflammation and techniques to manage that.”

While sometimes people refer to themselves as a “nutritionist” after taking a few weeks’ worth of training on a specific diet program, Tate said the registered dietitian nutritionists who work the ACT program have at least a bachelor’s degree in addition to supervised training and continuing education.

They are capable, then, of not

just helping people to eat healthily but also to manage underlying conditions.

She said she has seen a lot of people lose 25 pounds or more but also have better health overall after completing ACT and then continuing to apply its advice to their lives.

See ACT/8A

**PENDLETON**

## New city councilors reflect on first year

By **ANTONIO SIERRA**  
*East Oregonian*

Mayor John Turner gives the Pendleton City Council’s 2017 performance a B-.

Turner expects that grade to grow by the end of 2018, but he said last year was spent laying the groundwork for the new-look council’s fresh set of goals instead of achieving them.

“Give us until 2018 to crow about anything,” he said.

Between the start of 2016 and 2017, five of the nine seats on the council turned over as incumbent retirement and resignations gave way to new faces.

Four out of the five new faces — Turner and councilors Jake Cambier, Scott Fairley and Dale Primmer — talked about their first full year in office and some of their expectations going forward.

Turner pointed to some of the successes the city had in 2016, like a \$14.9 million loan from the Drinking Water State Revolving Fund that the city is using to repair and replace its water infrastructure.



Turner

See COUNCIL/8A

## Woman found dead after walking away from crash

*East Oregonian*

A woman was found dead about 12 hours after she drove off a rural Morrow County farm road and walked away to look for help.

Becky Sue McDuffee, 57, of Springfield, was found dead Tuesday afternoon by the Morrow County Sheriff’s Office and Search and Rescue.

McDuffee and her 78-year-old mother-in-law were driving Monday night on rural roads off Highway 206 near Condon when their vehicle drove off the road and down a steep incline.

According to the elderly woman, McDuffee left the scene of the accident on foot about midnight and never returned. She was not dressed for the conditions and the weather was in the low 30s with heavy rain and fog, according to a release from the Morrow County Sheriff’s Office.

A passerby made a 911 call about 8:24 a.m. Tuesday after seeing the vehicle at the bottom of the incline. The caller assisted the elderly woman who was still inside. The victim was transported to Pioneer Memorial Hospital, Heppner, and released.

The Morrow County Sheriff’s Office and Morrow County Emergency Management activated Search & Rescue to search for McDuffee. Searchers went out on foot, on ATVs, in vehicles and via airplane.

Searchers found McDuffee’s body about 12:38 p.m., according to a release.

The Morrow County Sheriff’s Office reminded citizens to carry appropriate and extra clothing when traveling, and to stick to main roads in unfamiliar areas. If you do become lost or disabled, it is recommended to stay with your vehicle.

**PENDLETON**

## Marijuana talk looks at legalization ‘oasis’

By **TIM TRAINOR**  
*East Oregonian*

Marijuana dominated the discussion Tuesday night during the Eastern Oregon Forum, one year after it became legal to sell and grow in Pendleton.

But the panel consensus at Blue Mountain Community College was that more information is needed about the drug to determine its effects — both positive and negative.

Brandon Krenzler, owner of Kind Leaf dispensary and the Burnswell Family Farms grow site, said that business has been good because

See MARIJUANA/8A



Child psychiatrist David Conant-Norville, right, answers a question from the audience about marijuana while sitting on a panel with Brandon Krenzler, left, and Dr. Steve Hardin during the Eastern Oregon Forum on Tuesday at BMCC in Pendleton.

Staff photo by E.J. Harris

