

Have a heart... next year

By Corilyn Shropshire
Chicago Tribune

Could “Adorbz” replace “Be Mine” and “Miss You”?

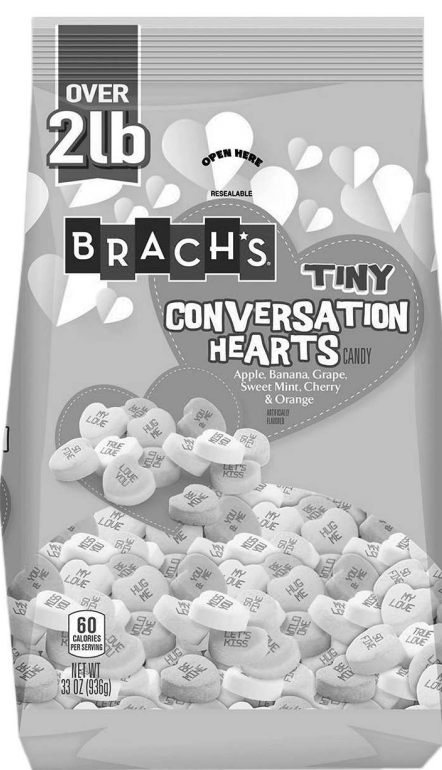
Ferrara Candy Co. certainly hopes so.

For years, the Oak Brook, Illinois-based candy-maker has produced the Brach’s brand of Valentine’s Day heart candy, known as Conversation Hearts.

And this year, Brach’s candy has cornered this piece of the confectionery market. New England Confectionery Co., more widely known as Necco, is out of business and Spangler Candy Co., which bought the competing Sweethearts brand along with Necco wafers, couldn’t restart production in time for Valentine’s Day.

Ferrara is hoping this gap is a sweet win for the Brach’s brand, which also produces other seasonal candies such as candy corn and candy canes.

“In 2018, Brach’s had 55 percent market dollar share among the top four brands in



the segment,” Hans Becher, general manager of Brach’s and seasonal confections at Ferrara, said in a statement. “In terms of pounds sold, we outpaced our nearest former competitor nearly three to one.”

Conversation Hearts are softer. Sweethearts have a crunchier bite. The phrases, “Be Mine,” “Love You,” and “Let’s Kiss,” among others on Conversation Hearts, are lasered on, according to news reports. The romantic words on Sweethearts were stamped.

To update itself for today’s texting times, Ferrara has given a face-lift to some of its hearts for the modern, acronym-savvy consumer. In addition to “Adorbz,” Brach’s hearts will also read, “Text me,” “BFF” and “TTYL” (Talk To You Later), among other sayings.

And perhaps the Conversation Heart lasered with “LYMY” (Love you Miss You) can provide some solace to Sweetheart’s die-hard fans.

1. Rinse and scrub mussels under cold water. Remove beard from mussels, if necessary. Discard any mussels that won’t close if gently pressed.
2. Heat oil in a large pot set over medium heat. Add onion, garlic and salt; cook until onion softens, about 5 minutes. Add red pepper flakes and oregano; cook until fragrant, about 30
3. Increase heat to high to bring to a boil. Add the mussels, cover the pot and cook, stirring every minute, until all the mussels have opened, 3 to 4 minutes. Discard any that don’t. Turn off the heat; add the parsley.
4. Divide mussels and liquid between two large bowls. Serve with crusty bread.

Nutrition information per serving: 426 calories, 19 g fat, 3 g saturated fat,

FANCY

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MUSSELS WITH TOMATO AND WHITE WINE

Prep: 10 minutes
Cook: 10 minutes
Makes: 2 servings

- 3 pounds mussels
2 tablespoons extra-virgin olive oil
1 yellow onion, thinly sliced
4 cloves garlic, minced
½ teaspoon kosher salt

PLASTIC

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By far, the biggest problem with plastic is that it doesn’t biodegrade. Over time sunlight, oxygen and wave action fragment plastics into small bits that eventually become microscopic nano-sized particles which enter the food chain, air, soil, and our drinking water. Studies are showing that common plastics like BPA, PVC and phthalates can be found in human urine, blood and breast milk. These plastics are known to disrupt hormone function and contribute to the onset and growth of many cancers. One recent study found BPA, a plastic used to line cans of food, in the urine of 95 percent of US adults tested.

The plastic crisis is upon us. If plastics were recycled at the same rate as aluminum or steel, we would still have a crisis but it would be much smaller. The unfortunate truth is that some plastics have never been recycled and most of the others have a very low rate of recycling. The two most recyclable plastics, PET and HDPE, have recycling rates of less than 30 percent, and now that is declining.

It’s a huge issue and it feels insufficient to pose small solutions like avoiding plastic straws for drinking. However, we all need to start somewhere and if plastic straws is where you can start then please do it. Every little change you make counts. My tip for this month is to speak up to help reduce plastic and plastic waste. Tell your friends and family about any changes you make to reduce plastic, and encourage them to find a

few ways to cut out plastic too. Ask the businesses you frequent to get rid of single use plastics — things like straws, creamer cups, and plastic take home containers. Ask your grocery store to stock produce without plastic, and be sure to bring your own shopping and produce bags. Send letters to companies who produce products you buy asking them to use alternative materials for their products and their packaging. Tell your local, state and national representatives that you want toxic plastic products regulated and phased out. There are brilliant people out there making products that can replace plastic. It’s a big job but not an impossible one. It takes a lot of voices to create

change. Add your voice and let’s see what we can do. Trash Talk is hosting a showing of the documentary about one plastic product we would be better off without. The film is called “Tapped” and it looks at the impact of the bottled water industry from start to waste. The event is free and donations are appreciated. Popcorn and nachos will be for sale. Join us at Churchill School in Baker City, (use the 16th Street parking lot just south of Broadway) at 6 p.m. on Feb. 28.

You can reach Baker City Trash Talk on Facebook at @BCTrashTalk and via email at BakerCityTrashTalk@gmail.com



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GARDEN

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Adding a water feature will attract the toads and frogs. Also having vegetation adding an understory of shade furnishes the cool dampness that toads prefer.

Research the species you wish to attract. Butterflies are attracted to butterfly bushes (buddleia) and butterfly weed (all the milkweed family), and other nectar sources. Plant sacrificial plants such as dill, parsley, cilantro, and such to feed the caterpillars of the butterflies you crave to watch. The butterflies will come to your yard to reproduce and feed their multiple stages of being.

Hang or erect a bird feeder or feeding station. Be sure to include black oil sunflower seeds in your selection of bird food. All birds will eat the sunflower seed, whereas only certain birds eat other seeds. Feeding stations are for butterflies and squirrels, too.

In short, providing the food, water, nectar, dampness, shade, sun, and other requirements will attract the creature you wish to host in your garden. Some people work to

attract squirrels as well. They are fun to watch. A feeder and a water source and adequate trees for nesting will grant you the blessing of squirrels whether you want them or not.

Bees and butterflies are visual creatures. Red items and flowers attract hummingbirds. Bees like blue flowers. Butterflies like composite flowers especially yellow and orange. Plant daisies, coneflowers, bachelor buttons, sweet Williams, and perennials such as columbines, roses, sage, and flowering trees. You can start your strategy as early as now for your garden in ordering or buying seeds, and considering a new plant for this spring. If it attracts your friends and resists diseases and problems

on its own, it will be better for you than plants that don’t add the dimension of bringing in the sounds and movement that make your garden a living place on so many different levels.

The flutter of wings and the buzz of bees and scurry of squirrels, the calling of toads and the general busyness of life in your garden makes it a special place to rest and watch. The peace of your garden will be enhanced by planning and plotting in advance. The nursery catalogs can give you many ideas for animating your space.

If you have garden questions or comments, please write: greengardencolumn@yahoo.com Thanks for reading!

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Trinity Health

General Manager Food & Nutrition Services, Saint Alphonsus Health System - Ontario & Baker City, OR

This is a Trinity Health position based at Saint Alphonsus, a member of Trinity Health. Functions as the General Manager responsible for the oversight and coordination of the day-to-day operations of the Regional Health Ministry's (RHM) Food & Nutrition Services (FANS) Department in a community hospital or single site setting. The Manager of Food & Nutrition Services is responsible for successfully coordinating and directing all activities within the department in a single campus environment. Assists in development and management of preliminary program budgets in collaboration with THS Regional Managers and RHM stakeholders. Works with all levels of senior leadership and management teams at RHM and within the region. Develops and implements effective cost reduction plans and implementation processes that support Trinity Health and RHM FANS goals, objectives, strategies, policies, and procedures. Ensures cost reduction targets and productivity improvement objectives are met, while cultivating service/product quality and customer satisfaction. Ensures the Regional Manager, THS and RHM stakeholders are kept abreast of issues or problems impacting program efficiencies and effectiveness. Attracts, develops and trains talent to ensure program quality, sustainability, long-term growth, and development. Leads by exemplifying the mission, vision and values of Trinity Health and the Regional Health Ministry.

Production Manager/Chef Food & Nutrition Services, Saint Alphonsus Health System - Baker City, OR

This is a Trinity Health position based at Saint Alphonsus, a member of Trinity Health. Functions as the Operations Manager responsible for the direct supervision of supervisors and/or staff and coordination of the day-to-day operations in assigned area of the Regional Health Ministry's (RHM) Food & Nutrition Services (FANS) Department. The Operations Manager is responsible for successfully coordinating and directing all activities within the assigned area of the department. Assigned area(s) may include Retail Services, Production and/or Business Manager. Assists in development and management of preliminary program budgets in collaboration with the FANS General Manager. Assists the General Manager with implementation of effective cost reduction plans and processes that support Trinity Health and RHM FANS goals, objectives, strategies, policies, and procedures. Ensures cost reduction targets and productivity improvement objectives are met, while cultivating service/product quality and customer satisfaction. Ensures the General Manager and staff are appropriately kept abreast of issues or problems impacting program efficiencies and effectiveness. Attracts, develops and trains talent to ensure program quality, sustainability, long-term growth, and development. Leads by exemplifying the mission, vision and values of Trinity Health and the Regional Health Ministry. Ensures THS standards, guidelines and approved technology are appropriately and effectively used to support the department operations

Applicant registration
Submit an application at <https://www.saintalphonsus.org/careers/current-openings>. If needed, assistance is available to help through the application process.