

News

Submit your articles to Linda Karp, 360-437-0175, or by email to editor@plvoice.org no later than the 10th of the preceding month.

National Nutrition Month

by Carol Riley, Contributing Writer

March 2019 marks the 39th observance of National Nutrition Month. The observance began as a week-long celebration in 1973 by the Academy of Nutrition and Dietetics. It grew to a month-long campaign in 1980 because of the increased emphasis on making healthy food choices and incorporating good eating habits and physical activity into our daily routines.

Themes and topics have changed over the years to appeal to a diverse population. The focus for 2019, however, is a back to basics approach centering on eating a balanced diet that promotes good health and sound food choices.

One of the key messages proposed by the Academy is to “keep it simple” and to review favorite recipes with a healthier lens. With that advice in mind, I decided to update one of my favorite salad recipes. A traditional Wedge Salad with bacon and lots of bleu cheese dressing can be loaded with calories. With so many alternative choices available to us in the markets, I attempted a recipe makeover with delicious results and half the fat and calories.

Wedge Salad Make Over

- 1 head of iceberg lettuce, cored, washed, and cut into 6 wedges
- 6 slices of turkey bacon, baked and crumbled
- 12 cherry tomatoes, halved
- Half of a red onion, sliced into thin rings
- Reduced fat bleu cheese dressing
- Reduced fat bleu cheese crumbles

Assemble: Place each lettuce wedge on a plate, spoon on dressing and crumbled cheese, sprinkle bacon bits on top, and arrange tomato halves.

Check Before You Chop

by Beverly Browne, reprinted from the March 2009 issue of the Voice.

Besides having fish and wildlife habitat and wetlands, Port Ludlow has some geologically hazardous areas susceptible to erosion, sliding, earthquake, or other geological events. These areas are determined by geologic and topographic investigation, hydrologic factors, and previous history of the site. Steepness of slope (greater than 15 percent), ground water seepage, and soil conditions are factors for consideration. Areas that have high potential for landslides include areas below Sea Vista Terrace, Condon Lane, Montgomery Lane, and Montgomery Court. Maps show slight to moderate hazard along Oak Bay Road and in most of Timberton Village. Residents in these areas need to consult with the county before disturbing vegetation. Retention of native vegetation, reduction of impervious surfaces, and landscaping can improve the volume and rate of water flow and decrease slide

potential. Therefore, removal of vegetation within a critical area requires county review and a permit.

County Associate Planner David Wayne Johnson wants Port Ludlow landowners to think about the environmentally sensitive areas designated “critical areas” in the Growth Management Act (GMA). The county and the state believe that these areas must be regulated for the benefit of the landowner and the people of the state. Critical areas include wetlands, aquifer recharge areas, frequently flooded areas, geologically sensitive areas, fish and wildlife areas, streams, and shorelines. Other preventative measures include improving and repairing existing drainage systems and directing rainwater through storm sewers. The counties have attempted to map these areas and devise rules for managing them.

The Jefferson County Critical Areas Ordinance began with the passage of an interim ordinance in 1994. Since that time, it has undergone changes and updates with public agencies using a “best-available science” standard to review it. The current law, finalized in 2008 and codified in Jefferson County Code Chapter 18.22, was developed through an extensive planning process that considered public comment. The county’s intent was to improve a citizen’s understanding of the rules while providing protections of the function and value of critical areas.

Maps indicating which areas are considered “critical” may be viewed at the Bay and Beach Clubs or by clicking on “Maps” on the Jefferson County home page at co.jefferson.wa.us.

Tri-Area Community Meals

by Barbara Berthiaume, Contributing Writer

A new non-profit organization called Tri-Area Community Meals has been created to provide free meals in our community. The need became apparent when OlyCap no longer hosted the Thanksgiving and Christmas dinners in 2016. Elena Lovato-Kraut and Bill Kraut, owners of Hadlock Building Supply, Anita Schmucker, manager of First Security Bank in Hadlock, Rita Hubbard of Port Townsend Paper Corporation, and the East Jefferson and Port Townsend Sunrise Rotaries all stepped up to provide Thanksgiving and Christmas meals. As a non-profit organization, Tri-Area Community Meals was formed to provide dinners to anyone wanting a holiday meal in East Jefferson County. Last year, 278 meals were served on Thanksgiving Day and 195 meals were served at Christmas. One hundred volunteers participated to make it all happen.

The group realized that there was a need for ongoing meals and because of generous donations, decided to provide free meals the third Sunday of each month at the Tri-Area Community Center in Chimacum, located at 10 West Valley Road, from 12:30 to 2:00 p.m. The hot meals are simple and so far around 40 to 50 people attend monthly. Anyone who wants to socialize, meet new

continued on next page