

ODOT plants trees along Highway 101

A view from the east side of U.S Highway 101, just north of the Sunset Boulevard entrance, where a young shore pine, left, has been planted next to a young vine maple, right. On April 28 and 29, the Oregon Department of Transportation planted three tree species along both sides of the highway where the department removed about 55 trees of different sizes in March. Filling in the gaps along Cannon Beach's scenic byway are seven 8-foot-tall shore pines, eight 5-gallon vine maples and 20 1-gallon red elderberry trees, according to Mark Buffington, the transportation maintenance manager in Clatskanie who arranged the tree planting.



ERICK BENGEL PHOTO

Mogadam hopes to dispel myths, raise awareness about nutrition

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It also pays to read nutrition facts and track the number of calories — and the *kinds* of calories — one consumes daily: carbs, fats, proteins, sodium, etc.

“With most of us, we don’t know our numbers,” he said. “The numbers add up real quick.”

Becoming self-aware

Before Mogadam earned a bachelor’s degree in physical education and a master’s degree in exercise physiology — both from San Diego State University — he worked at an intensive care unit in Modesto, Calif., as a high school senior.

Though he played sports — which, he said, saved

him from getting into trouble — Mogadam always knew he came from a family predisposed to Type 2 (adult onset) diabetes. He experienced firsthand what a relative’s chronic illness can do, not only to the patient but to his or her loved ones.

“When you have a family, it’s no longer just about you. If you have kids, and you got a husband or wife, your health directly has an impact beyond just things *you’ve* got to deal with,” he said. “When you’re raising a family and you’re on benefits, you really can’t afford to get sick.”

He decided he would do whatever he could to help others realize that such illnesses are avoidable.

While at university, Mogadam worked at a hos-

pital doing electrocardiogram (ECG) monitoring, and, as a grad student, at a cardiac rehabilitation center. Later on, in Seattle, he worked as a personal trainer, a physical education director, and a health and well-being director.

Time and again, he has met people who changed their lives by making small adjustments to their routine.

There’s the woman in her mid-40s on blood pressure medication who didn’t know she was eating two days’ worth of salt in a single meal. And the woman who would drink more than 30 cups of coffee a day and couldn’t figure out why she had trouble sleeping.

After becoming more self-aware about their diets

and lifestyles, both women changed them, he said. The first woman soon cut her medication in half, and the second got to a point where she could sleep again, he said.

Spreading the word

Mogadam, who lives with his wife, Ellen Boyle, keeps himself busy spreading the fitness gospel.

He is currently promoting a “mobile garden” program for local schools — devised by his co-worker Miki Souza and his predecessor — in which students take donated shopping carts lined with gardening paper, fill them with soil and grow their own fresh edibles.

In collaboration with Clatsop County 4-H, Mogadam is running a “preseason

teen conditioning” program at Astoria High School, where students not playing a sport can sign up for 40 to 45 minutes of guided physical activity.

Soon he will launch a six-week “Walk With Ease” program through the American Arthritis Foundation for the seniors of a housing facility in Astoria, a program he hopes to hand off to the residents once his role in it is finished.

And, with each venture, he promotes the nutritionally sound life, often pointing people to the OSU website foodhero.org, a free resource full of simple, healthful recipes.

The sooner one picks up healthy habits, the better off one will be over the long run — not least because,

“as we age, we usually don’t get less stressed, we get more, with family life, work, kids,” he said.

Mogadam knew a cardiologist from Indian who observed that, in the United States, young people tend to trade in their health to make money; they focus on their careers and ignore their mental and physical well-being.

Eventually, the cardiologist said, when these people get older and the illnesses of aging begin to take their toll, they need to spend that money to become healthy again.

“But that model doesn’t work,” Mogadam said. “You can’t always trade in your money to get your health back, so pay attention to it.”

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