



# Winterizing Your Nutritional Needs

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Many people notice a difference in cravings during the winter versus warmer months. One study shows that participants consumed 86 more calories per day in the fall compared with spring, and ate more fats during winter. So why do we crave the food that we do?

It may be caused by two of our hormones—dopamine and serotonin—which are released with sunshine, exercise, and food.

In the winter, we lack adequate sunshine, and likely are not as active as we usually are in warmer months. So, we gravitate toward foods that are going to give us that rush of “happy” chemicals; specifically, comfort foods that are higher in sugar and fat. Eating comfort foods can boost positive memories, such as thoughts of our childhood social interactions. Eating more could also be programmed in our biology as historically more weight meant being warmer during the winter when food was more scarce.

Other obstacles to healthy eating in the winter exist such as shorter days that don’t inspire us to cook after work, produce seems less available and/or affordable and we often have busier schedules.

We can help regulate our metabolism and control winter cravings with intuitive eating, maintaining an exercise routine and with a balanced diet. Metabolism is an internal process that is continuously working, even when we are sleeping, that converts food and nutrients into energy for your body to breathe, circulate blood, grow, repair, etc.

Listen to your body. Are you eating because you are hungry or because you are bored or tired? Are you stopping before you are full? Your body likes consistency, so avoid crash diets or restricting calories that causes your body to break down muscle to get the energy that it needs. Less muscle means slower metabolism.

Canned or frozen fruits and vegetables can offer affordable, nutrient-rich substitutes to fresh produce in winter months. Regular exercise that includes cardio for 30 minutes/day, five days/week, along with strength training two times/week will help with mood and energy as well as keep your metabolism on track. Of course, staying hydrated is just as important as in the hot summer months!

In our next column, we will discuss using food to ward off the common cold.

It is recommended to check with your medical provider before beginning a new exercise or dietary routine. To find a doctor or to learn more about our dietitians and clinical nutritional services, contact the St. Luke’s Center for Community Health at (208) 727-8733 or visit [stlukesonline.org](http://stlukesonline.org)



# When Can We Vote For A President?

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General Data												
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Overview	Candidate	Election Status	Status of Candidate	Specific Party	General Party	Election Jurisdiction	Election Year	Election Type	Office Sought	Incumbency Status	# of Records	Total \$
Industry	RISCH, JAMES E (JIM)	PENDING- PRIMARY	PENDING	REPUBLICAN	REPUBLICAN	ID	2020	STANDARD	US SENATE DISTRICT ID SW-CLASS II	INCUMBENT	2	\$10,000
Candidates	SIMPSON, MICHAEL KEITH (MIKE)	PENDING- PRIMARY	PENDING	REPUBLICAN	REPUBLICAN	ID	2020	STANDARD	US HOUSE DISTRICT ID 002	INCUMBENT	1	\$2,500
Party Committees	WALBERG, TIMOTHY L	WON- GENERAL	WON	REPUBLICAN	REPUBLICAN	MI	2018	STANDARD	US HOUSE	INCUMBENT	1	\$1,000

The Presidential Primary election in Idaho is coming right up March 10th. Some things you may not know:

- College students originally from Idaho can still vote in Idaho elections, even if they have been living in another state.<sup>1</sup>
- Voters can register to vote at the polls at the day of the election!
- A voter needs to be 18 years old and have proof of having lived in Idaho for only 30 days prior to the election.
- Only registered Republicans can vote on a Republican Presidential Primary ballot.
- Democrats have opened their primary ballot so that Unaffiliated voters can vote on a Democratic ballot.

A person can change their party affiliation “For a primary election, an elector may change their political party affiliation or become “unaffiliated” by filing a signed form with the county clerk no later than the last day a candidate may file for partisan political office prior to such primary election, as provided for in Idaho Code § 34-704”<sup>2</sup>, this year by March 13, so for the Presidential Primary, it looks like this can be done at the polls.

If you are not registered and want to vote early or absentee ballot, voters can register to vote until Feb 14th at the Blaine County Courthouse in person or online at <https://idahovotes.gov/OnlineVoterRegistration>. “You must have photo ID and proof of residence. If your current address is shown on your driver’s license, that is all you need. If your current address is not shown on your driver’s license, you must bring proof of residency at least 30 days old (power bill, car registration, insurance, pay check, bank statement, etc.). You can check your voter registration status online at Idaho Votes.”

Check here if you don’t know where your place to vote is: <https://idahovotes.gov/YourPolling-Place/WhereDoIVote.aspx>

What about campaign contributions to a candidate? An individual in Idaho can only give up to \$2800 per candidate in each of the primary and general elections, but corporations have an un-

limited dollar amount that they can give through Political Action Committees and affiliated issue campaigns due to the *Citizens United* case ruling.<sup>4</sup> According to the site, Followthemoney.org, Idaho Power Company has given \$1,532,696 over the years through their PAC’s to candidates in Idaho and Oregon. As well, Idaho Power Companies PAC has given campaign donations to entities, for example, \$16,235 to the Idaho Republican Party. IdaCorp, Inc. PAC recently gave \$10,000 to Senator Jim Risch for his 2020 re-election campaign.<sup>5</sup> There are other candidates in that US Senate race, including Paulette Jordan, who just announced her candidacy. I don’t think my utility should be supporting one party or candidate over another, do you?

<sup>1</sup> (Idaho Code § 34-405) provide that no person is deemed to have gained or lost a residence for voting purposes by reason of his presence or absence while a student at any institution of learning

<sup>2</sup> [https://sos.idaho.gov/elect/primary\\_elections\\_in\\_idaho.html](https://sos.idaho.gov/elect/primary_elections_in_idaho.html)

<sup>3</sup> <https://www.co.blaine.id.us/196/Elections>

<sup>4</sup> [https://en.wikipedia.org/wiki/Corporate\\_donations#cite\\_note-4](https://en.wikipedia.org/wiki/Corporate_donations#cite_note-4)

<sup>5</sup> As reported by follow themoney.org, I am checking with Idaho Power on the accuracy of this reporting



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NEWS

IN BRIEF

## Air Service Board Addresses High Traffic Challenges

Due to weather issues and the volume of commercial and general aviation flights during peak demand times at Friedman Memorial Airport, there was an unusually high level of Air Traffic Control delays which contributed to flight diversions by commercial airlines. Aircraft typically land from the south and take off to the south, adding a further limiting factor as to how many aircraft can land or take off in any given period.

In response, the members of the Sun Valley Air Service Board (SVASB) met with Friedman Memorial Airport Authority (FMAA) to further examine policies and procedures around flight delays and diversions. They also explored whether any actions should be taken that could improve the visitor flying experience.

From that meeting, SVASB made the following observations:

- Federal Aviation Administration (FAA) policy is to treat all aircraft equally on a first-come, first-served basis, allowing for no discrimination between aircraft, whether commercial airlines or general aviation.
- Changes to this policy would require changes to federal law, which would likely be a long political process at the federal level with no guarantee of success.

- FMAA suggested that proactive management methods can improve operational efficiency. These practices have been successful in the past in addressing issues related to crowded airspace and have dramatically improved the visitor experience.
  - Progress continues toward alleviating some of the weather-related diversions experienced during this past holiday season, and historically throughout the winter season, via improved approach procedures and advanced avionics used on aircraft. Adoption of the new technologies is at the sole discretion of the airlines.
- SVASB came to the following conclusions:
- FMAA continues to proactively work with all users and stakeholders to address issues relating to commercial airline delays, diversions, missed connections, and overall efficiency of the airport to better serve all users.
  - SVASB supports the actions being taken by FMAA and will continue to work closely with them to examine all options in support of the airport’s operational efforts.