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SUBMIT NEWS

Submit your event information by Monday for publication the following week (two weeks in advance is even better!). Go! Magazine is published Wednesdays in the Wallowa County Chieftain and Blue Mountain Eagle. It publishes Thursdays in The Observer, Baker City Herald and East Oregonian.

ADVERTISING AND  
SUBSCRIPTIONS

Baker City Herald

541-523-3673

The Observer

541-963-3161

East Oregonian

541-276-2211

Wallowa County Chieftain

541-426-4567

Blue Mountain Eagle

541-575-0710

Hermiston Herald

541-567-6457

# What we're into

## KETOGENIC DIET

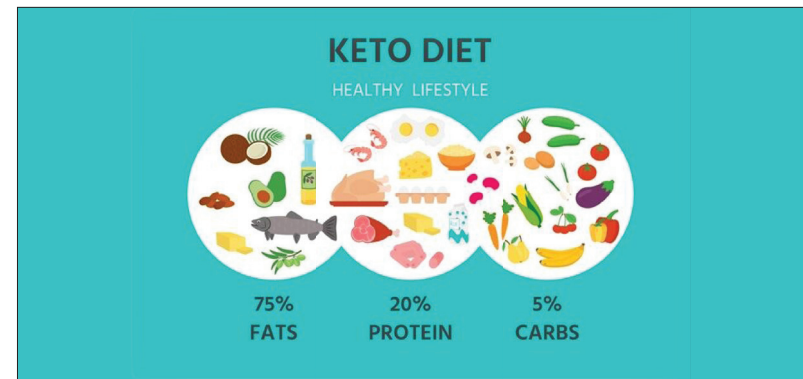
I've been in and out of this trend for several years now, and am back into it because of the results it's given me in the past, and the need for those results again: the ketogenic diet.

Most everyone knows what this meal plan consists of, but for those who don't, it's where your diet consists of foods that are high in fats and protein, and contain almost no carbohydrates.

Depending on who you talk to, 60-70% of your calories on this diet should be from fats, and the recommendation is healthy fats. Then, 25-35% would be from

proteins. And the final 5%, give or take, is carbs. That can allow you a taste of something sweet here or there. The goal is to get your body into a state of ketosis, where it burns energy off of stored fat as opposed to carbs, according to webmd.com. Mixed with some intermittent fasting and exercise, the food plan can indeed effectively lead to weight loss.

A lot of foods you would think should be on a diet — root vegetables (like carrots) and some fruits, for example — can be eaten only in moderation because of their carby nature. Eggs, avocado, olive oil, bacon, beef, tuna,



chicken, leafy greens and foods like this are some that can be eaten. (My wife, who is doing this with me, finds many more options online to get past the blandness that sometimes can come with this diet.)

I personally dropped about 45-50 pounds in 2018-19 doing keto and working out. I find myself in a place of needing to do it

again, and I expect it to help me reach my goal. So far, so good. (Disclaimer: This is not an endorsement of the ketogenic diet, or a call to say you should do it if you are considering a weight-loss plan. That plan should be discussed with someone with better health knowledge than me.)

— RONALD BOND, EDITOR,  
WALLOWA COUNTY CHIEFTAIN

# New releases

## 'THE DARKNESS DRESSED IN COLORED LIGHTS' BY SEAN ROWE

Singer-songwriter Sean Rowe's big voice is part of the reason his new album has heft, but it's not the only one.

His resonant baritone is

matched with powerful, well-made songs that range from somber to soaring.

The new album opens with "What Are We Now," a mellow but muscular number that Rowe (rhymes with "how") acknowledges was influenced by the pulsating

urgency of Radiohead's landmark album "In Rainbows," though it doesn't sound like a knockoff.

Still, the album takes flight on the strength of Rowe's voice. Almost a growl at times, it falls

somewhere between George Ezra and Richard Thompson, with maybe a hint of Tom Waits.

Ultimately, though, Rowe doesn't sound like anybody else.

— THE ASSOCIATED PRESS



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