

**IT'S ABOUT HEALTH AND WELLNESS**

Ann Bloom



**Celebrating Salad Month**

Cheese, salsa, strawberries, asparagus, eggs — they don't seem to have very much, if anything, in common, do they? May is Salad Month and the nice thing about the foods just listed is that they are also foods highlighted for the month of May and they can all be incorporated into a healthy salad, either separately or altogether on a bed of greens, as an entire meal.

On their own — strawberries, asparagus, eggs, cheese and salsa (either tomato or fruit-based) — contain many vitamins and nutrients that make them an important part of a well-balanced and nutritious diet. Combined with greens such as spinach or Romaine lettuce, they become flavor-packed salads.

For example, strawberries contain vitamin C, fiber, manganese and potassium. They are also low in calories and are sodium free. The vitamin C in strawberries helps the body heal cuts and bruises. Strawberries should be stored in the refrigerator and will last about five days. Strawberries are a perishable fruit and should be used soon after purchase.

The berries should not be washed prior to use; washing encourages spoilage. Before using, place them in a colander under cold running water for a minute or two and drain; pat dry with a paper towel. When selecting berries, avoid ones that are moldy or have spots on them. Berries can be sliced and added to a green or fruit salad.

Although strawberries can be found in the store all year, they are at their peak of flavor and ripeness in season, spring and summer. Strawberries can be grown by home gardeners and also be purchased at farmers markets and fruit stands. Oregon is famous for its many varieties of strawberries, and depending on the variety they are available in stores from approximately mid-May through September.

Asparagus, another spring vegetable (though both strawberries and asparagus can be found in grocery stores year-round, both are usually more expensive when out of season) contains vitamin B6, calcium, zinc and magnesium. It, too, is low in calories and high in fiber. Asparagus is good steamed and eaten as part of a cold salad plate or side dish. Asparagus is also good roasted with a little olive oil, salt and pepper. Steamed asparagus, once cooled, can be sliced and added to a green salad with cold, diced chicken and other vegetables for a dinner salad.

Eggs — hard boiled, poached or fried — can all be added to a salad for a quick, nutritious meal. Keeping hard-boiled eggs on hand in the refrigerator saves time, too. Eggs are a good source of protein and contain iron, vitamin E and are a source of choline, which is important for a healthy nervous system and metabolism. Eggs are nutrient-dense and relatively low in calories (only about 77 calories per egg). Frying eggs adds calories due to the added oil used for frying.

Cheeses, from cheddar to Swiss, blue to mozzarella, although high in fat, also contains calcium which is a nutrient used to build strong bones and teeth. Cheese is also a source of protein, vitamin A and B12, and nutrients zinc, riboflavin and phosphorus. Some cheeses can even be made at home. Cheese is also high in sodium, and some people cannot tolerate the lactose found in cheese (a dairy product). These people have a condition called lactose intolerance. When they consume dairy products they experience gastric distress and abdominal discomfort.

Cheese can be shredded or cubed and added to green salads to turn them into main dish meals.

Fruit or vegetable based salsas lend themselves to dressings and dips to accent salads or raw vegetables for a healthful snack tray. With the addition of a little mayonnaise or sour cream, salsas become more than just something in which to dip a corn chip.

Feel free to experiment with different combinations of cheeses, fruits, vegetables and eggs to see what new salads you can create for nutritious spring time meals. For more recipes or salad ideas visit [www.foodhero.org](http://www.foodhero.org).

*Ann Bloom lives in Enterprise and has worked for the OSU Extension Service for 15 years as a nutrition educator. She studied journalism and education at Washington State University.*

**Today's sociopolitical climate may prevent sidewalks**

**MAIN STREET**

Rich Wandschneider



It occurs to me, as I walk my dog each morning, sometimes along the broken sidewalks of Joseph's Main Street, that we might not be able to build sidewalks in today's sociopolitical climate. Sure, sidewalks will probably be part of the new housing development in Joseph, as they are in the sprawling suburbs of Portland. But the idea that a city could ask individual citizens to put in sidewalks as they build their houses would, I think, be a hard sell.

Merchants in the commercial district know that good walking surfaces that are easy to clean and shovel and that don't turn to mud in spring are in their self-interest, so when necessary, they can form a special improvement district to clean up, stabilize and standardize the sidewalks. Businesses in Joseph, with strong leadership from a few and from the city, and cooperation of the Oregon Department of Transportation, gave us the sidewalks, buried utility lines and general streetscape that we all enjoy today. I'll get in trouble for omitting many, but without business owner Rob Lamb, Mayor Shelley Curtiss and Sara Miller of the Northeast Oregon Economic Development group, this would not have happened. Many who have moved here recently might not know this, and might want to shake a hand — and let Rob, Shelley and Sara tell you what other hands there are to shake.

Sidewalks in new developments are an

easy sell. They are wrapped into the price of streets, utility infrastructure, and sometimes the house itself. A 40-home subdivision with gravel streets and no sidewalks — even if legal, and I have no idea what the various laws that govern these things are from place to place — would be a hard sell. The cost is buried in a blur of other "infrastructure" costs, it won't raise the overall price much and it looks good.

But there was a time before housing developments when cities and homebuilders cooperated to build sidewalks. When a sidewalk in front of my house, no matter whether I had kids who played hopscotch or walked on it myself, was

chalked hopscotch boxes and children's drawings and the mobile basketball hoops on back streets. A few years back, when then-Mayor Dennis Sands tried mightily to talk the residents into fixing our streets, he had little or no success that I remember. And then, one day, over two summers, we had new, paved streets. I can't tell you whether Dennis was still the mayor, or whether Theresa Sajonia had taken the job. I know that my monthly bill from the city went from \$50 to \$100 a month instantly and my complaints were few and short — I rode and ride my bike and drive my car without negotiating potholes, and I make it a practice to pay my dues.

This is especially interesting in light of the recent hubbub about Joseph city politics. I've heard many rumors about the sources of those troubles, but can remember no one complaining that the city — or the mayor or the administrator or the council — had jammed new streets down their throats. We like our streets.

The lesson here is that we could not get together to vote for them, but they got done and we are largely happy for it. Getting together to do things that

might benefit the neighbor more than me is hard to do today — not impossible, but a tricky task that we are more likely to throw back to "leadership."

I doubt the Main Street sidewalks that extend beyond the business district into housing will ever be repaired, but even the libertarians among us are not standing to shout that they did not need a paved street in front of their houses, and therefore won't pay for them. Some of those staunch individualists probably have children playing hopscotch. Or maybe just like watching the neighbor kids ride bikes and shoot hoops.

*Rich Wandschneider is the director of the Joseph Library of Western History and Culture.*

**"I'M NOT THE ONLY ONE WALKING MY DOG — OR JUST WALKING. STILL AND ALL, MOST PEOPLE IN MOST HOUSES IN OUR SMALL TOWNS CAN ARGUE THAT A SIDEWALK IN FRONT OF THEIR HOUSES ARE OF NO USE TO THEM, AND THEY ARE NOT GOING TO PAY FOR THEM."**

considered a natural nod to community. Maybe it was before the overwhelming use of the automobile, when people walked to work and school. Before the time when garages migrated from alley entrance to side of the house to part of the house.

I'm not the only one walking my dog — or just walking. Still and all, most people in most houses in our small towns can argue that a sidewalk in front of their houses are of no use to them, and they are not going to pay for them.

Which puts me in mind of Joseph's paved streets. We don't need walking sidewalks on most side streets in Joseph because the traffic is light, and we now have smooth, new streets. What a joy to walk and ride my bike on them, to see

**Restoring faith in Legislature requires rooting out conflicts of interest**

**OTHER VIEWS**

Bill Hansell



Recently introduced Senate Bill 865 and it has generated some controversy. The bill is about rooting out conflicts of interest in our government, but I wanted to provide my constituents with what I hope is helpful background.

One fundamental American ideal is checks and balances. Oregon's government, which is elected and governed by the people, must not only protect the rights of Oregonians, but must also have their trust. In regard to trust, our representative democracy needs all the help it can get. Polling shows that faith in our government is at an all-time low.

Principles of checks and balances are intended to root out conflicts of interest in our elected officials. In the words of James Madison, the author of the American Constitution, "ambition must be made to counteract ambition."

One way the Oregon Constitution seeks to counteract ambition is by prohibiting elected officials from holding multiple offices at one time. According to Article 3, Section 1 of Oregon's Constitution, as a state senator, I cannot also serve as a county commissioner at the same time, nor can the governor serve as

the attorney general and judges cannot be state representatives. The goal of this is to ensure that different people are carrying out different parts of our government. If one person was controlling all aspects of our government, we would call that tyranny.

However, the Constitution is silent if elected leaders can also lead their political party as elected officers. While currently legal, the same ethical and practical concerns apply. Political parties are tasked with fundraising to help their candidates get elected. Yet, elected statewide leaders make policy that directly influences elections, campaign finance and even the structure of the political parties themselves.

If political party leaders are also elected to public office, they can too easily change the rules of the game to benefit themselves. That's called corruption, and one of my goals as a Republican official is to ensure that the Republican Party avoids all appearances of corruption.

There has long been an understanding that there should be a separation between the "people's work," which we are sent to Salem to do as elected officials, and political party politics. That is why we, for example, cannot use taxpayer dollars for our campaigns.

As a lawmaker, one of my primary responsibilities is to ensure that my constituents trust their government. I want every Oregonian, regardless of political ideology, to have faith that conflicts of interest do not have the final say on the

laws that govern them. Without that fundamental trust, we do not have a government by, for and of the people.

This is why I introduced Senate Bill 865. The law would prohibit an elected official to state office from simultaneously being an elected officer on a political party's state central committee. This bill would codify neutral standards of transparency and accountability.

I have been contacted by several of my constituents who are concerned about potential conflicts of interest among the current Oregon Republican Party leadership. Let me be clear — this bill is not about individuals. It's about establishing clear ethical boundaries to which all political parties can agree.

I can only imagine the rightful outrage from my Republican constituents if Gov. Kate Brown controlled both the state government and the flow of millions of campaign dollars as chairwoman of the Democrat Party's central committee. That would be a clear problem. While we are nowhere near that point yet, we needn't wait for such obvious abuse of power.

As your senator, I feel a deep responsibility to make our government as transparent and accountable to "We The People" as possible. That sometimes means doing things that some in my own party won't like, but that doesn't mean they aren't the right thing to do.

*Sen. Bill Hansell represents Wallowa, Union, Umatilla, Morrow, Gilliam, Sherman and parts of Wasco counties.*

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