

Classroom parties can be fun, healthy

Is it possible to have a healthy classroom party for your child and still make it fun? In a word — yes!

Classroom parties are a part of a child's school experience. They can be healthy, too, and not full of sugar-laden cookies, candies, cupcakes and soft drinks.

Years ago no one thought twice about sending frosted cupcakes to school for a class party. This was before people were concerned about saturated fat, sugar and sodium and before childhood obesity was considered an epidemic. Today, it is important to balance out the less-than-healthy snack choices for class parties with some healthier options.



GUEST COLUMN
Ann Bloom

Here are some ideas:

- When it's your turn to bring snacks, consider bringing in pre-cut vegetables with low-fat ranch dip or hummus, cut up fresh fruit or the makings for an activity such as Do It Yourself Trail Mix. Vegetables and fruit can also be used to make fun food art on a paper plate.

Give children cut up fruits and vegetables and let them make animals, faces, a house or their pet. Then they can eat their artwork.

- Yogurt parfaits — yogurt layered with fruit and granola in a plastic cup — are another activity the whole class can enjoy. Smoothies, many of which contain fruits and vegetables, are an interactive classroom snack choice.

With a little help from adults, children can make their own smoothies. Other appropriate snacks include nuts and sunflower seeds, crackers with low-fat cheese and lean slices of meat.

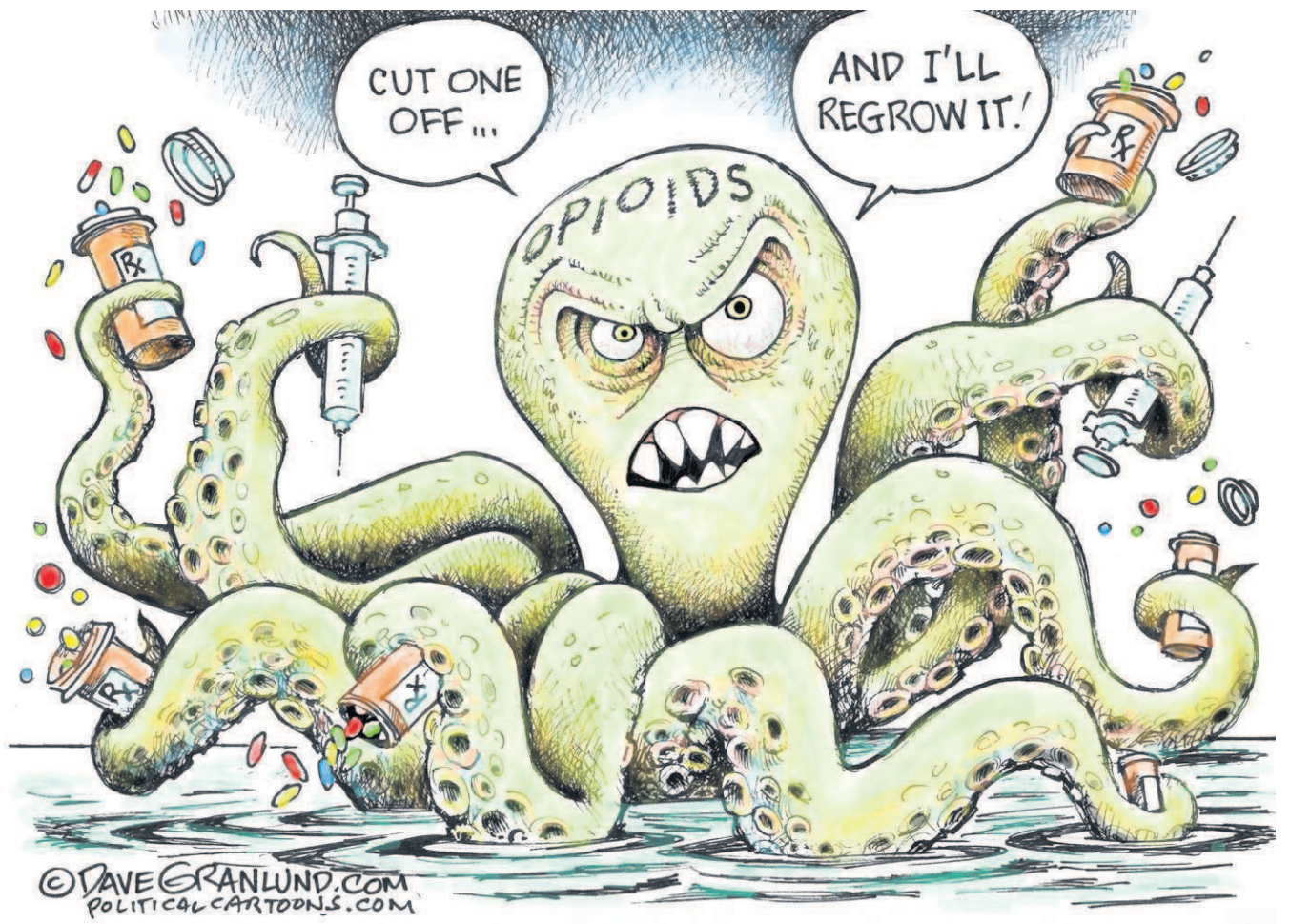
- When it comes to drinks, skip the sodas and offer water, sparkling water, water flavored with fruit slices or 100 percent fruit juice. An eight-ounce serving of most soft drinks contains approximately 15 teaspoons of added sugar. Energy and sports drinks are not much better. Juice drinks, while they may seem like a good idea, contain only about five percent fruit juice; the rest is sugar water.

- Also consider nonfood items. Stickers, pencils, erasers or coloring sheets are fun. An art project to celebrate the event is also fun and the results can be hung in the school hallways for others to see. Singing and dancing to a CD can incorporate a physical element into the party.

Children should be aware that parties can be fun even without the sugary treats. Let them know it is OK to have treats occasionally, but it is important to eat nutritious food first.

As always, check with your child's teacher before bringing in food from another source. Many children have allergies to wheat, dairy and nuts for example, or are diabetic. Some schools have policies against bringing in food that is not in its original packaging.

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Autos were king 50 years ago

It's difficult to imagine today, but 50 years ago, new car advertising filled the pages of the Chieftain. Car dealerships were grouped around downtown Enterprise.

Some of you remember the vehicles of the late '60s. A few of you may still own one of those vehicles.

Milligan Motors was at 108 NE First St. in Enterprise.

The '68 Nova, Camaro, Chevelle and Impala, not to mention the Corvette, were billed as the "essence of modern design."

In its advertising, Milligans touted "the most sophisticated computers" to isolate and deal with noise and vibration. I wonder if anyone back then ever dreamed one day an onboard computer would control the essential functions of every automobile.

Milligans also carried the Oldsmobile line, or as it was called its advertising, the "young mobile."

Joseph Sales Co. Inc. was also on First St. in Enterprise. Their line included Ramblers. Remember those?

Most Ramblers were known for their push-button transmission, an idea that was much ahead of its time.

The big push for the season was the Javelin. The 1968 model was the first production year for that vehicle made by American Motors Corp.



WAHL TO WALL
Paul Wahl

It was considered a muscle car. Also on hand at Joseph Sales were the Ambassador and Rebel.

Over at Moffit Ford Sales, the push for the season was, what else, the Mustang. Affordable and sporty with long hoods, these cars were introduced in 1962, and you could drive one home for around \$2,500.

This was the first model year for the Ford Torino, as well, which essentially replaced the Fairlane. It morphed into the Gran Torino in 1972. You might recall the movie that debuted in 2008 with the same name as the car.

Gettings-Lynch Motors in La Grande made a serious play for the Wallowa County auto-buying market with week after week of large advertisements.

The Pontiac Le Mans was the featured car for the '68 model year, along with the "wide-tracking" Gand Prix.

The custom for auto dealerships 50 years ago was to hold a huge open house inviting everyone in to see the new models

and enjoy refreshments.

I remember the Chevy dealership in my hometown hosting a huge beef stew feed every fall to encourage folks to shop. My parents attended out of community loyalty but with no intention whatsoever of purchasing a cursed Chevy.

The '60s was also the decade American car manufacturers decided small cars were okay after Fiat, Renault, Datsun and others began eating into their market.

My aunt, who died recently, bought one of the first Chevy Corvairs with its rear mounted air-cooled engine. I remember the thrill of riding in the tiny hatch that replaced a traditional trunk in the rear of the vehicle.

My first car, purchased in 1978, was a baby blue 1962 Volkswagen Beetle. It had a half-million miles on it, but ran like the Energizer Bunny and sipped gasoline. Of course, gas was only 39 cents a gallon at the time, but I was always the frugal sort.

I loved that car, but this was northern North Dakota and the Beetle essentially had no heater. After one winter of freezing cold temps inside the car, I decided to trade it for something with a more traditional heating system but far less panache.

Beautiful golf course needs revisions

My apologies in advance to any readers who have no interest in golf. For those of you who have a casual onlooker's curiosity or who make some frustrated effort to master the game, I offer my assurance that I am more an addict than an expert at this diabolical invention.

On a good day, I am what is known as a "bogey golfer," which means that my average score per hole is typically one over par (the score a pro would be expected to shoot). I feel triumphant any time I score below 90 on an 18-hole round.

My introductory comments will be intended more for those of you who are unfamiliar with our local nine-hole course, Alpine Meadows. My closing diatribe and suggestions will be aimed more for the local golfers who, like me, have struggled with one of our course's most challenging holes.

Alpine Meadows is a beautiful course on the outskirts of Enterprise, situated on relatively level acreage within the boundaries of rolling hillsides, ranches and mountain backdrops. It is commonplace to see deer grazing on fairways, to be accompanied by low circling birds or even to spot an occasional cow or coyote that wanders onto the grounds.

The course is well maintained, and the greens roll fast and true. They are exceptionally challenging both for pitching to and for putting on, because most



POLITICAL PHILOSOPHY
John McColgan

greens are slightly dome-shaped and taper off toward the edges. The result is that many decent approach shots will trail off the green, while downhill and sidehill putts require a careful combination of the proper read and speed.

A creek winds its way through the course, and crosses or borders holes 1, 2, 3, 7, 8 and 9. A pond has been added in the past few years at the intersection of holes 3, 4, 6 and 7. The creek is far more likely to come into play than the pond, especially where it crosses the seventh and ninth fairways.

For right-handed golfers like me who play with a left-to-right slice, the out-of-bounds to the right of holes 6, 7, 8 and 9 pose a challenge, as do the trees and creek, which crowd the tees of the left side of the third and ninth holes.

But my main nemesis at Alpine Meadows (not counting Greg Oveson, the course superintendent, who has an intimate knowledge of every ridge and knoll on every green and a knack for finding the most dastardly pin locations imaginable),

is the seventh hole.

If you check the scorecard and the rating of difficulty for each hole, you will find that 7 is ranked as the third hardest hole on the course, trailing behind toughest rated 9 and second place 2. But especially since the seventh green was reconstructed several years ago, my experience has been that 7 easily surpasses 2 and might even be harder than 9, primarily because it simply is not as fair.

In my opinion, while 9 is a tough hole, there is nothing unfair about it. You need to hit a good drive that avoids the trees and creek on the left and the OB on the right, but the fairway is wide enough to do that.

A well-aimed second shot will get you over the creek if you can avoid hitting the tree that hangs over the creek to the left of the fairway. Then with a chip and a two-putt, a golfer with my ability can earn a well-deserved bogey.

But 7 is a different challenge altogether. The tee shot that avoids the pond on the left and the OB on the right is not usually problematic, because the fairway is plenty wide. But I think the most difficult shot of the entire round is the approach shot that follows.

The tall tree that guards the left half of the green probably blocks more shots every day than a good goalie, while the

See GOLF, Page A5

We appreciate 'other side' of the wolf story

I just got the Chieftain from last week. (I get it from my mother when she's done with it.) I was delighted to see the great headline article on the wolf depredations.

It is reassuring to know that there are those who at least report the rancher side of an issue that is becoming so devastating.

There are many reports and thoughts thrown out about the wolves, but so many of those are not grounded in fact because they are developed to encourage support for the wolves by pushing a narrative that makes ranchers look bad.

So few people in Oregon really know what it's like to live in a rural lifestyle and raise animals that they can be easily led astray into thinking that ranchers don't care for their animals.

So my family really appreciates it when an article can be written that states the facts like the two on the front page do. There are lies going around about our

LETTERS to the EDITOR

compensation program, lies about cattle being put in "wolf denning territory," lies about how little a depredation costs us. I just appreciate the truth in dealing with this wolf issue.

Your article was factual and probably made a few people squirm, reading about the necropsy, but that's life here with wolves. I don't like to see dead animals either, but these poor animals suffer, and city folks need to read it and see it.

Thank you for your frankness in printing those articles.

Jim and Connie Dunham
Enterprise

Oregon's Alpenfest is not shutting down

A rumor has found its way to me that Oregon's Alpenfest is shutting down. I want the community to know that there is

no truth whatsoever to the rumor.

I don't know how this stuff gets started, but I do know that I want to stop it. Fake news? Yes, this is it.

Next year will be the 40th anniversary of our Swiss-Bavarian festival, and in fact we are planning a bit of an expansion. We already have a tentative program of entertainers in mind and have drafted a poster design.

Among those of us responsible, there has been no discussion at all about ending or even curtailing the event.

It took an enormous infusion of time and energy by committed citizens to revive Oregon's Alpenfest in 2012, and we're not stopping now.

The Alpenfest Board of Directors will meet Nov. 1 to outline plans for next year. We hope everyone in Wallowa County will turn out for our anniversary edition in September 2018. Stay tuned for details.

Chuck Anderson
Enterprise

Anderson is president and Alpenmeister of Oregon's Alpenfest.

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