

# Visitor guide means summer is close at hand

Tucked neatly inside this week's printed edition of the Chieftain is our annual visitor guide. We hope you enjoy reading it as much as we enjoyed preparing it. Tourism is important to Wallowa County. It saddens me when someone says agriculture is sufficient, there's not need for tourism. Fact of the matter is we need both ... and whatever else anyone can come up with to survive economically.

The thread of tourism versus agriculture finds its way to the surface on a number of occasions. Sometimes it's posed as "them" versus "us," which misses the point entirely.

Tourism is part of what makes Wallowa County what it is. No one is suggesting it will ever replace ranching or farming, but no one should think for a minute we would be what we are today without it.

This year, we tried something innovative with the content of the guide. We started with the proposition, "Why do people come to visit Wallowa County?"

There's the abundant natural beauty, including the lake, of course. There are any number of things to do, such as the Wallowa Lake Tramway. Hiking and horseback riding, fishing, biking and boating.

Why couldn't we make fabric of our society a part of the mix in the guide? It may not be the reason visitors come initially, but it might be the reason they return.

Tourism experts will tell you it's considerably easier to convince a visitor to return than to entice a totally new visitor. If people enjoy their experience, they'll come back.

The content of this year's version reflects a commitment to recognizing everyone who has a hand in keeping Wallowa County viable, from ranchers and Native Americans to shop and restaurant owners and everything in between.

As always, guides are available to anyone who plans to use them to encourage friends, relatives and others to come visit. They are also distributed through a variety of venues, including the Wallowa County Chamber of Commerce.

One of the key features is the listing of events primarily for the summer months, although the first event is as early as April 21 — Wallowa Valley Youth Arts Festival.

Quilt shows, car shows, community celebrations and festivals and of course Chief Joseph Days are highlights of the summer.

Previous visitor guides have contained the name of the event and dates. This year, we expanded the description of each event and dedicated more space to the feature.

We updated the parade of communities in Wallowa County to reflect the latest developments in each. The ever-popular dining and lodging guides have been updated. Coffee shops abound here.

We believe the photography is excellent. Thanks to Ellen Morris Bishop for her help with both writing and images. And thanks to the advertisers who make the visitor guide possible each year. There are a number of new advertisers this year. Be sure to check out what they have to offer.

An electronic version of the guide will also be published on our website.

If you can think of something we could add to the visitor guide next year, please let us know. We are always open to new ideas.

## LETTERS to the EDITOR

### Daggett an experienced voice for the county

Wallowa County is lucky to have two well-qualified choices for the upcoming county commissioner election. However, as farmers, ranchers and main street retailers, my wife and I have decided to vote for Diane Daggett.

Born, raised and schooled in Wallowa County, Diane simply gets things done. In addition to having been a rancher who started one of the first direct marketed natural grass-fed beef businesses in the West, her work experience is impressive.

She was Wallowa Resources founding executive director (helping create over 50 new jobs in Wallowa County); director Wallowa County Land Use Planning and Building Dept; and Wallowa County Administrative Manager for Wallowa County Board of Commissioners.

She worked in the Oregon House of Representatives as a committee administrator; U.S. Endowment for Forestry and Communities where she was vice president of community development, supporting sustainable forestry across country through innovation, market and product development.

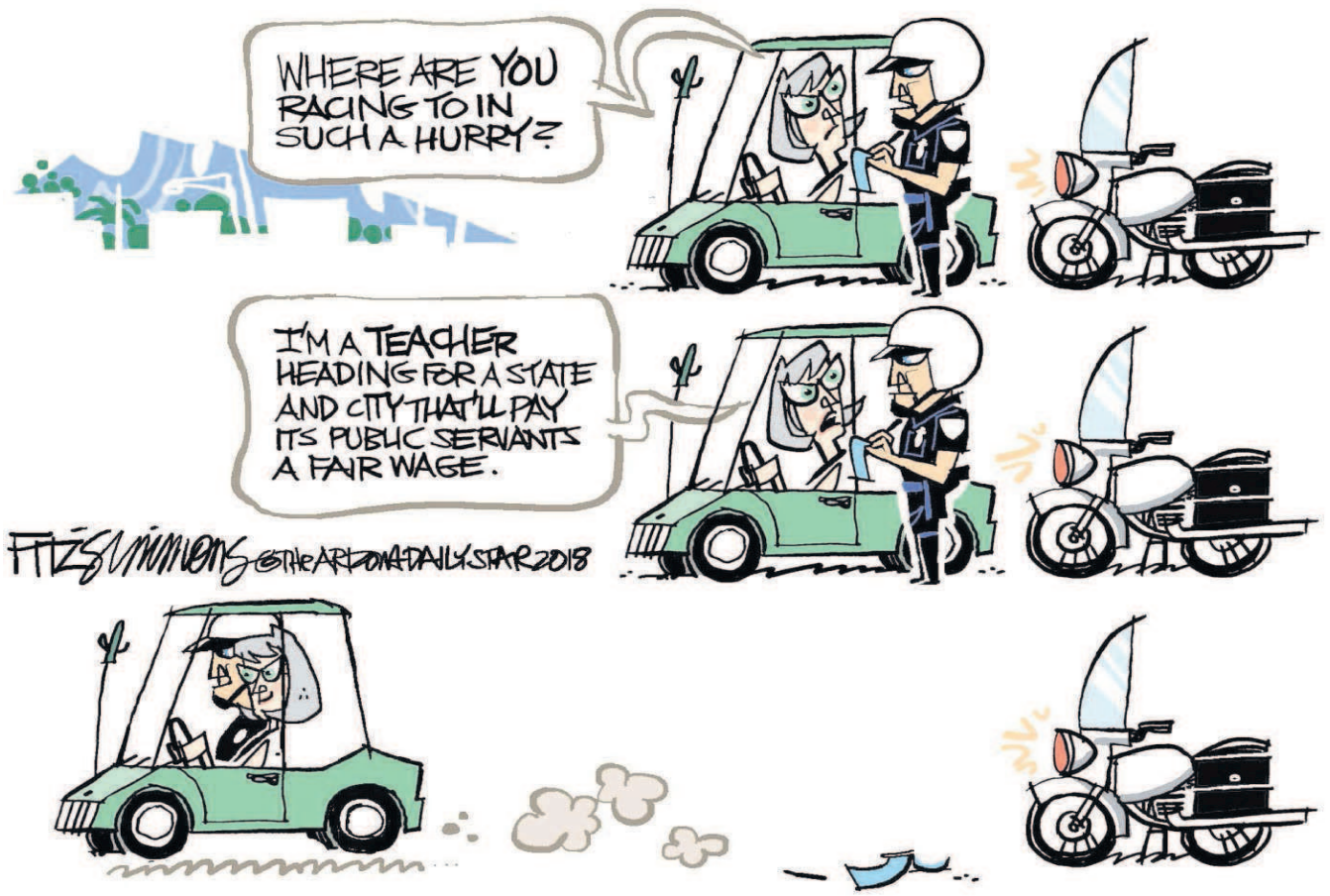
She served as chief program officer for the Sonoran Institute over-seeing offices in seven states facilitating civic dialogue and collaboration regarding land use while reducing financial strain on public sector funds; and most recently a broker for Ruby Peak Real Estate.

She has been honored with Oregon Business Magazine's 50 Leaders for Oregon; Ford Foundation's Leadership for a Changing World National Finalist; Wallowa County Civic Leader of the Year; and USDA/USFS Rural Community Assistance National Leadership Award.

We also particularly like Diane's involvement in community and nonprofit activities. We constantly find her volunteering, sponsoring or donating to local events.

She served as president of Rotary Club of Wallowa County. She knows our main street businesses and shops locally. Please join us in supporting Diane.

**Rob and Ary Lamb**  
Joseph



## Trump spawning 'entertainment carnival'

I had not intended to revisit some of these tawdry subjects right on the heels of my last column, but plot twists have been developing so rapidly in Trump's Reality Entertainment Carnival that I decided to offer this handy Viewer's Guide.

The names of the "shows" are mostly my own creation, but "the Don" deserves credit or blame for being the driving force behind the scripts.

The surprise hit of the season has been "Everyone Loves Stormy," featuring the voluptuous, feisty adult film star Stormy Daniels. Daniels first met Trump at a celebrity golf tournament at Lake Tahoe in 2006, and she told her account of their alleged affair to In Touch magazine in 2011. She also passed a polygraph exam about her version of events.

But the magazine did not release her interview at that time, and in October 2016, Trump's lawyer, Michael Cohen, secretly arranged a nondisclosure agreement with Daniels to keep her story from going public.

Recently, however, Daniels and her attorney, Michael Avenatti, have sued to reclaim her right to tell her story. By the time this column goes to print, you might have had the chance to judge her credibility for yourselves if you watched Sunday's 60 Minutes broadcast.

In "Who's Suing Who?" just keeping track of the contestants is quite a challenge. Stormy Daniels' real name is Stephanie Clifford, but in the nondisclosure agreement, or NDA, devised by Cohen, she is referred to as Peggy Peterson, while Cohen himself is disguised behind the LLC labeled Essential Consultants.

The third party to the NDA, who was



## POLITICAL PHILOSOPHY

John McColgan

designated by the pseudonym David Dennison, never signed the NDA until recently, which is one of the reasons that Avenatti alleges that the NDA is unenforceable.

But under pressure from Avenatti's suit, Donald Trump has belatedly admitted to being "Dennison," and Trump has countersued Daniels for \$20 million to try to keep her quiet.

Meanwhile, in other lawsuits, Playboy model Karen McDougal has sued the publisher of the National Enquirer to regain her right to speak about her alleged affair with Trump, and Celebrity Apprentice contestant Summer Zervos has sued Trump for sexual harassment and defamation.

Judge Jennifer Schecter has allowed Zervos' suit to proceed, saying that even the president is "not above the law" that protects ordinary citizens from defamation.

"Mum's the Word" is all about how NDAs are also being employed by Trump to muzzle his own White House staffers. According to the agreement that he demands his staffers sign, they are not allowed to disclose any information that Trump deems confidential, even after their employment in the White House has ended or even in fictional form. Trump's NDA threatens penalties of \$10 million for violations.

"The Ax" is a popular series where a different White House personality gets thrown

under the bus each week. This month's casualties included the surprise resignation of Hope Hicks, Trump's favorite Communications Consultant, after Hicks admitted to the House Intelligence Committee that she sometimes told "white lies" on behalf of her boss.

Other contestants who were eliminated included FBI Deputy Director Andrew McCabe, Secretary of State Rex Tillerson, White House Attorney John Dowd and National Security Adviser HR McMaster. McCabe's firing came just two days before his scheduled retirement, and Tillerson got the ax the day after he agreed with Britain's Prime Minister Theresa May that Russia was responsible for the deadly nerve agent assassination of two spies recently in England.

Meanwhile, on a cheerier note, it was revealed that one of last season's finalists, Trump's former security chief Keith Schiller, had been rewarded with a monthly paycheck of \$15,000 from the RNC for being a "consultant" for their convention in 2020. Maybe he'll show up again someday as a contestant on "Mum's the Word."

Another popular series is "Russian Roulette," although the Republicans on the House Intelligence Committee insist that there are simply no new scripts available, despite recent revelations, which included Russian oligarchs partying with Trump at lewd Las Vegas sex shows at the 2013 Miss USA Pageant.

And a crime drama being developed by Director Robert Mueller, tentatively called "Truth or Consequences," is still being kept mostly under wraps. It promises a lot of familiar characters from the Trump campaign, and plenty of surprises.

## Eating breakfast a good way to fuel the day

Most people know the most important meal of the day is breakfast. But why is it the most important meal of the day?

There are several misconceptions around eating breakfast. The word "breakfast" means, literally, to break one's fast. A fast is a period of time when no food has been eaten. By eating breakfast, you are ending the time when you have gone without food.

You are telling your body that it is time to become active and that your body is going to need fuel in order to carry out the activities of your day.

What can happen if you don't eat breakfast? Symptoms of a lack of fuel (food) after a long period of fasting include fatigue, headache, inability to concentrate, anxiety and light-headedness. These go away once we take in nourishment.

It is just as important for children to eat breakfast as it is for adults. Research has shown that children who eat breakfast are better behaved, able to concentrate more and do better on tests than children who skip breakfast.

Fortunately, in Wallowa County, as in most of Oregon, children have the opportunity to eat breakfast at school before classes start.

It is a fallacy that by not eating breakfast you will lose weight, if that is your goal. By not eating breakfast, your brain signals your body there may be a time coming when food will be scarce.

This means your body is going to hold



## EATING HEALTHY

Ann Bloom

onto everything it can in the way of calories, because it believes there is a famine approaching and the body swings into survival status. Also, by not eating breakfast, there is a tendency to overeat throughout the day to make up for it, usually with less than healthy options; this can cause a weight gain.

You end up taking in more calories than you would have had you eaten breakfast. Studies have shown people who eat breakfast tend to lose weight, if that is their goal, more so than people who don't eat breakfast.

Some believe it doesn't matter what you eat for breakfast as long as it's something. This is true in part. Certainly, eating something is better than eating nothing.

However, how you feel later in the morning is directly affected by what you eat in the morning for breakfast. For example, if you are rushed in the morning, it is easy (if you're an adult) to grab a donut or a toaster pastry and a cup of coffee.

The sugar and the caffeine give you a sense of energy. Along about 10 a.m., you may experience a "crash." Your body has quickly used up the simple carbohydrates in the donut and is now "out of gas." The

symptoms are similar to not having had any breakfast — fatigue, irritability, headache and others.

If you want to avoid the above scenario, try eating a breakfast with complex carbohydrates. They take longer for your body to process. An example of a breakfast with complex carbohydrates is oatmeal with low-fat milk and fruit, such as blueberries or bananas.

The carbohydrates in the oats will take longer to digest than the sugars in the donut. Protein is also important. Scrambled eggs with vegetables or a little low-fat cheese, plus some fruit or 100 percent fruit juice, and a piece of whole-wheat toast will sustain you until lunch.

Almost anything can be turned into a satisfying, filling breakfast. Dinner leftovers, even pizza or spaghetti can be turned into a breakfast when paired with fruit and a glass of low-fat milk. Smoothies can also make a good, on-the-go breakfast, if you are short on time.

Even a piece of whole-wheat toast with peanut butter and a glass of low-fat milk counts as a breakfast and is also fairly portable.

When choosing healthy breakfast options, try following the "three out of five model." This means choosing a food from the grains (preferably whole grain), vegetables or fruit, and dairy or meats/beans (you don't need a food from each food group).

By making healthy breakfast choices, you will be well on your way to avoiding that mid-morning slump.

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