

# Be a family during National Eat Better, Eat Together Month

## IT'S ABOUT HEALTH AND WELLNESS

Ann Bloom



who eat together tend to eat more fruits and vegetables.

Encourage family members to get in on the meal planning and preparation. Children who are involved with meal planning and making a meal are more prone to eat the food they make and try different foods. Children of all ages are capable of doing tasks to help in the kitchen. Young children can wash lettuce and other vegetables or set the table. Older children can grate cheese for a pizza, roll out the dough or pick herbs from the garden.

Meals do not have to be made entirely from scratch. Why stress about preparing everything you put on the table from scratch? If all you do is heat up some soup and make toast, it's still dinner, right? The point is spending time together.

Cooking is a great way to connect with family members, teach simple cooking techniques and food safety. Everyone should wash their hands with warm, soapy water before beginning meal preparation. If you have young or inexperienced cooks in the kitchen, supervision is key. Cuts and burns are a sure way to turn a fun activity into a not-so-fun activity really fast.

If some foods are new to children, don't force them (or bribe them) to try the food, though gentle encouragement to try something new is a positive approach.

According to child nutritionist Ellyn Satter, author of "Child of Mine" and "How to get your child to eat ... but not too much," children generally make seven attempts at touching, putting a new food in their mouth, chewing it and spitting it out before they get around to swallowing it.

Parents are good role models here. You can use mealtime to teach your children what you want them to say when they don't want a particular food. For example, "No, thank you," or "I don't care for any, thank you," are good approaches to try. "Yuck!" works, too, but the cuteness factor is short-lived.

Help children know how much food to take and when they have had enough. Do not encourage membership in the Clean Plate Club. This teaches children to overeat and overrides their bodies' natural cues that tell them when they have had enough food.

Eating together is about connecting. This means TVs, cellphones, computers and all other screens are turned off. It is a time to teach children about family values and traditions, to hear about everyone's day. Keep the conversations upbeat and positive. Schedule the tough or disciplinary conversations for a later time.

Ask open-ended questions (questions

which require more than a "yes" or "no" or "OK" answer) as conversation starters to get the table talk going. Questions such as, "What is the best thing that happened to you today and why?" or "If you could have dinner with anyone, who would it be and why? What would you eat?" may get more of a response than the generic, "How was your day today?"

There are also social and health benefits of eating together. For teenagers who participate in family mealtime, there tends to be less alcohol, drug and cigarette use. Teens do better in school and there is less disruptive behavior at school and less negative behavior in general. Students get better grades and do better on tests.

For all family members, eating together establishes healthy eating patterns and people who eat together tend to maintain a healthy weight.

For all these reasons, eating together is good for your health and your family's health. For more information, or ideas on how you can start eating together and eating better, go to [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.*

# Celebrating with a good eight-day birthday week

## MAIN STREET

Rich Wandschneider



the backhoes left, and look for marshlands of tule and grasses created when spring floods rush over the side channels.

The physical work is important, but so too is the spiritual work, the joining together of tribal offices and people with local people on ancient lands, celebrating with drums, songs and a communal salmon feed. In cloudy times, that Saturday was a bright event.

At work in the Josephy Library last week, we moved books around to make room for three major donations of books about Indians and the Inland Northwest. One seasoned, visiting librarian remarked on the quality and unique nature of the books and papers we have. Our goal in 2022 is to make most of these materials available through interlibrary loans.

On Thursday, my actual birthday day, granddaughter Oriana showed up from Portland to wish me a happy day. We ate Mexican food and talked about her new life at a construction company in Portland, and her new love of fishing. She bought waders from Rob Lamb and caught a couple of fish with a fly rod — no steelhead, though. She'll go back to make crabbing trips to the coast and fly fish nearby rivers.

On Friday, according to the Oregon Health Authority, Wallowa County had just two new COVID cases. I don't think there was a double-digit day the entire week, after a couple of scary big weeks.

So maybe things are, in fact, slowing here, as they are in much of the country.

As if to answer those questions, on Saturday morning, I opened the N.Y. Times online, and found my favorite COVID columnist, Zeynep Tufekci, with a piece called "The unvaccinated may not be who you think." (Her smiling face and her name — Zeynep was always a favorite Turkish name, and Tufekci means "gunsmith" in the language I loved and spoke for over four years a long time ago — was another birthday gift.)

Like most of us loudly supporting vaccinations and wearing masks, I've focused my thinking on the anti-vaxxers. Tufekci, who teaches at the University of North Carolina, using information from the scant research being done on the subject, focused on the "vaccine hesitant" rather than the antis, and gave reasons for hope in the national and local struggle against COVID.

First, the fear of needles. A large number of the hesitant have great fear of all injections. Some research — and a recent study in England — suggest that up to 25% of us have an immense fear of needles, any needles.

Second, the most-vaccinated demographic in the country is people over 65. Makes sense in our county, with its older population, where most over 65 get vaccinated. Wallowa County's adult rate of

65% is pretty good, significantly better than neighbors in nearby counties and in Idaho.

Third, the best predictor of being vaccinated is having health insurance — and direct contact with health care providers. Highly unvaccinated places have low scores on both. The age of our local population — many on Medicare — and our vigorous, local health care system account for our 65% rate.

Fourth, mandates and personal contact with the health care system are persuasive with high numbers of the vaccine hesitant.

With gradual ongoing vaccinations, immunity by sickness, upcoming mandates, the extension of vaccinations to children and the cessation of the tourist season, I'm optimistic. I liked the quieter Joseph Main Street this weekend, with fewer Florida, Texas, South Carolina and Idaho license plates. (Has anyone correlated local COVID numbers with visitor counts?)

So even if locals refuse to wear masks — one storekeeper not wearing a mask bragged about his vaccination — I am beginning to think we'll be all right. Thanks to Medicare, our great local health care system and my many vaccinated friends.

A good eight-day birthday week!

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

# Journalism is dying by its own hand

## OTHER VIEWS

Rich Manieri



The news media is about as popular as a first-century tax collector. This probably isn't breaking news if you are a consumer of journalism, or what passes for journalism.

According to a recent Gallup survey, a mere 36% of respondents said they had "some level of trust" in the media to report news accurately. That's the second-lowest level in the history of polling.

Just 7% of respondents said they had "a great deal of trust" in news reporting.

The real tragedy of this survey is that the news media won't pay any attention to it, assuming, as it almost always does, that people are either too daft to understand subtlety and nuance or they're simply wrong on the issues. If these morons don't like our coverage, who needs them?

I think we understand just fine what this poll reveals and Americans are well aware of what's going on.

At some point, the national media, and assorted local outlets, decided that their primary responsibility was no longer to merely cover the news, opting instead to serve as members of the resistance, advocates or activists.

Politicians understand this. In fact, they've become used to it. How else would you explain House Speaker Nancy Pelosi's comments the other day, when she admonished reporters for not giving her party enough of an assist with its lavish spending proposals?

"Well, I think you all could do a better job of selling it, to be very frank with you," Pelosi said.

This is an extraordinary statement when you think about it. The U.S. Speaker of the House, not some Banana Republic militarist, actually thinks promoting her legislative agenda is the media's job. Where in the world did she ever come up with such an idea? From a media that has been more than happy to promote past agendas. That's where.

Truth is now subservient to political agendas; not the agendas of politicians, but the agendas of news organizations and individual reporters.

We don't need to go back very far to understand why just 7% of those surveyed have "a

great deal of trust" in the news media. From the phony, "Border patrol whip migrants" story, advanced by the national media and the Biden administration; to Katie Couric's admission in her memoir that she edited out parts of an interview with Ruth Bader Ginsburg — who was critical of athletes kneeling during the national anthem — to protect the aging justice; to the New York Times overstating the number of children hospitalized with COVID-19 in the U.S. by some 800,000 (the real number is more like 63,000); there's plenty of evidence. And this was just within the past two weeks.

There are still good reporters and solid news organizations doing good work. I know and worked with some of them and they're still fighting the good fight. But their work is often overshadowed by pundits and commentators pretending to be journalists, by activist reporters who see nothing wrong with using their platform to advance an ideology, and by a media establishment that values firstness and clicks over correctness.

It's fair to ask why I spend my days preparing college students to be journalists while, at the same time, decrying the profession. There are days when I ask the same question.

The answer is journalism needs saving and is worth saving. Yes, the so-called Fourth Estate might look more like an ice fishing shed at the moment, at least in the eyes of consumers, but that doesn't mean it can't be salvaged.

Sadly, community newspapers, the last bastions of local news coverage, are disappearing. About 1,800 local papers have closed or merged in the U.S. since 2004. Eventually, all local papers will go digital, if they're still around.

Still, even though the delivery systems change, there will always be a need for honest, truth-seeking, truth-telling journalism.

But if the profession is going to regain the public's trust, it needs to take some serious inventory and acknowledge its failings. And printing a retraction doesn't qualify as honest self-reflection. I'm more interested in the reporting that led the retraction.

The Gallup survey would be a good place to start. The news media should look at these numbers, acknowledge its predicament and ask some difficult questions. Or, it can ignore them, at its own peril.

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# Concluding another successful year at Alpine Meadows Golf Course

## TEE TIME

Rochelle Danielson



playing golf, there were also many golfers from outside of the county who either discovered our little gem or came back for more rounds. Our course Manager JD Hagan and his crew worked very hard to keep the fairways and greens in pristine condition.

"Our clubhouse Manager Douglas McKinnis and his crew put in many hours making sure that golf carts were available and scheduling tee times. Brandy Bronson was in charge of the kitchen and dining room and served great meals on Thursdays. We hope to expand that next year.

"Board members Mike Harshfield and Brian Rahn have finished their terms and we thank them for their service. Allison Cornett also served her last year on the board.

"New board members elected for the next three years are Amy Wellens and Brad Stephens. The will join John Lawrence, Chad Conrad, Ryan Collins, Tanner Shelton and Bill Williams as members.

"Projects for next year include driving range improvements and two bridge replacements. We are also looking to replace our 13-year-old golf carts.

"Finally a big thank you to our local businesses and individuals who have supported us financially."

The course will reopen April 15, 2022.

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

Unimaginable shades of green, touches of dark plum, russet reds scattered here and there gently reminds the golfer that it is autumn at Alpine Meadows Golf Course.

A less subtle reminder of the season's change is the brisk chill in the air along with frosty mornings that go with fall's magnificent colors.

There's no prettier place to be than the golf course on a warm October afternoon, but it can be a bit miserable when there's a cold breeze blowing and temps dip — that is, unless you remember to tuck away a hoodie, a coat and a blanket in the cart for such rare moments.

With fall, the AMGC season officially ended Oct. 15, but it doesn't mean that you can't continue to golf. What it does mean is the clubhouse is closed and the course is not maintained. Rental carts, tee markers and yardage signs are stored away. In other words, no amenities.

Nonmembers play on your honor. Deposit green fees in box at clubhouse door.

Bill Williams, board president, says, "Alpine Meadows Golf Course has had a very successful year. In addition to our regular members