

Nutrition: More than just what you put in your mouth

In addition to the start of spring, and the celebration of all things Irish, March is also National Nutrition Month. It can often be difficult to separate fact from fiction in all the headlines that blare out at us about trying one diet over another, or that one study or another shows something completely different from what we've always thought to be true when it comes to our health.

What most researchers, those in the medical and nutrition fields, health practitioners and Oregon State University, tend to agree on is that overall, the basis for good nutrition is in the consumption of fruits and vegetables (these can be fresh, frozen, canned, dried or in the form of 100 percent juice), lean protein and whole grains (except those grains with gluten,

which is off limits to people with Celiac's Disease), and low-fat or fat-free dairy products (unless you have an allergy or are lactose intolerant).

However, there is more to nutrition than simply what you put in your mouth. There are considerations such as personal preference (no matter how many times you've heard broccoli is good for you, you'll never get passed the fact that, to you, it tastes like eating a green Brillo pad), who else lives in your house, their ages, calorie needs, allergies or food sensitivities, your budget, how physically active you are, your and your family's schedules, cultural preferences and so on.

If you have young children or seniors who share the same household, those people will have vastly



different calorie needs. Children are still growing and need more calories, while seniors may feel like eating less than they may have in the past. If there are food allergies or sensitivities in the household, this will definitely dictate what everyone eats. Budget is a huge consideration when it comes to the food you buy. However, people on all budgets can eat nutritiously with a little planning. Practices such as buying fruits and vegetables in season (sorry,

no peaches in December), buying from local producers, taking advantage of sale items and buying in bulk, can pay off in big dividends when it comes to the family food budget.

Cooking and meal preparation for households whose members have food allergies or sensitivities can be challenging, but it is possible. For example, if someone in your house has an allergy to gluten (a protein found in wheat and some other grains), there is no reason why the family can't still enjoy a spaghetti dinner. Pasta now comes in rice, corn and quinoa varieties and is just as nutritious as the wheat variety. Many people say, in terms of taste, they can't tell the difference between wheat past and gluten free pastas. There are also gluten free breads

that can stand in for the usual garlic bread made from wheat bread.

According to the USDA's myplate information (found at the website www.myplate.gov) a nutritionally balanced meal, at breakfast contains one item from the fruit, dairy, and grain or/protein groups (three items total). At the evening meal, a balanced meal contains something from four of the five food group—protein, vegetables, dairy, and grains. Something from all of the food groups is preferable.

For more information on appropriate portion sizes for different ages, genders and activity levels, and recipe suggestions, go to the website for myplate. For more information on nutrition and healthy recipes, got to www.foodhero.org.

More elk management is needed, farmers need relief

Dale Johnson is so right about the issue of elk management. This dilemma parallels the management issue over the Canadian wolves that now inhabit our county. Our local ODFW would like to be more aggressive with management of both species, but I believe they are handcuffed by superiors who can't decide if they should opt for good management or try to stay out of court with environmental groups.

Before the elk had pressure from predators, they stayed less in the valley and more in the woods. With half of our county owned by the federal or state governments, there is basically a lot of elk habitat. But with close to 120 wolves and many cougar putting pressure on them, it's only logical that they would come closer to humanity where wolves are less likely to kill them. When they have survived an attack or see one of their kind killed, they prefer to go to open areas where they can see their attackers approaching. They aren't stupid when it comes to surviving.

The simple solution would

be to reduce or limit the number of wolves and cougars and also issue more tags for large elk herds that are staying on private farming ground. We struggle with up to 200 head of elk in the summer months who graze in our alfalfa fields, eating feed we need to harvest for our cattle. Shooting a few does basically nothing!

Until we can do what good management should be doing, this dilemma will not go away. Environmental groups want more non-lethal management of wolves, ignoring the fact that their increase is exponential, and their damage will far outweigh their good in the near future. The Oregon Wolf Plan is a management plan, not a refuge for any wolf born in Oregon. We need logic, not fantasy wolf worship. And elk numbers can be controlled with hunters who can provide food for our people. Our farmers in the valley need relief from mismanagement and non-management! If you would like to tell ODFW we are tired of non-management of local species, email odfw.commissioners@state.or.us.

LETTERS to the EDITOR

Connie Dunham
Enterprise

Letter: Thou Mayest

The editorial "Thou Mayest" (March 6) harks back to the drafting of the Constitution and earlier.

Benjamin Franklin brought it to the writing of the Constitution creating our "federal" government. But his argument came from the six-nation Iroquois Confederation in New York state. He said:

"It would be a very strange Thing, if six Nations of ignorant Savages should be capable of forming a Scheme for such an Union, and be able to execute it in such a Manner, as that it has subsisted Ages, and appears indissoluble; and yet that a like Union should be impracticable for ten or a Dozen English Colonies, to whom it is more necessary, and must be more advantageous; and who cannot be supposed to want

an equal Understanding of their Interests."

The six nations met regularly, hosted by the Onondaga in the Syracuse, NY, region. There was a sachem, a chief of chiefs, who moderated sessions, resolving any differences that may have arisen between nations. (I was acquainted with Onondaga chiefs and leaders when I worked nearby. They continue the cooperation among the nations.)

So, the U.S. became a federation. That was calculated to resolve differences among the colonies so they could become states of the Union.

Almost from the beginning, we have seen bitter departures from this unity, but we have recovered from time to time. I hope we can resolve our tribal differences.

Ed Pitts
Joseph

Parkinson's disease is not fatal

On Saturday I attended the celebration of life for Wallowa

County notable Ben Boswell. Many of us who knew Ben might think that he died of Parkinson's Disease. This is not the case. Parkinson's Disease is a degenerative movement disorder for which there is no cure. However, unlike ALS (Lou Gehrig/Stephan Hawking) or Huntington's disease (Woody Guthrie) — which are fatal — people suffering from Parkinson's live on, learning to cope with decreasing abilities in the areas of movement, balance and at times cognitive function.

While some of the symptoms of Parkinson's Disease, (e.g. impaired balance) might lead to a life threatening fall, one would not say that the person who fell died of Parkinson's disease even though its symptoms were contributive. Rather, folks live with Parkinson's disease as Ben Boswell showed us how to do in a brave and meaningful way. In that way, Ben Boswell is a hero to all of us, especially, those who are afflicted with PD.

Mike Koloski

THEY CAN WORK, PAY INCOME TAXES, AND DRIVE. SHOULD 16-YEAR-OLDS VOTE, TOO?

Enterprise students have their say

By Ellen Morris Bishop
Wallowa County Chieftain

Back in November, before it snowed much, nine Oregon legislators placed Joint Resolution 22 on the legislative docket. It would place a referendum on Oregon's 2020 state-wide ballot to lower the voting age from 18 to 16 years of age. The voting age was lowered from 21 to 18 in 1971 by the 26th Amendment to the U.S. Constitution.

Joint Resolution 22 proposes an amendment to Oregon's Constitution that would extend voting rights in virtually all elections, federal, state, and local, to 16-year olds. The amendment would maintain the present U.S. citizenship and Oregon residency requirements — 6 months immediately prior to the election — and require all voters to register at least 20 days prior to the election. It would include the legal requirement that "persons who vote upon questions of levying special taxes or issuing public bonds" be taxpayers.

Spearheaded by 38-year-old Sen. Shemia Fagan (D, Portland), the measure would make Oregon the first state in the U.S. to lower the voting age to 16. Fagan's motivation for proposing this stems from growing high-school activism after the Parkland,

Florida shooting, and other causes.

The idea of extending voting rights to 16-year-olds is controversial. They can drive. They can work and pay

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Caden Fent, middle school student

taxes. They may be charged and sentenced like an adult if they commit a crime. But in Oregon, they are also too young to get married, too young to enlist in the military, and too young to legally own property or enter into contracts.

High school and middle school students in Enterprise had strong but differing opinions on the subject of the 16-year-old vote.

"It's like the level of maturity is different (between 16 year-olds and 18 year olds)," said middle school student Caden Fent. "I feel like 16-year-olds aren't really mature enough. A lot of them wouldn't take it as seriously as they should."

"I think it's a great idea," said 8th grader Sydney Hopkins. The last election was

really close and not many people voted." Asked if she would vote if she were 16, Hopkins added "Yes! It's definitely an important thing to do."

"I think it would be smart, allowing them to vote. Teenagers don't get a say in much around here," said Nevin Goldsmith, 14. "In elections it's always 18 and older. So it would be nice for teenagers to have a say in what goes on." Would he vote when he reached 16? "Yes, definitely!"

"I think it would be good to vote in matters that would

directly effect our community in some ways, especially concerning education. I'm for it," said Roan Flynn, 14.

"I feel like some would be a little irresponsible, but there would be some mature ones who would understand what they were doing," said Maddie Nordtvedt, 14.

"When you are 16 you can work at a lot of places, you pay taxes, and you have societal responsibilities. Yes, I feel like they should be able to," said Evan Johnson, 18.

"I feel like some kids should be a little bit older to be able to vote, a little more mature to understand the issues," said Jessica Jones, 17. "But voting at 18, or even 17 would be perfectly fine."

"It would definitely influence elections a bit, but I wonder about the maturity of 16-year-olds. I think some 16-year-olds are mature enough but I don't think at 16 everyone is. Some people would be and some wouldn't."

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