

MAIN STREET

Rich Wandschneider



Not going anywhere, and not done writing

In my column last month, I tried to pull together 50 years on Main Street in Wallowa County — and in the end, I misled some people. Here are the misleading words: “I can’t leave without saying that the most satisfying best part of the 50 years is the way we are now getting along with the Nez Perce.”

For someone who has lived by the pen — and typewriter and computer screen — for much of my working life, that line was, at best, ambiguous. Was it my last column? Was I leaving the county? In my mind I had rambled on over the 50 years in memory, and, totally caught up in all the people and events I’d missed, I was leaving that extra-long column behind. It was an apology for the misses — but not a promise to quit writing or quit the county.

About leaving, I’m reminded of two greetings to newcomers 50 years ago. First, we were told that coming into the county over the Minam grade gave us two options. One, we could just drop our wallets and whatever was in them off at the top of the hill, and turn around and go home, wherever that was. Two, “come on in,” realizing that whatever was in the wallet would soon get eaten up, and that we might find a way to survive, but we’d never be able to afford to leave.

The second greeting was to tell me that being a native required at least four generations in the county. Being 28 and a bit smart-alecky, I remember telling some pie-baking grange ladies that I’d just come from the East Coast, where native meant being able to trace roots to the Mayflower, and before that I was in Turkey, where being native meant dirt. In the first acknowledgement that I was in Indian country, I suggested that the only true old-timers here must be Nez Perce.

About writing: I came here in 1971 with a job with the Extension Service; I worked with my best boss ever, Chuck Gavin, for five years. During that time, I dreamed of becoming a writer. I sent stories of high school baseball and the Kurdish and Turkish people I’d lived and worked with as a Peace Corps volunteer to magazines big and small.

After five years in the courthouse with Gavin, we opened the Bookloft across Main Street. I’d make my living with other people’s words while I continued to write myself. There were glimmers of hope — a few short pieces published in magazines and newspapers you’ve likely never heard of, and once, an invitation to send another story to the New Yorker. They’d liked my baseball story, but it “wasn’t quite right” for them. I sent another, and another, and each time the rejection letters got shorter and less personal.

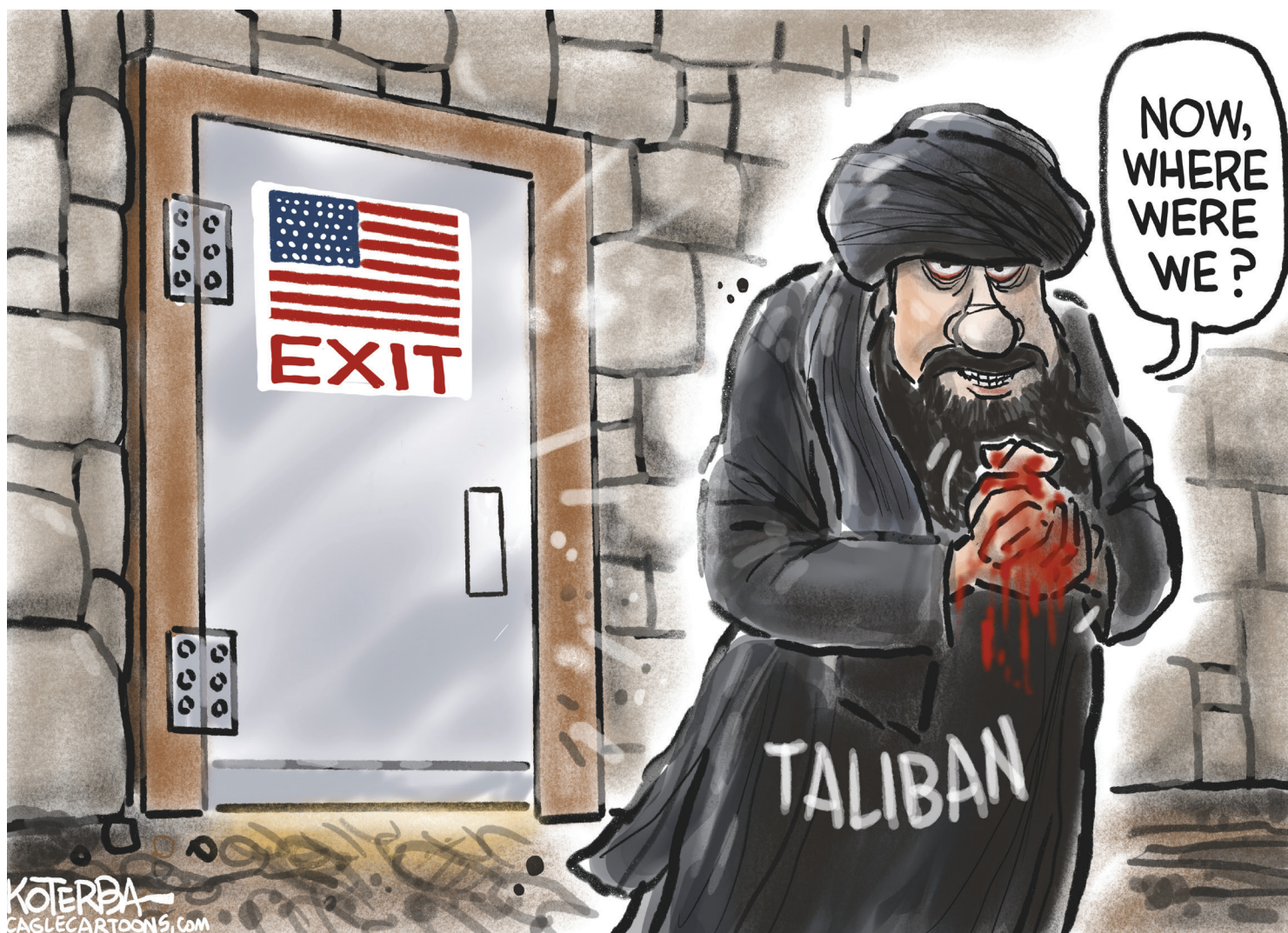
Bob Evans was a good customer at the Bookloft, a drummer in local bands, and all at once the editor at the Chieftain. Bob had seen my letters to the editor and occasional writings in the paper, and he asked me to write a column twice a month. He thought I should call it “Main Street,” because an old-timer named Ben Weathers had written one called “50 Years on Main Street” a long time ago — and Weathers’ old office and sign happened to be in the Bookloft building. He’d pay me \$25 a month for two columns, and ask the poet of Prairie Creek, Betty Cornwell, to do the same. Thanks, Bob!

In 1988, with help from Alvin Josephy, a good summer customer who’d become a friend and mentor, with Kim Stafford, a poet in the Wallowa School in 1978 who’d also become a friend, and with a gaggle of local word lovers including Elizabeth Oliver, Eve Slinker, Don Green, Marilyn Krueger, Frank Conley and Janie Tippet — and I’ve surely missed important ones — we launched Fishtrap. It would celebrate Western writers and writing in the West. It did, and still does.

In my 20-plus years directing Fishtrap, my own writing turned to grants, press releases and letters to writers about coming to Fishtrap. And when I moved to the Josephy Center with Alvin’s books in 2003, I kept writing them — only now the letters were emails, and most of the grants are online. I began writing/creating other things too. With experience at the fledgling Nez Perce Homeland in Wallowa and with Alvin looking over my shoulder, I’ve been putting together Indian exhibits and writing a blog about history and Indians for the last dozen years.

I never made or saved enough money to leave the county — if I’d wanted to; and I’ve been able to keep learning about the Nez Perce and to keep writing. I’ll keep at it as long as you keep reading.

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



Meal and snack ideas for back to school

IT’S ABOUT HEALTH AND WELLNESS

Ann Bloom



August is National Back to School Month, which seems appropriate since schoolchildren across the nation are heading back to in-person learning. That noise you heard was the collective sigh of relief from those children, their parents and teachers. It has been a long time coming.

With back to school comes the question of what to do about breakfast, lunch and after-school snacks for all those children. After approximately 17 months since many children have been in the classroom, it is hard to remember what a school breakfast, lunch or snack might look like. Many children participate in the federal Free and Reduced Meal Program, which provides a free or reduced-cost lunch and breakfast to students in Oregon schools.

Mornings can be hectic, and the last thing children and their parents need or want to think about is what to make for breakfast or lunch (if children pack a lunch to school). Everyone needs something easy, fast and yet, nutritious.

Here are some ideas: A toasted, whole wheat English muffin with peanut butter or hummus (a spread made with garbanzo beans), plus a piece of fresh fruit (a banana or some grapes) or a glass of 100% fruit juice, is one idea. The English muffin can be substituted with a piece of whole wheat toast. Another quick breakfast is a bowl of cold cereal (100% whole grain is best) with fruit or juice. Low-fat or fat-free yogurt, coupled with a piece of fruit and toast is also quick and easy. A whole wheat bagel smeared with peanut butter or hummus, is portable and nutritious. Hard-boiled eggs, kept in a bowl in the refrigerator, are a handy breakfast item.

Breakfast should include a protein source and a source of complex carbohydrates. The complex carbohydrates (as opposed to the simple carbohydrates of a donut, or sugar-added cereal) take longer to break down in the body and provide a

longer and steadier source of energy so a person does not get hungry so soon after eating. This helps to avoid that “crash” feeling at 10 a.m. and the need to eat long before the noon meal is available.

Just about anything can be turned into a breakfast including leftovers, such as soups, stews, even leftover pizza warmed in the microwave. A tortilla, either whole wheat or corn, can be spread with refried beans and cheese, topped with a little salsa and warmed in the microwave, then once wrapped in aluminum foil it becomes a quick, portable breakfast. The point is something for breakfast is better than nothing for breakfast, even if it is a nontraditional breakfast food.

But what do you, as a parent, do if your child is one of those children who doesn’t want to — or can’t — eat breakfast first thing in the morning? Some people can’t imagine eating breakfast before 10 a.m. This is where eating breakfast at school is a good option, since breakfast is served a little later in the morning.

Sometimes one needs to think outside the box ... the cereal box, that is, and get creative. Macaroni and cheese may not seem like a breakfast food, but it goes down well and contains a lot of calcium and protein that can sustain a child through until lunch, and it is kid friendly. Fruit smoothies are also quick and easy. Both options can be made using gluten free pasta, and can be made using dairy-free ingredients, for those with food sensitivities or allergies.

Lunches can also be just as easy as breakfasts. How many of us can say we grew up eating peanut butter and jelly sandwiches, AKA, PBJs for lunch? PBJs can also be a breakfast staple and a snack food.

With a little advanced preparation, sandwiches such as tuna or egg salad, or cheese with sliced avocados and lettuce and a little mayo, are simple and nutritious. Make sandwich fillings the night before and assemble sandwiches in the morning to avoid soggy lunches. Lettuce acts as a barrier between the bread and the filling. Presliced lunch meats such as roast beef are quick to put together in a sandwich.

Again, leftovers can be turned into lunches — soups or chili in a thermos, a salad with dressing on the side, topped with a little chopped chicken, bacon or

seasoned ground beef, etc. Whole wheat crackers and cheese, with fruit and milk, is also an appropriate lunch. Raw vegetables such as baby carrots, celery, cherry tomatoes and jicama, with low-fat ranch dressing, are a good way to get an extra serving of vegetables into children.

After-school snacks can be variations on the lunch and breakfast themes — yogurt with fruit, cheese and crackers, etc. can help stave off hunger until the evening meal and keep blood sugar steady, which can help students focus on homework. Smoothies are a quick and easy snack that students can usually make themselves. Smaller children can learn to make smoothies with adult supervision. Smoothies made with frozen fruit, milk and yogurt are a refreshing end to the school day.

Students with food sensitivities can still enjoy the snacks and meals their friends enjoy. For a gluten-free snack, try gluten-free crackers. Sandwiches can be made with gluten-free bread, too. For the lactose-intolerant student, almond milk for a smoothie is an option as are cheeses and yogurts made without dairy products. If you have time on the weekends, quick breads (e.g., banana or zucchini) and muffins can also be made with gluten-free products and frozen for use during the week. These are easy and are often a child’s first introduction to cooking.

If you are looking for homemade snacks, granola or do-it-yourself trail mix are choices, too. Trail mix can be tailored to children’s tastes and is easy for them to make on their own, as a family or with friends. Made with oats (these can be gluten free, also), nuts and dried fruit, it provides a serving of whole grain, nuts (any kind will do) and dried fruit (try raisins, dried apricots or dried cranberries). As with any meal item, take into consideration food allergies (peanuts, soy, dairy, etc.) and choking hazards with small children when choosing snack or meal food items.

For more information, recipes, tips and ideas for back-to-school meals and snacks, visit 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.

Gayle Beck Ladies Invite a huge success

TEE TIME

Rochelle Danielson



In all the years Alpine Meadows lady golfers has hosted the Gayle Beck Ladies Invitational I’ve not seen this large of a turnout,” said Carol Marr, as she welcomed local members and guests who had traveled to Enterprise from Baker, Union, La Grande and Lewiston, Idaho.

It was a surprise, indeed, to local club members as it had only been two months earlier that they deliberated whether to host an August tournament because of past participation, and also a diminishing local group membership.

“Looking back at the successful event we made a right decision,” said President Rochelle Danielson. “The high energy level shown among the gals projected a

feeling that everyone was ready to break out, breathe the fresh air, lighten up and freely mingle after a year of caution, fear, masks and mixed messages.”

Play on Tuesday, Aug. 10 began with blessed warm, but not miserably warm, weather. Thirty-two gals teamed in threes and fours took to the fairways for 4½ to 5 hours in scramble play. After 18 holes of crazy, challenging golf, the groups gathered at clubhouse for a luncheon set in a colorful Southwest theme chaired by Donna McCadden and Judy Ables, with chef Belinda Kunz serving salads. Winners reaped golf balls and dollars, and losers drank lemonade and lamented missed putts.

Winners — 1st Low Gross: Cally Goss, Beccy Kramer, Tana Sanchez, Cheri Lamb. 1st Low Net: Sandy Hudson, Dana Endicott, Michelle Homan. 2nd Low Net: Julie Earp, Linda Taylor, Tammy Crawford. Highest scoring team: DeAnna Grim, Mary Kerns, Carol Marr, Karen Coppin. Closest to the Pin: Flight 1, Carol Marr, 14 inches. Flight 2, Panky Hauxwell, 29 feet, 9 inches. Closest to Line: Flight 1, Carol Marr. Flight 2, Karen Cop-

pin. Longest Drive: Flight 1, Deb Koopman. Flight 2, Nancy Holub. Long Putt: Flight 1, Sandy Southard. Flight 2, Beth Hough.

Winners: Elks Tournament held in mid-July.

1st Flight: Low Gross — 1st, 2nd, and 3rd, Mike Walker, Kyle Crawford, Dakota Hull. Low Net — 1st, 2nd tie, and 3rd, Josh Harmon, Tim Gilbert, Randy Anderson.

2nd Flight: Low Gross — 1st, 2nd, 3rd, Dale Johnson, Chad Conrad, Michael Walborn. Low Net — 1st, 2nd, 3rd, Brandon Nobels, Lucas Stangel, Patrick Lynn.

Sole Survivor: 1st — Nick Januzzi/Terry Lamb. 2nd, Dale Johnson/Kyle Crawford.

Closest to the Pin: Mel Jackson, Mike Walker, Mike Reynolds, Dale Johnson. Long Drive: 1st Flight, Kyle Crawford. 2nd Flight, Jerry Hook. Ladies: Lacy Weber. Straightest Drive, Terry Lamb.

Rochelle Danielson of Enterprise loves the game of golf and has golfed for many years at Alpine Meadows.