



MAIN STREET

Rich Wandschneider

'I'm lucky to be where I am'

I hadn't been farther away from the county than Pendleton since the COVID started — and maybe months before that. I can't remember my last trip to Seattle. It's been years. Last week I went to Portland and Seattle to see old friends and family.

Here we see the cities through summer people and recent transplants, the evening news and the stuff that makes the headlines in the New York Times that I read online.

I've long thought that COVID is a magnifying glass, exposing the cracks in our worlds. And that its impact is more than the people who get sick and those who die. It's the parents who have to learn to teach their own children, the parent who gives up a job because someone has to stay home. It's rich folks with RVs and a job they can do remotely — or not needing a job — who put their family in the RV and do a history lesson on the road. It's people retiring early, selling out in Seattle or Portland and moving to Wallowa County.

It's kids missing proms and sports seasons, and everyone retreating to places they find physically and emotionally safe. It's divided communities and divided families with different ideas of what and where "safe" is.

I left mid-morning on a sunny Thursday, drove through the valley relishing every turn in the road, thinking how lucky I've been to make those turns for over 50 years. In Lostine, they know to give me a small cup of house coffee at Blue Banana, and sometimes a biscotti. Mid-morning there's no traffic — there's never traffic in the urban sense of that word — and it was as if the road was mine, had been built for me to make this drive.

Through the canyon and over Tollgate. I love that road, although there have been scary times with big winds and snow blowing so hard visibility goes near zero. This Thursday, the air was crisp and cars and trucks were few. And it was stunning coming down on the west side, through the one-time tilled and pastured lands that have reforested with the CRP (Conservation Reserve Program). The CRP pays people to let marginal farm land go back, reestablishing land cover, improving water quality, preventing soil erosion and enhancing wildlife habitat. It is, I thought, doing its job.

I stopped at Tamastlikt on the Umatilla Rez. I love that place, too, with its honest look at the past and its own "CRP" for reviving Indian culture. Tamastlikt helps us with exhibits at the Josephy Center, and being involved with both organizations — helping people see the past honestly and think art and culture in the present — is a great blessing for me.

The traffic picks up about Hood River; I was in and out of cruise control the rest of the way.

My granddaughter rents a tiny house — about 250 square feet, with bedroom, kitchen, and bath all jammed into it, for \$875 a month in Portland — and has a good job to cover it. In her free time, she fishes at the coast or on mountain rivers. She made crab cakes for dinner.

It was the beginning of a kind of gastronomical frenzy. In Seattle, we ate bouillabaisse in a Pike Place restaurant, and had an eight-cheese, prosciutto and fresh-fruit brunch. Back in Portland, my brother and his wife, who know how much I like Middle Eastern food, ordered an Iraqi banquet from DarSalam for dinner, and another gourmet brunch with friends on Sunday morning sent me on the road home.

I love that drive that some people dread — unless there is slush or ice in the Gorge. But on Sunday the sun shone, and somewhere between Hood River and The Dalles my hands relaxed on the wheel and I could listen to music and think my way home.

I thought about how wonderful it was to see the friends and family, and how good to see faces on the streets and in restaurants that were Asian and Brown and Black. But, how much of their lives, I thought, do these people spend bumper to bumper in their cars? With the rain! And how wretched the freeway-side homeless camps are. And how sad.

I thought about how hard it was for a son from India and two brown grandchildren to grow up in the very white Wallowa Valley. Maybe we should have moved with our son when he was young?

But he's fine in Phoenix now, and the grandkids are making their own ways in the world. And the Nez Perce are coming home, and I can eat Mexican and Thai in the Wallowas now.

I'm lucky to be where I am.

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

Hutchisons met on Thanksgiving in 1980

WALLOWA COUNTY VETERANS CORNER

Jack James



Mission: To highlight some of the veterans who live here in Wallowa County and to educate the general public on the service, sacrifice, and fun moments of military service.

Kim and Holly Hutchison

Ladies first: Holly served in the U.S. Army from 1980-81, completing basic training then Advanced Infantry Training at Fort Leonard, Missouri. She was medically honorably discharged.

Holly met Kim at the enlisted dining facility ("chow hall") at Goodfellow AFB, Texas, on Thanksgiving Day 1980. It was a funny, yet memorable, event because Kim started it by saying to Holly as she passed by his table, "You look absolutely miserable." And she was, with two swollen knees and being away from home on a holiday. She joined his table and they have been together ever since. They have been married for 40 years and have two daughters.

Kim served in the U.S. Air Force and retired after a 20-plus year career. After



Contributed Photo

Holly, left, and Kim Hutchison met at Thanksgiving in 1980. They have been together ever since.

his technical school at Goodfellow AFB, he served in many locations, including: Fort Meade, Maryland; Misawa Japan; and South Korea. His Air Force specialty code (AFSC) was radio communications intelligence analyst. Some of the highlights of his career included participation in and support to Desert Shield/Desert Storm (1991), the shoot-down of Korean

Airline KAL 007, the shoot-down of Iranian Airline IR-655 (which was shot down by the USS Vincennes in 1988 in support of Operation Earnest Will during the Iran-Iraq War).

Kim's and Holly's favorite memories circle around family and friends in the military. They were stationed at Goodfellow AFB four times during Kim's career and remember the sense of community being very strong. Holly specifically remembers sending Kim boxes for Thanksgiving and Christmas while he was deployed to South Korea, and filling them with fun toys and gag gifts as well as cookies, candy and popcorn balls. These "care packages" created great memories for the family making them and were a highlight to Kim and about 10 barracks or "hootch" buddies, who enjoyed every silly and tasty item.

Retiring here to Wallowa County for Kim and Holly was a "no-brainer." Not only for the natural beauty but also because Kim grew up in the Hermiston area and Holly's roots are deep in the Wallowa Valley. Her great-grandmother arrived to the valley in a covered wagon and her grandmother settled here, also. This couple's history runs deep, as well as a heritage of service and sacrifice to this great nation. Thank you Kim and Holly!

Jack James is a 35-year veteran of the U.S. Navy and serves as a veterans service officer with the Disabled American Veterans organization.

United we stand, divided we fall, Part 2

OTHER VIEWS

Carl Kiss



When Benjamin Franklin signed the Declaration of Independence he proclaimed, "We must all hang together, or assuredly we shall all hang separately." As Devin Patton similarly wrote a month ago, every American needs to now unite behind the American ideal that "all men are created equal." His nonpartisan appeal correctly noted that "(i)f we cannot stop (our country's current) descent into tribal warfare, we will become an uncivilized nation characterized by warring factions and disharmony."

Unfortunately, Mr. Patton did not go on to say what we must first accomplish to return the U.S. to a healthy democracy.

Our democracy today is tarnished by both liberal and conservative online sites that profess to be reliable new sources while spouting lies and mischaracterizations that promote divisiveness and anger. If you are a liberal who disproportionately relies on Daily Kos, MSNBC or Facebook for your news, you welcome as truth lies and deceptive characterizations meant to inflame you. If you are a conservative who disproportionately relies on OAN, Newsmax, Fox, the Daily Caller or Facebook for your news, you welcome as

truth lies and deceptive characterizations meant to inflame you, and also favor their intentionally omitted coverage of truths that inconveniently belie your political beliefs. Such so-called news sources are great only if you want flawed political beliefs reinforced and unchallenged at the expense of true facts and rational thought. Liberals and conservatives who rely on any of them too much have each chosen a world of delusion, hubris and anger over true and rational thought.

For those who believe that the above paragraph is wrong, perhaps the sharing of one truth will help you to see the light. Are you aware that Fox successfully defended a slander lawsuit against Tucker Carlson by convincing the court that "no reasonable person" would ever believe what Tucker Carlson says on his show? When liberals and conservatives finally reject such biased sources of supposed news, these sources will lose their power and Americans will once again have a shared understanding of many facts.

Mr. Patton's appeal to the ideal that "all men are created equal," however, demands more from each of us than just an insistence on truth and rational thought. It demands that states respect the importance of every citizen's vote, because "all men are created equal" and because such universal respect of every vote is essential to any democracy. But since the last election, 19 Republican-controlled state legislatures have enacted 33 statutes to make it disproportionately more difficult for Democrats — and especially black and brown Democrats — to vote. And congressio-

nal Republicans strongly oppose a federal bill to bar voting discrimination against black and brown citizens. All this is supposedly justified by Donald Trump's repeatedly disproven claims, rejected by over 60 courts, of widespread voter fraud in the last election. Sadly, many conservatives still believe DJT's claim of winning an election he lost by over 7 million votes. Even sadder, many Republicans apparently reject America's founding principle that all people, and all voters, are created equal.

Two weeks ago, Mr. Patton abandoned his attempt at nonpartisanship by condemning liberals for their supposed desire for mob rule. I admittedly have difficulty understanding how the extension of due process to Mr. Rittenhouse, and his nonguilty verdicts, were an example of mob rule. Seems like the January attack on our Capitol, to disrupt Congress' counting of the electoral votes, hang Mike Pence and maybe Mitt Romney, and have losing candidate DJT declared president, might better illustrate attempted mob rule in the U.S. Sadly, his attempt to inflame conservative anger while ignoring inconvenient truths is precisely the sort of tactic that Mr. Patton condemned just one month ago.

I sincerely hope Mr. Patton will use his future columns to call out both Democratic and Republican lies and deceptions that many now accept as true, to help us return to a nation that esteems the American ideal and shares the same set of true facts.

Carl Kiss is a lawyer living in Enterprise.

Food trends looking back and ahead

IT'S ABOUT HEALTH AND WELLNESS

Ann Bloom



If last year's pandemic and forced work-at-home time taught us anything it's that many of us turned to food as a way of coping and for comfort. Not just for sustenance, but also as a creative outlet (think of all the people who learned to make bread and sourdough starter). There was an increase in sales for pots and pans, cookbooks, kitchen gadgets and tools. Some of those trends continued into 2021 and some will continue into 2022 and beyond. Though no one has a crystal ball and can truly predict what will appear as a trend for 2022, it is still interesting to look back at the food and health trends of 2021 and to look ahead at what 2022 may have in store.

In 2021, along with an increase in baking, people turned to cooking from scratch and meals made from pantry staples. This was due, in part, to save money and because many restaurants were still closed due to the pandemic limiting the number and availability of places to dine.

Cooking focused on mental as well as physical health, specifically the need for nutrients. Nutrients such as vitamin D and B vitamins encourage mental and emotional health and may help fight depression. Vitamin D, sometimes called the sunshine vitamin, is found in fortified milk, fortified cereal, fatty cold-water fish such as salmon, mackerel and sardines, egg yolks and some organ meats. Vitamin C is

found in most citrus foods, strawberries and broccoli and leafy green vegetables. As an antioxidant, vitamin C helps support a healthy immune system. Iron and B vitamins are all found in meat, fish, poultry, eggs, legumes and nuts. And cooking was therapeutic. It relieved stress and was creative.

People also turned to comfort foods. Although comfort foods have always been a way of life for most of us, they became even more important as the pandemic turned everyone's world upside down. Foods such as macaroni and cheese, biscuits and gravy, pancakes and meatloaf with mashed potatoes somehow tasted better than ever before.

With time to spend in the kitchen, people began experimenting. They experimented with different herbs and spices in cooking along with different types of mushrooms, oils such as pumpkin seed and avocado and sugar alternatives like maple and coconut. People were also trying different milk alternatives such as oat, coconut, almond and hemp.

Home preservation increased in popularity and there was a shortage in home canning supplies such as jars and lids. The home preservationist moved beyond canning, trying fermentation and canning quantities of sauerkraut, pickles and kimchi (a type of Korean fermented cabbage), along with drying fruits, vegetables and herbs for later use.

Businesses were closed, but local support of farms and local farmers' markets increased, and money was put back into communities.

As 2021 draws to a close and 2022 begins, some of the health trends that began in 2021 will continue into the new year.

The frozen food market, which held

steadily, is continuing to increase for several reasons, among them convenience and budget. Improvements have been made in processing and frozen foods can taste on par with their fresh counterparts. Also, frozen foods are quickly processed. Since they do not have to travel hundreds or even thousands of miles like some of their fresher counterparts, the nutrients of frozen fruits and vegetables are more intact. In terms of nutrition, it is important to remember that all forms of fruits and vegetables — fresh, frozen, dried, canned or 100% juice — are all nutritious and are part of a healthy diet.

Companies will continue to try different milk alternatives going into 2022, using grains like barley. These milks are a good option for people with lactose intolerance since they are more easily digested. However, unless fortified, they lack the calcium and other nutrients of regular dairy milk.

Nutrients, no matter what year it is, will continue to be important for general good health. Nutrients for mental, physical, emotional and gut health will never go out of style. A balanced diet of whole grains, fruits, vegetables, proteins (meat, poultry, fish, beans, nuts, legumes and plant-based protein) and whole grains along with healthy fats provide the vitamins and minerals needed to maintain one's health.

And as far as the baked bread and comfort foods go? Yes, they'll still be popular in 2022.

Happy New Year!

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.