

LOCAL EVENTS

Note: All events are subject to postponement or cancellation in compliance with COVID-19 regulations.

OCTOBER 6

Salon Series: 'Frankenstein'

1 p.m. and 6: p.m. at the Moses Lake Civic Center Auditorium, 401 S. Balsam St. Showing of the 1931 film in which a scientist assembles corpses to create a monster. All ages are welcome, but some scenes may be frightening for young children. Admission is free. Info: 509-764-3830 or museum@cityofml.com.

OCTOBER 8

'The Art of Dam Building'

Opening 6 p.m. at the Moses Lake Museum & Art Gallery, 401 S. Balsam St. Speaker Chuck Allen will discuss "From Below Ground Up: The Building of Wanapum Dam." The Main Gallery will be filled with historic photographs of the building of Wanapum Dam. Created by photographer Carl Lewis, these stunning photographs show the immense scale and degree of human ingenuity needed to build a structure large enough to hold back a mighty river. Exhibit runs through Nov. 11. Admission is free. Info: 509-764-3830 or museum@cityofml.com.

OCTOBER 22

'Whiskey and Wiretaps: The Northwest's Rumrunning King'

6 p.m. at the Moses Lake Civic Center auditorium, 401 S. Balsam St. On Thanksgiving Day, 1925, Roy Olmstead was trapped by federal prohibition agents and their Tommy guns on a lonely Puget Sound dock. Using photographs, documents, newspapers, and court cases, Steve Edmiston breathes life into Olmstead's story by exploring historical context, his entrepreneurial brilliance, his code of conduct, and the profound impact of his legal battles today. Presented by Humanities WA Speakers Bureau. Admission is free. Info: 509-764-3830, www.moseslakemuseum.com or museum@city-ofml.com.

OCTOBER 30

Downtown Moses Lake Trick or Treat

3-5 p.m. This will be a drive-thru event in downtown Moses Lake. Info: 509-770-1700 and www.downtownmoseslake.com.

Promote your organization's local events on the Herald's website and in this column by going to <https://columbiabasinherald.com/events>.

Thought for food

By CHERYL SCHWEIZER
Staff Writer

Lifestyle changes key to maintaining a healthy diet

MOSES LAKE — There's a lot of information about food, a million different diets, meal plans, menus. It can be a challenge to know what to eat.

Devin Town, dietitian and nutritionist at Samaritan Healthcare of Moses Lake, said there are some basic guidelines to eat to the best advantage.

"I would recommend whole foods as much as possible; the less processed, the better," she said. "Vegetables, fruits, legumes, nuts, whole grains rather than refined grains. Some fish, small amounts of meat, like beef and pork and poultry, moderate amounts of dairy, all on top of an active lifestyle."

Diet is part of a larger picture, Town said.

"It's really about making healthy lifestyle changes, not a diet, per se. It's just choosing healthier things more often and less healthy things less often. It can still include some of your favorite foods, just maybe not as much, or as often. It doesn't feel as restrictive that way."

There's that moment — usually around the New Year — when people resolve they will drop those

unhealthy eating habits and henceforth eat right.



Town

No more cheese curls, just steamed broccoli and roasted fish. And that may work, but there may come a day when that diet

seems too restrictive.

Town suggested a more gradual approach.

"Baby steps," she said. "Start small, doing the things you feel you can tackle first rather than cutting out all your favorite foods and depriving yourself of those things."

"I would probably start with trying to cut out, or to cut back on, processed foods, foods with added sugars, beverages with added sugars, and incorporating more fruits and vegetables. And if you're less active, increasing your activity. It all works together," she said.

To be permanent, changes need to be acceptable.

"I would think about what's going to be sustainable," Town said. "Is this a lifestyle change you want

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Mark Stebnicki/Pexels

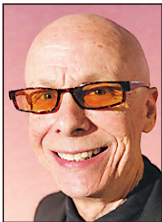
How our lives have changed since COVID-19

By BARTON GOLDSMITH
TNS

I am grateful my wife and I are both healthy and my work has not been interrupted during COVID-19. But even with good health and work, emotionally the pandemic is still uncomfortable and scary and not a whole lot of fun. As a couple, we keep trying to make things better. In the past, we could just do whatever we wanted, but these days, we have to allow for what's safe as well as fun.

Here are a few important areas to consider these days, whether you're in a partnership or not:

Events and parties: We aren't ready to go to events or go to parties just yet. In



Goldsmith

addition, it was another concert-less summer, which was a happy go-to in the past. My wife and I are both sad we can't have a large dinner party or go to

any events, but neither feels safe to us just yet. That is our reality, but we know other people feel differently and we must adapt.

Dining out: Our dining out has also changed dramatically. We used to eat out half the week, but not anymore! Now we prefer takeout from local places we know are safety conscious. Dining in, it's easy to socialize with one other

vaccinated couple at a time. It's a lot of fun too. We keep the windows open, and we are outside as much as possible. If you're also eager to dine with friends, you'll find spending time with fewer people is not only safer but has the advantage of letting you get to know each better. It's more intimate.

Sharing your feelings: The Olympics helped fill some gaps this summer, but like most everything else, it just wasn't the same. The COVID-19 cloud still hangs over everything and taints our joy. As a couple, we have learned to share out loud the things we miss and, at the same time, we talk about what we appreciate and are grateful for, like having each other. If you're not part of a couple (and I've been there!), it's

important not to isolate but to seek out the support of family and friends.

Honoring your commitments: Obviously, big commitments are important. But in our household, the small ones matter too, like watching our favorite shows on TV together. I'm not watching the news as much, and we have a couple of shows we share — no video-infidelity in this family! We honor our commitments to each other, and nothing gets in the way of that.

Doing things together: We do almost everything together, and that makes life more fulfilling for us, even doing tax prep. She sits next to me while I grind through the paperwork.

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2,382 Sq. Ft.

Melanie Woodward
(509) 793-6708

19910 Road 6 SE, Warden • \$290,000

4 beds,
1.75 bath,
1,820 Sq. Ft.

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