

MAIN STREET

Rich Wandschneider



Six-dollar gas and the war in Ukraine

The gas station attendant didn't know about the war.

Europe's Ukrainian edge has not seen this kind of destruction since World War II. The destruction of whole cities, of ancient art and architecture, the mass evacuations and the tightening noose around Kyiv, the capital, bring to mind the German siege of Leningrad in that war, when a million and a half Russians died.

If I were President Biden's speechwriter: I'd say that Vladimir Putin is the darkest thing that has happened to Russia and neighboring countries since Hitler's siege of Leningrad and Stalin's wholesale killings and relocations of real and perceived enemies. It's hard to get around the numbers, but well over 20 million Russians died during World War II, 7-8 million of them from disease and famine — Hitler's legacy. Before and through the war Stalin evacuated the entire Muslim population of Chechnya, executed thousands of Ukrainian Kulak farmers and starved millions in his expanding empire.

There is an unholy echo in Putin to these ruthless predecessors. One of his first actions on coming to power was to restart a war in Chechnya — with trumped up charges of Chechnyan bombings in Moscow. Putin had the capital city of Grozny leveled, then stepped out of a fighter jet in full pilot gear in the destroyed city — as if he'd done it himself.

When millions of Americans were hungry and jobless, President Franklin Roosevelt said that the only thing we had to fear was fear itself. Millions of men flocked to Civilian Conservation Corps camps, built trails and highways and shipped small paychecks home; and legislators quickly passed laws to give us unemployment insurance and Social Security. Our parents and grandparents came out of the Depression together.

When Hitler's planes bombed London, Churchill vowed never to surrender, and ordinary Londoners packed sandbags and ducked underground during nighttime raids. They survived together.

Today's speechmaker is Ukraine's President Volodymyr Zelensky. He speaks from bunkers and the streets of Kyiv, asks Russian moms to come and get their captured sons, tells us that there will be no surrender. He exposes Putin's lies and shows pictures of bombed hospitals, knows that Putin will not quit and that he and his family are direct targets. Should Putin choose carpet-bombing of Kyiv, he says, the Russians will have to kill him and everyone to take the city.

Putin has Russian history and his own history of big numbers of death and destruction. Without a smile or a blink, he's reducing public squares, hospitals and apartment buildings to rubble. New York Times columnist Maureen Dowd wrote Sunday of Russian attacks on "the internationally recognized memorial at Babi Yar — a ravine near Kyiv where the Nazis massacred more than 33,000 Jews in two days in 1941, followed by an estimated 100,000 to 150,000 others over subsequent years." Putin took Crimea by force, and has a half-million civilians in the city of Mariupol trapped without food and water.

It's time for Biden and our congressional leaders — and for all of us — to step up. The economic noose around Putin's Russia will have to tighten to impact ordinary Russians, the oligarchs and the former KGB'ers that comprise Putin's inner circle.

Six-dollar gas? I say put that price on it right now. Send 50 cents to Zelensky. Will it hurt? Can we afford it? On Saturday I watched well-fed people load thousands of dollars' worth of chips, TVs, socks and toys into big cars in a full Costco parking lot. But yes, a few people will be hurt. Give them gas coupons, a practice we developed in WWII and Safeway uses now.

This paper, the Chieftain, showed pictures every week of men headed off to war in the 1940s. All we're being asked — at least for now — is to pay more for gas. I have vague memories of Stalin's pogroms, the Cuban missile crisis, the Cold War's "duck and cover" under our elementary school desks and I've watched wars from Vietnam to Syria — where Putin came to rescue the awful Assad. The stakes now are as big as they were in any of them.

Columnist Dowd asks: "Will Zelensky live or die when Russian forces bear down? Will Ukraine exist as a sovereign nation? What does this crisis mean for the identity of America and the West — who will we be when this is over? Will the planet even survive?"

Can economic warfare and persuasion work — and can we avoid nuclear war?

If I wrote a speech for Biden, I'd say: "This is the biggest threat to all of us since Hitler and Stalin. Buck up and join the world in putting down this international menace. Put a button on your chest and pay \$6 for your gas. We're all in this together."

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

Gosnell could 'feed you, shoot you and stop your bleeding'

WALLOWA COUNTY VETERANS CORNER

Jack James



Mission: To highlight some of the awesome veterans in this county, and as a form of education to the general public and reminder of the service, sacrifice, and sometimes fun of duty in the U.S. Military Services. Wallowa County has approximately 7,000 residents; more than 1,000 of them are veterans. They are your friends, neighbors, workers and co-workers. Please take a moment and get to know them. Remember — "Support the Troops" and remember the veterans.

Ann Gosnell and husband David, Wallowa

A proud "pioneer family" with a history and heritage not only in Wallowa County, but also in the service to their country; the Hayes from Bear Creek, Wallowa.

Ann Gosnell (maiden name Hayes) was born and raised in Wallowa, the Bear Creek area. Her family is a "pioneer family" in this county. Ann started her Army National Guard career in 1986 when she joined the Michigan National Guard. She not only served there but also Fort Jackson, South Carolina; San Antonio, Texas; and Tennessee; where she met and married David, who was also in the National Guard. They met while attending medical school to become medics, which they both did. They have been married for over 30 years now and are very proud of their two daughters.

Ann's military occupational specialty does not end with being a medic; she was also a trained tanker specializing in sight optics for the main gun, and a cook. So, as a soldier, she could "feed you, shoot you and stop your bleeding." A person of many talents.

However, it does not end there. Being in the National Guard allows a person to continue in their "civilian life" with other jobs, careers, and education. Ann is a licensed practical nurse, has a bachelor's degree in criminal justice and is qualified through the Wounded Warrior program as a mental health crisis counselor. Being in the National Guard gives a person the experience and affords a person the flexible opportunity to do such things.

Then Operation Iraqi Freedom arrived on the Gosnells' doorstep. Deployment overseas for the Gosnells was with the 278th Armored Cavalry Regiment, which becomes a Regimental Combat Team from 2004-05. Again, Ann steps up to the plate and volunteers



Ann Gosnell/Contributed Photo

Ann Gosnell, left, and her husband, David.

to be a medic with the convoys. These military convoys would leave the somewhat protected forward operations base on missions of their unit called civil affairs, defined as "affairs and operations of the civil population of a territory that are supervised and directed by a friendly occupying power." OK, so that translates to soldiers on the ground as — administering medicines, building bridges (both physical and relationship), digging wells or other means of providing clean safe water in a desert combat zone, building hospitals and school buildings.

Then, bam! "Your seemly 'normal' routine in a combat zone gets turned upside down, sideways, and d*** near kills you!" The date was Oct. 12, 2005, for Ann and her other soldier teammates. Routine convoy, in fact a convoy to show the replacement troops from the 101st Airborne the route and how to maneuver. Boom! Her truck goes over a command-detonated improvised explosive device. Command-detonated means that the enemy can set the explosives off from a safe observation area and get away. However, in this case, the enemy who were staged in a truck did not get away with the deed without paying the ultimate price.

Ann's injuries were not readily apparent and she was still mobile. Again, she jumped into the chaos to make some calm out of it, administering first aid to the most critically injured soldiers.

What started out to be a short day turned into an all-night affair getting the wounded to advanced medical care, which just happened to be a Navy Medical Aid Station. But any help in a "storm" also attests to the fact that even our ground combat forces are very "joint," meaning all services are engaged and helping in the war effort.

Not all war stories are full of tragedy. For example, Ann explained that

back at the forward operations base was "Lucky" the FOB dog. Soldiers who did not routinely leave the FOB were called "FOBets." And no one can ever forget "Little Debbie," the lieutenant who never, ever left his computer gaming (Hey — there is one in every crowd!) The National Guard unit that Ann and David deployed with were from Tennessee, and it quickly got to be known that the "Peacemakers from Tennessee" were there to help and fight. Bam!

Ann's main role as a medic was not only to provide first aid for wounded/injured soldiers during convoy operations, but also during civil affairs missions she would be the contact with the host nation (Iraq) females and children. "It was always better to have a female work with the females and children." Building "relationships" was a huge part of the mission. "Trust and respect for others peoples culture goes a long way. And of course, it can get a little up-close, personal, and messy when the little babies pee on you." (A trial by another type of "fire," one might say).

Eighteen years after her initial entry into the National Guard, Ann gets out. Supporting other veterans through the Wounded Warrior program and the Veterans of Foreign Wars, along with caring for her elderly father (who is also a veteran), keeps Ann Gosnell plenty busy. Her pioneer family, who first settled in the Bear Creek area of Wallowa, would surely be proud of Ann's continued service and sacrifice. If you could listen closely down the Bear Creek Valley, you just might hear, "Good job soldier!" And quite frankly, that's all Ann needs to hear.

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.

National nutrition and frozen food months have plenty in common

IT'S ABOUT HEALTH AND WELLNESS

Ann Bloom



March is National Nutrition Month and National Frozen Food Month. What do the two have in common? A great deal, it seems.

A month devoted to nutrition reminds us of the importance of eating a balanced diet of fruits and vegetables, low-fat dairy products, whole grains and lean sources of protein. These five food groups provide all the essential vitamins, minerals and amino acids needed for health.

However, there are myths associated with some of these food groups. One involves fruits and vegetables. Are fresh fruits and vegetables more nutritious than frozen? Isn't fresh better? The short answer is no. Fresh, frozen, dried or in 100% juice form, it all matters according to the U.S. Department of Agriculture's Dietary Guidelines for Americans 2020-25.

When we speak of nutrition, what exactly does that mean? How much we eat each day, from each of the food groups varies depending on several factors — age, gender, height and weight and how active a person is during the day. Again, according to the USDA's Dietary Guidelines for Americans, this generally means three cups of low- or nonfat dairy a day (or ounce equivalents). This would be a cup of milk or an ounce and a half of cheese, for example. For grains, it is 5-10 ounces for males and 6-8 ounces for females (an ounce is

equivalent to a slice of bread). For fruits it means 1½-2 cups for females and 2-2½ for males. With vegetables it is 2½ cups for females, and 3-4 cups for males. Finally, with protein it is 5-7 ounces for males and 4-6½ ounces for females of lean meat, chicken, fish, nuts or dried beans, or ounce equivalents (for example, an ounce of meat or one egg is equal to 1 ounce of protein).

Now, back to the question of whether fresh is better than frozen. In addition to being nutritious, frozen foods are convenient. Frozen fruits and vegetables can often be found on sale, too, at certain times of the year. Because they are often processed close to where they are picked or harvested, they retain their vitamins more than fruits or vegetables that must travel many miles to their store destinations losing quality and nutrition content. Frozen foods, if not over-cooked, look much the same as they did when harvested.

According to Nicola Shubrook, registered dietitian, in an article for www.bbc-goodfood.com, there are many benefits to frozen produce, health and otherwise.

For one, she says, because produce is flash frozen within a few hours of being harvested it is almost like-for-like to its fresh counterpart. The small variations between fresh and frozen are negligible. Since some vegetables are blanched (briefly cooked) before freezing, many phytonutrients (carotenoids, for example) are retained, although sugar and salt levels may be a little higher with frozen food vs. fresh, she states.

Shubrook goes on to say that freezing is a long-term method used to extend the life of fresh produce, making it a healthy alternative since freezing does not require the addition of other ingredients or preservatives. Though it is a good idea to

check commercially frozen items for added sugar or salt, she said.

Freezing food also makes it more accessible during the months fresh produce is not available, which means those nutrients can be accessed year-round. Studies suggest that people who incorporate frozen produce into their diets tend to eat more fruits and vegetables.

Typically, though not always (shoppers should look for sales on frozen foods), frozen foods are less expensive than their fresh equivalent, especially out-of-season produce, such as peaches in December. There is minimum waste making, it's more cost effective and accessible to more people.

Also, frozen fruits and vegetables are easier to prepare and can be a time-saver for busy households. There is no washing, chopping, peeling or cutting needed. They are fast to cook, if not over-cooked are visually appealing (retaining their shape and color) and are a convenient choice for a healthy diet.

Frozen fruits and vegetables are recognized as safe for most people. If people are allergic to a certain fruit or vegetable, they will experience a reaction to that fruit or vegetable whether it is fresh or frozen, thus it should be avoided.

Whatever form you choose to incorporate fruits and vegetables into your diet — fresh, frozen, canned, dried or 100% juice — they're all healthy choices and they all matter.

For more information on nutrition and food groups specifics go to www.myplate.gov or 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.