

Harlie Stein earns top producer honor

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Stacy Green



The Mentor Match Teen Entrepreneur Program finished the year with a potluck and awards ceremony May 4. Enterprise High School junior Harlie Stein won Top Producer and Most Likely to be an Entrepreneur awards for her efforts building BS Boutique into a successful jewelry and accessories business that made over \$2,000 in revenue during the program.

Bayden Menton, a senior at Joseph Charter School, earned Most Valuable Entrepreneur for his 100% attendance record and leadership as president of the program.

Stein had the most successful launch in program history, beating out the record of \$600, set last year by Zoey Leith's EZ 123 Kitchen, when Stein debuted at the Joseph Holiday Bazaar in December. After two days at the small local crafts fair, Stein pocketed over \$1,000 selling earrings, leather dog collars and customized "Dude Shoes" that she embellished. Stein also made sales at the rodeos she frequented as a competitor, and found customers in Idaho and California as well as Oregon.

"I just wore some of my jewelry and accessories, and people liked them, so they ordered," Stein said. An Instagram account and word-of-mouth rounded out Stein's marketing techniques. "I realized if I put my things out there, people would be interested."

Alona Yost's Perfect Pet & Child Care was second in revenues, earning just over \$1,000.

"I had about six families I did regular child care for, plus pet sitting of everything from cats and dogs to horses, cows and goats," said Yost, who served as vice president. "I learned about time management, and how to break down my week hour by hour. It really helped me learn how to get everything done."



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Participants in the Mentor Match Teen Entrepreneur Program attended a two-day leadership and innovation tour to Walla Walla on May 9-10. They met with Chris Figgins, chief executive of Figgins Family Wine Estates, to see the new facility the company is building. The entrepreneurs also toured Nelson Irrigation and met with Jeff Smyth, a Wallowa High graduate, who founded Sapere Consulting, and Enterprise High graduate James Hall, who founded Harvust, a technology company that connects farmers to farm workers. From right, Landon Greenshields, Bayden Menton, Maclane Melville and Alona Yost get a tour with Chris Figgins.

Landon Greenshields, an Enterprise senior, created Landon's Heavy Lifting, a service business that provided help moving heavy furniture, hay, wood and other heavy items.

"I learned how to charge for travel time and mileage, and how to pay employees properly," said Greenshields, who traveled as far as Flora with

a crew of two, for a job moving hay.

Menton, who broke all sales records last year with his business Old School Cutting Boards, took this year a little easier.

"I tried a new business, Mountain High Microgreens," Menton said. "It wasn't nearly as profitable, but it was something new to try."

Other participants included Maclane Melville and Levi Orswam, a junior and senior at Enterprise, whose business, Steadfast Recycling, offered curbside recycling to residences and businesses in Joseph and Enterprise.

"It was hard to juggle sports and running a business, but I am glad I stuck with it," Melville said. "I had to learn how to keep away from procrastination. When we mapped out our week, hour by hour, I had the most productive week I've ever had."

Orswam, an exchange student from Nigeria, said learning about American entrepreneurship was a great experience.

"This program helped me build confidence in myself," Orswam said. "I learned to do what I thought I couldn't do, which is creating and managing a business."

The young entrepreneurs were visited throughout the year by established business leaders and entrepreneurs in the community, including Natalie Millar, chief executive of Terminal Gravity Brewing, and ShanRae Hawkins, founder of Stingray Communications. Millar, a graduate of Wallowa High School, is a certified public accountant, and showed the teens how to write an income statement. Hawkins shared her journey from Joseph High School to landing a job as the first director of marketing for what would become the Old Mill District in Bend.

The Mentor Match Teen Entrepreneur Program is in its 12th year. The program is open to juniors and seniors county-wide, who are expected to create, launch and run their own business.

Stacy Green, of Enterprise, is the creator and adviser of the program, which is funded and administered by local nonprofit Building Healthy Families.

Let's talk about the nutrition for older Americans

IT'S ABOUT HEALTH AND WELLNESS

Ann Bloom



May is Older Americans Month, and an appropriate time to talk about the nutrition needs of seniors.

Older Americans Month was started in 1963 with a declaration by then-President John Kennedy to recognize the achievements and contributions of older Americans, past and present, particularly veterans. It is celebrated every year in May with events and activities.

As we mature, our dietary needs and requirements change. We do not need the same amount of food as an adult that we needed as a child, nor are our requirements the same for an older adult, as when we were younger.

MedlinePlus.gov, points out that nutrition is about eating a healthy and balanced diet, so your body gets the nutrients that it needs. Nutrients are substances in foods that our bodies need so they can function and for cell repair. They include carbohydrates, proteins, fat, vitamins and minerals, and water.

The calorie requirements, and number of servings from the food groups (protein, fruits, vegetables, dairy, and grains) depends in large part on several factors: age, gen-

der, height and weight and amount of physical activity one gets in a day. In general, people should strive to maintain a healthy weight by eating nutrient dense foods — foods high in nutrients relative to their calories — and avoid calorie dense foods — foods high in calories and low in nutrients. The idea is to enjoy a variety of foods from each food group to reduce the chance of developing chronic diseases such as diabetes or heart disease. Choose foods with little or no added sugar, salt, or saturated fat.

According to the Academy of Nutrition and Dietetics website, some older adults have a reduced ability to absorb Vitamin B12, which may be due to the use of certain medications. Vitamin B12 is found in meat, eggs, chicken, dairy, and fortified cereals. It is important for nerve function and a lack of this vitamin can be associated with depression and a decrease in cognitive function in older adults. If you think you may need a supplement, speak with your healthcare provider. They are in the best position to assist you with any questions you may have regarding supplements you may need, if any.

Further, older adults may need more calcium and Vitamin D. As we age, there is a reduction in bone mass. Calcium is important to help maintain healthy bones and teeth. Calcium and Vitamin D are found in dairy products such as milk, cheese and yogurt and fortified soy milk. The recommended number of servings per day from the dairy group is three cups, or cup equivalents. For example, eight ounces of low-

fat milk or one and a half ounces of cheese.

If you take a calcium supplement, or multivitamin, look for one that has Vitamin D in it. Vitamin D is also known as the "sunshine vitamin." Our bodies do not manufacture this vitamin; it takes direct sunlight obtained from being outside and having the sun touch our bare skin for our bodies to produce Vitamin D.

Older adults may notice their sense of taste change, or experience a lack of appetite. This can be due to a variety of factors, and should be checked by a primary care provider. Malnutrition can lead to a weakened immune system and muscle weakness.

Certain medications may have decreased appetite as a side effect. This can lead to weight loss and loss of muscle mass. If this is the case, it is important to speak to your health care provider. They can recommend ways to correct the problem. If you feel you aren't eating enough, try eating smaller meals more frequently or incorporating healthy snacks throughout the day.

Some older adults notice their sense of thirst waning. Be sure to drink plenty of water throughout the day to avoid dehydration. Avoid sugary beverages such as sodas and sports drinks and drink water, low fat milk or 100 percent vegetable or fruit juice instead. Learn which beverages are the healthier choices. Read nutrition fact labels on products to check for added sugars.

Potassium is also an important nutrient older adults need. Along with limiting one's salt intake it may help lower your risk of high blood pressure. Fruits, vegeta-

bles, dried beans, and low-fat dairy are all good sources of potassium. Use herbs and spices to flavor your food instead of salt.

It is a myth that eating fat makes a person fat. Fat is a nutrient that carries fat soluble vitamins in our bodies. We need fat in our diets. Choose foods containing poly or monounsaturated fats found in nuts, seeds, vegetable oils, avocados and fish.

Finally, there is fiber. Fiber helps with digestion and regularity. Fruits, vegetables and legumes (dried peas and beans) all contain fiber. Fiber may lower your risk of Type II diabetes and heart disease, too.

As you age, it may become harder to maintain a nutritious diet. For example, you may find yourself eating alone due to the death of a spouse or partner. If this is the case, try inviting a friend or neighbor in for a meal several times a week. Or visit the senior center at Community Connection for the congregate meal on Mondays, Wednesdays and Fridays at 11:30 a.m.

To learn more about nutrition and older adults, or celebrating Older Americans Month, contact Community Connection at 541-426-3840 or the Oregon State University Extension Service at 541-426-3143. There is more information on senior nutrition guidelines online from the American Community Living website at www.ACL.com.

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.

The spirit of giving continues to carry on in Turkey

MAIN STREET

Rich Wandschneider



Just spent two weeks in Turkey, a place I lived in for most of five years between 1965 and 1970. I'd only been back once before this trip, a three-week tour with a group of Rotarians and spouses from Wallowa County in 2004.

We went from Istanbul to Ankara, then Cappadocia, Tarsus and Antalya on the Mediterranean, all by large, comfortable, air-conditioned buses.

Cappadocia is the area of underground cities, houses and churches carved into sandstone; Tarsus the home of St. Paul, and Antalya is now a large city among a string of resorts — some of them exclusively German or French — on the Mediterranean. The sea itself was as blue and warm as it had been in 1965.

In 2004, I revved up my Turkish to introduce people and translate, to speak to Rotary Clubs and news reporters. It was a grand trip, full of interesting people and places and great food. I knew then that

another three weeks could peel back years in my grasp of the language and culture.

This time I was alone from America. I only touched down at the Istanbul airport — reputedly now the world's largest — and went to Ankara and an English language-speaking university in the middle of high-rise buildings of glass, steel and concrete. Ankara, with just over a million people when I lived there 1968-70, now has over five million, and Bilkent has 12,500 students and hundreds of faculty members. It's larger than Wallowa County, and has its own Starbucks.

My hosts were the professors and students from the American Studies Department at Bilkent, and a roommate from that long-ago time when we lived, worked and studied together in the city. Then, Turkish was my everyday language, and the shared taxis, the shish kebabs, the daily fresh fruits and vegetables and the occasional meal on the top — 12th floor of the Big Ankara Hotel — were my routines. My job was to smooth the wrinkles for American Peace Corps volunteers working in Turkish schools and institutions, to make their experiences as good as mine had been as a volunteer just a couple of years earlier.

The teaching language at Bilkent is English, with professors who are Turkish — and American, British and African. Students for all colleges have to score well on

a standard, state-administered exam they take as high school seniors. State universities — there are scores of them — are free, and this private one is cheap by our standards, and gives many scholarships. I couldn't see the 70% inflation and the high unemployment from the university island.

Even on trips into the city to eat, shop and drive by old neighborhoods, inflation was invisible, and the high level of purported government corruption maybe showed up in the massive amount of construction. I learned of a dissident's life-time prison sentence online, and learned too about the Ankara and Istanbul mayors who were from the same political party that stands in opposition to the national government.

I learned from watching and listening that educated women in Turkey still have an edge. There are probably higher percentages of women professors, doctors, and engineers in Turkey than in the US. But there are still forced marriages — one of the students I came to know wrote about this.

But — after recent trips to Seattle and Portland — what stood out in this city of five million was that there is no homelessness. Why?

The extended family is still strong, people agreed, and health care is free for all over 65 — no deduction from Social Security, no Medicare Plan B or D. Drugs, I learned when buying eye drops at the school phar-

macy, are maybe one-fourth what we pay. The government is building new high rises on top of old ghettos, and somehow, the inhabitants are compensated with cheap new housing. Employment is also important: there were 15 cabin attendants on my Turkish Airline flights, and street sweepers rather than machines cleaned streets.

At this point I remember the "five pillars" of Sunni Islam: 1. Declare that Allah is the only God and Mohammed is his prophet; 2. Pray five times each day; 4. Fast from sun-up to sunset during the month of Ramadan; 5. If healthy and financially able, make the "Hadj," the pilgrimage to Mecca. It is number 3., called "Zakah," that calls for charitable giving to the needy, that is important here.

Even secular Moslems seem to have a spirit of giving bred into them. Small gifts are ubiquitous. Ihsan Dogramaci, the founder and benefactor of Bilkent, was from a prominent Turkmen family. He became a leading pediatrician and entrepreneur, and his total wealth and energy went into two universities in Turkey and education and health care world-wide.

The spirit of giving is everywhere in this country, just as it was in 1965.

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