

Mandates: A suddenly tricky topic to discuss

MAIN STREET

Rich Wandschneider



“Mandates” has become such a toxic subject that it is hard to talk about it. So, I decided to think about it first. Can you follow me?

There are, in a general sense, two kinds of mandates: the first we most often refer to as laws — or regulations — promulgated by a local, state or national government. Laws against murder and theft, laws protecting freedom of religion and speech; and marriage, abortion, alcohol, tobacco and traffic laws are all governed by government mandates.

The second kind of mandates are cultural: horse meat, and for that matter, calf brains or Rocky Mountain oysters, are not generally approved of in our culture, and hard to find on a restaurant menu. Churches establish their own requirements — mandates — for leadership, which might be years at a seminary or anointment by an existing leader. There are still, in many places and families, strong cultural prohibitions against crossing color and religious

lines in marriage. Laws that were gained with broad but narrow public support abolished legal mandates, and as the American stew has mixed, public acceptance is changing cultural norms.

Laws lead and followed culture in regard to women’s rights; the 19th Amendment and Title IX transformed American society by giving women the right to vote and to have every advantage provided by federal funding for men available to women. Although there was significant societal opposition to both measures in their times, they are now the cultural as well as legal norms. Witness the number of women doctors and lawyers in Wallowa County today.

We make laws to allow society to operate smoothly, and to protect us as individuals from bad actors and to promote societal health. We want the water we drink and air we breathe to not kill us or make us sick. We want — a huge majority of us want — free education for all.

There is always a line between individual human actions and freedom to act and the larger society’s interest — sometimes what is seen as the “state’s interest.” In authoritarian states, the leader’s or leading group’s interest overwhelms individual interests. But even authoritarian states have mushy lines between individual and larger community interests and freedoms of thought and action. Being an entrepreneur in China is easier now than it was under Mao, and much

easier than it is today in North Korea.

In “free” societies like ours — and New Zealand’s, Norway’s, Germany’s and Singapore’s — the lines fall in different places, are often vague, but always exist. Most European countries think public and private interests are best served by drinking laws and standards much looser than ours. But drunk driving is another matter, and might immediately mean jail-time or loss of driving privileges forever. MADD — Mothers Against Drunk Driving — upheld American cultural norms, and although we are not yet Norway, or Saudi Arabia, where public flogging is the law — stricter standards are now enshrined in law and in public attitudes.

In most countries — although not always in the most authoritarian ones — 12-year-olds are not allowed to marry. It took some time to get where we are in these United States, but my guess is that a return to 14 or 16 as the age of consent would not be well-received.

In every case, the state or its leaders speak in the name of a broader public interest of protecting other citizens and the general public; we don’t want drunk drivers on the road risking the lives of others. And even though my “tradition” might say that I can marry my daughter off prepuberty, the state steps in to provide protection for my daughter. And an overwhelming number of my neighbors agree with the state.

Smallpox, brought to America by Euro-

peans and traveling tribe to tribe, killed millions of the original Americans. Crude vaccinations, using pustule matter from diseased people, was known for centuries, and was used by General Washington at Valley Forge. In 1796, Edward Jenner became the father of vaccination when he developed a smallpox vaccine from the milder cowpox disease. I had my last smallpox booster at 22, in 1965. Smallpox is now gone from the world; vaccinations are no longer given.

Measles, mumps and rubella vaccination mandates have been widely accepted — until recently. Ironically, as the anti-vax movement has grown around very shaky claims that vaccinations led to autism in children, measles has reappeared in Oregon.

The coronavirus will get universal vaccine treatment like smallpox and polio did when the current outbreak becomes more deadly than it currently is and people clamor for it—as they did for a polio vaccine. Or with successful government mandates and control of the diseases.

Meanwhile, the governor of Mississippi might explain why a coronavirus vaccine mandate is tyranny and his state’s strict mandates about childhood diseases are not. Mandates are a tricky business.

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

Rat Race turnout is highest in tournament history

TEE TIME

Rochelle Danielson



Alpine Meadows Golf Course swarmed with golfers over the Labor Day weekend — a weekend that proved “perfect weather friendly” to Rat Race couples.

The turnout of 94 golfers was the largest participation in the tournament’s history. On a nine-hole golf course, that’s a lot of people, but with an experienced committee, AMGC personnel, JD Hagan and greens crew and many on-the-spot volunteers, the

tournament was a huge success.

The 2021 First Low Gross Coveted Awards in the three flights went to: Cats — Chris/Carla Greenough of La Grande, with a score of 148 for the two-day tournament. Rats — Lloyd/Nita Baker, also of La Grande, 168. Cheese — Tristen Beck/Desiree Nash of Enterprise, 179.

First Low Net Awards in three flights went to: Cats — Larry and Kathy Mauer, 132. Rats — Craig and Terri Smith, 142. Cheese — Terry Hughes and Kim Hulse, 144.

The tournament paid three places in each category.

Sole Survivor Winner, a five-hole competition: First, Craig and Terri Smith. Second, Gary and Karen Graybeal. Third, Scott and Carol Franks. This was a good golf match to observe. On the No. 5 green, and deciding hole, Smiths and Graybeals tied,

but because this was a “net player” year the Smiths had a one stroke advantage.

Saturday Best Ball: First Place Team: Chris/Carla Greenough, Emmitt/Shirley Cornford and Matthew/Paige Twomey. 2nd Place Team: Albin/Chris Presley, Don/Peggy Westfall and Carey Lewis/Lesa Buntun.

Saturday’s Fairway Games Winner: Mens’ Long Drive: Cats — Alan Stephens. Rats — Randy Spear. Cheese — Kevin McCarthy. Womens’ Long Drive: Cats — Cally Goss. Rats — Wendi Schuening. Cheese — Cami Renteria. Closest to the pin (Saturday): Carla Greenough and Don Westfall. Closest to the pin (Sunday): Ann Smestead and Kari Carter. Accuracy: Men — Mark Herman. Women — Cally Goss. Putting contest: Men — Warren Wilson. Women — Cally Goss. Mini-tournament (Friday, nine-

hole): Cats — Alan and Carol Stephens. Rats — Cedric and Kathy Shanks. Cheese — Tristen and Desiree.

Winner for free entry 2022 — Andy and Nancy Muncy.

“A big thanks to Cindy Parks and Bob Williams who solicited gifts from hometown merchants, and were able to get a hold of some golf pros to donate prizes for our raffle, such as a left-hand putter from Phil Mickelson — just kidding,” said Carol Marr. “Also we want to thank Bill Williams, Chuck Haines, Mike/Kathy Reynolds, Rochelle Danielson and several volunteer golfers who helped make the tournament so successful.”

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

Get grains into your breakfast

IT’S ABOUT HEALTH AND WELLNESS

Ann Bloom



September is National Better Breakfast and Whole Grains Month, and breakfast is the perfect opportunity to incorporate whole grains into one’s daily meal plan.

According to the Dietary Guidelines for Americans, people should strive to get 50% of their daily grain intake through whole grains. For most adults, this means five to six ounces of grains a day. For example, a slice of bread, a cup of cereal or a half-cup of pasta or rice counts as a 1-ounce equivalent, or portion of grains. To make half of the daily intake whole grains, the sources of these amounts would come from whole-grain bread, whole-grain pasta or whole-grain cereal (i.e., oatmeal). Thus, three slices of whole-grain bread (3 ounces) would not only count for half of a person’s daily grain intake, but also their 50% recommendation of whole-grain intake.

A whole grain, such as a kernel of wheat, has all the parts of the grain — the bran (the outer part of the grain), the endosperm (the next layer of the grain, after the bran, essentially most of the grain) and the germ (the very inside, or smallest portion of the grain). Refined grains eliminate the bran and germ, which contains most of the fiber and nutrients of the grain.

According to the Whole Grain Council, the definition of a whole grain is 100% of the original kernel containing the bran, germ and endosperm. If the kernel has been processed (i.e., cracked, crushed, rolled, etc.), the end food product should deliver the same balance of nutrients as are found in the original grain seed.

Examples of whole grains include brown rice, rye, oats, wheat and farro. Some lesser-known grains include kamut (a type of wheat), teff, millet and buckwheat. Many grains, such as oats, rice and wheat can be eaten for breakfast in the form of hot or cold cereals. Other examples of whole grains include wild rice (rice is part of the grass family), corn and barley.

Whole grains are high in fiber, which aids in digestion, and contains complex carbohydrates which the body uses for energy. Grains also provide B vitamins, trace minerals such as iron and zinc, and are a source of protein. High fiber does not always mean whole grain. Studies have shown that whole grains are also high in antioxidants.

Some people are not able to process the protein in certain grains. This protein is called gluten. The term for this inability to process gluten is called celiac disease and people with celiac disease must avoid foods containing gluten. Celiac disease, according to the Celiac Disease Foundation, is an autoimmune disease that causes inflammation and, over time, damage to the small

intestine. Celiac disease is not curable, and the treatment is to avoid products containing gluten.

Not all grains contain gluten. Some grains such as rice, sorghum, millet and corn do not contain gluten. People with celiac disease may be able to eat these grains. Oats are also a possibility, along with other gluten free grains, if they are processed in a certified gluten free facility. People with celiac disease should always check with their care provider or a dietician if they are concerned, or have questions, about which grains are right for them.

When looking for whole grain products it is important to look at the list of ingredients. The words “whole grain” should be listed first in the ingredient label, or the package should say, “made from 100% whole grains.” A loaf of bread might say, “stone ground” or “organic.” These words may sound healthy, but do not mean the product necessarily is healthy or meets the whole grain requirement. The words on the label should be, “whole grain” (made from whole grain-corn, whole wheat, etc.).

Also, just because the bread is brown does not mean it is made from whole wheat; manufacturers sometimes use molasses or caramel coloring to color the bread brown to fool consumers into thinking they are buying 100% whole-wheat bread when they are not.

However, a bread can be white, or light colored, and still be made from whole wheat. According to the Mayo Clinic website, white-whole wheat bread is made from whole-grain wheat. It is just made from a different type of wheat than other wheat breads. It is made from white wheat which lacks the color found in bran, is milder in flavor and has a softer texture. Regular white-flour bread is made with refined grains. Refined grains have been stripped of the bran and germ parts of the grain which contain the fiber and nutrients of the grain. The package won’t say whole grain.

Incorporating whole-grain foods into your daily diet can be simple, easy and tasty. If you are new to whole grains, try mixing white rice with brown rice until you get used to the nutty taste of brown rice. Snack on air-popped popcorn. Mix whole-wheat pasta with regular pasta (the whole-wheat pasta lightens as it cools). Experiment with using whole-wheat flour in your muffin and cookie recipes in place of all or part of regular white flour. If you are not able to use regular wheat flour, gluten-free flour can be used for many baking recipes (i.e., muffins and cornbread).

The world of whole grains is wide and full of interesting and exciting possibilities for incorporating whole grains into your diet and that of your family. Start today and see where the road to whole grain usage takes you. For more information and recipes using whole grains, go to 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.

Not including wildlife map in moraine plan is a major mistake

OTHER VIEWS

Mildred Ocallaghan



I did not see the notice for this special meeting Sept. 1 about the Moraine Management Plan in the any newspapers — Observer or Wallowa County Chieftain, but it was on the Chieftain website. This public meeting at the Cloverleaf Hall was canceled at the last minute and replaced by a Zoom meeting in the courthouse. A bit difficult for people to attend without a computer?

It is my concern that the Wallowa Lake Moraine Management Plan and Baseline Documentation Report, which are approved by the county but not adopted, are incomplete and violate state law.

The county retained Goal 5 zoning maps adopted in 1995 depicting other resources — a scenic resource map, Indian Cultural Resource map, geologic resource map, but during the process of digitizing the maps the critical wildlife map was lost.

The text of the WCLUP states and the conservation easement in the BDR addresses:

“CONFLICTING USES: The majority of private land within the inventoried wildlife habitat area of the Wallowa Lake moraines is zoned EFU or TG. With the exception of the grazing of livestock — specifically cattle and sheep — all permitted and conditional uses in these zones may change or alter the natural quality of the area and constitute a potential conflicting use ... examples of potential conflicting uses:

01. SINGLE-FAMILY DWELLING: Dwellings on the moraines definitely alter the wildlife habitat resource. The increased presence of humans in this resource area will only hasten wildlife demise...”

02. NON RESIDENTIAL STRUCTURES

03. “ROADS, DRIVEWAYS, AND OTHER MEANS OF

ACCESS: Roads which are located on the moraines would definitely alter the wildlife habitat resource and constitute a conflicting use. Other items which fall under this category include, but are not limited to, are bicycle paths, pedestrian paths, drive-ways, etc. Uses of this type serve to increase the level of human density and activity in the inventoried area and are considered to have negative effects on wildlife habitat.” (WCLUP Goal 5, Appendix 5-5 and Appendix 5-8.)

The management plan does not contain any of the wildlife inventory maps outlined in the WCLUP. The management plan version is a digitized map and the county maps are typed and hand drawn. The county commissioners have not involved ODFW in the preceding hearings, nor in the prior planning directors meetings with the Wallowa Land Trust on Wildlife issues. Some ODFW persons were involved initially in 2018-19 but have since retired and Pat Mathews is out of state in Colorado. The new wildlife biologist has just started.

It is a great mistake that the management plan does not include the Critical Wildlife Habitat Map adopted into the the Wallowa County Land Use Plan in 1980 and 1995. The management plan does not identify this area at all with respect to the text of the WCLUP outlined above. By avoiding the application of land use law 3C limit conflicting uses, the county is violating Goal 5 and amending the WCLUP itself. The WCLUP must be amended before the county can allow the increase in human density on the moraines.

If the human interaction caused by one house per 160 acres is considered to be in conflict with the resource because it increases human density in the underlying zone, then how can we lose the wildlife map and rezone the property? This rezone will allow upgraded trails and permit-based four-wheelers to access and debase the moraine and the wildlife habitat.

Mildred Fraser Ocallaghan lives in Joseph, and is a land-use planning advocate.