

Healthy lifestyles offered in SDA cooking, nutrition class

(Continued from page 7)

talk to groups in India,” commented Robin. The Newstart Lifestyle program offers the tools to reduce the effects of diabetes, heart conditions and other health issues suffered by people worldwide. It also can eliminate allergies, migraine headaches and stomach problems, according to the Martins.

“One woman who attended a seminar last year lost 40 pounds in the Newstart Lifestyle,” stated Henry.

He gave examples of real people who had attended a

Newstart seminar and reversed their diabetes. He showed photos of them and told their dramatic stories. They came from all walks of life. One was an ER nurse who lost weight, reversed diabetes and got a new lease on life.

The key to eliminating many health problems is a whole-plant based diet, said Robin. She said to avoid refined fats (vegetable, olive, canola, etc.), refined sugar, meat and cheese. It sounds difficult, but she said that people can retrain their brain by

using delicious recipes found in several cookbooks such as *Newstart Lifestyle Cookbook* and *Cooking Entrees with the Michieff Sisters*.

Her meal included recipes from these books, which can be found by visiting adventistbookcenter.com.

The Newstart daily routine begins with two glasses of water in the morning, then a breakfast of fruit, whole wheat toast and spread, or whole grain hot cereal. Then:

Walk for 15 minutes after eating. Eat food made with legumes, grain, tubers, nuts,

seeds or a combination of these; raw vegetable or salad, cooked vegetable, whole grain bread, or whole grain pasta, spread or dressing.

Between meals, drink only water and avoid snacking. Supper should be sparse: fresh whole fruit, fruit sauce or cobbler, whole grain bread, cereal or crackers, soup or salad. Walk 15 for minutes after eating. Drink a glass of water before bed.

The idea is not to “diet” or starve, but to eat satisfying meals that avoid refined animal fat and dairy food, according to Robin.

Why the need to avoid dairy food and fats? According to the Newstart lifestyle material, animal fat is the cause of heart and artery disease, obesity and related health problems. Only animal products contain cholesterol. Instead of dairy foods and animal fats, use soy milk, nut creams, fruit and nut spreads, cashew “cheese” and millet “margarine.”

Substitute tofu for eggs. In cooking, use garbanzo bean (chick pea) or soybean flour to make pancakes, cobbler, gravy, sauce and other foods. Use arrowroot for thickener instead of cornstarch, a processed product.

Use garlic, onions, peppers, fresh herbs and spices to season foods. Try using cardamom, cumin or cinnamon to “sweeten” food. Use food yeast (brewer’s yeast) for flavoring and to make Yum Yum Sauce.

The Martins noted that all these ingredients are available at stores including Shop Smart Food Warehouse.

Yum Yum Sauce is available at Yum Cafes in Eugene. They offer Yum Bowls containing layers of brown rice, garbanzo beans, chopped cucumber, tomato, scallions, lettuce and avocado. This is topped with Yum Yum Sauce made from raw cashews, water, lemon juice, raw sliced almonds, food yeast flakes, cooked garbanzo beans, garlic cloves, cooked soybeans, a dash of salt, and curry powder. These ingredients are mixed in a blender to make a smooth,

delicious sauce.

The Martins explained that by switching to a whole-plant diet, the fats and sugars that cause heart disease, diabetes, obesity and artery disease can be avoided -- and these conditions can be reversed with the Newstart Lifestyle: water, nutrition, exercise and sunshine.

Add to this, “Trust in the Divine” to provide strength and inspiration in a new lifestyle. The result, they said, is better health, longer life, more energy, weight loss and reduced need for medications. Also, the plant-based foods cost less than meat, dairy and sugary foods.

Henry quoted Dr. John McDougall, an internist and nutrition specialist, who said, “The fat you eat is the fat you wear.”

The Martins said that those who follow this regimen can reduce their blood sugar and reverse painful neuropathy in the legs and feet. To accomplish this, a person must be committed to the new lifestyle. Those who see the possibilities are inspired to stick with it and reap the rewards.

It is work, they said, but who wouldn’t like to slim down, have more energy, get off medications and once again enjoy activities and life?

Anyone can attend the *Health and Cooking* classes at the SDA Church at 265 S. Old Stage Road in Cave Junction. The group meets for a walk at 6 p.m. and the class begins at 6:30 p.m. each Monday. For more information, phone 592-3218.

Tales from the Police Blotter

(Editor’s Note: Factual information for ‘Blotter’ is provided by official law enforcement agencies. All persons listed are innocent until proven guilty in a court of law. Charges can be amended or dismissed.)

Thursday, Oct. 9

*In the 28000 block of Redwood Hwy. a woman complained that her roommate had hit her in the ribs and tried to take advantage of her while she was intoxicated. A deputy found the complaint “exaggerated.”

*A Cave Junction woman reported receiving a threatening text message from her ex-boyfriend’s girlfriend.

*Five people were contacted at Illinois River Forks State Park at 2:23 p.m. and warned about not obeying leash laws, apparently in connection with their dogs.

*Also contacted at the “Forks,” Meredith Jean Weiss, 33, was cited on charges of driving with a suspended license (DWS) and driving uninsured. She was warned about expired tags, and not having car seats for children in the vehicle.

*Douglas Leon Servos, 49, was arrested on Happy Camp Road on a Grants Pass Dept. of Public Safety felony warrant charging failure to appear (FTA) on an original charge of unauthorized use of a motor vehicle (UUMV), and a second warrant charging DWS.

*In the 28000 block of Redwood Hwy. a business owner complained about a “verbally abusive” woman who broke some items when leaving the store.

*Dusty Ann Bouchard, 62, of Selma, was cited on a charge of speeding (45 mph in a 35 mph zone) on S. Old Stage Road at 6:16 p.m.

*A caller said that an RV was parked on her property in the 36000 block of Redwood Hwy. and that she did not know who it belonged to. Later, the caller stated that she was assaulted by a man and woman who told her that the property belongs to them.

*On Chapman Creek Road, a property owner complained about an ATV rider who repeatedly trespasses on and damages his property.

*Damage to a vehicle and theft of items from a shed were reported in the 37000 block of Redwood Hwy.

Friday, Oct. 10

*On Arrowhead Drive a girl, 15, who threatened family members and caused injury to herself, was reported “beyond parental control.”

*A caller said that his landlord blocked his departure and began screaming at him as he was moving out of a W. River Street residence.

*Some \$500 worth of mining equipment was reported stolen from a garage on Lakeshore Drive.

*Contacted at Illinois Valley High School at 8:16 p.m., Jesse Swift, 18, was arrested on a warrant charging third-degree assault and riot.

Saturday, Oct. 11

*A woman in the 28000 block of Redwood Hwy. stated that her former roommate had been phoning to harass her.

*Two people were warned against trespassing in the 200 block of N. Redwood Hwy. in Downtown CJ.

*Some sort of disturbance was reported in the 300 block of E. River Street at 11:12 p.m.

Sunday, Oct. 12

*California resident Susan M. Ramirez, 41, was cited on a charge of speeding (75 mph in a 55 mph zone) in the 32000 block of Redwood Hwy. at 12:04 a.m.

*Jeremy Adam Pope, 20, was cited on a charge of driving under the influence of an intoxicant (DUII) on Redwood Hwy. at River Street at 1:32 a.m. And he was warned for failure to use headlights when required.

*Around 20 head of cattle and two sheep were said to

be blocking Illinois River Road at 8:15 a.m. A caretaker was notified.

*Robin J. Highbarger, 16, was cited on a charge of speeding (75 mph in a 45 mph zone) in the 900 block of Caves Hwy. at 9:30 p.m.

*Shawn Cedric Ford, 42, was cited on charges of delivery of and possession of controlled substance (DCS, PCS/methamphetamine) following a traffic stop in the 400 block of S. Redwood Hwy. at 9:36 p.m. He also was cited on a charge of no operator’s permit. It was reported that a passenger, wearing shorts and carrying a briefcase, boogied.

Monday, Oct. 13

*Theft of prescription medication from a vehicle in the 200 block of W. Watkins Street was reported.

*Theft of a zippered bag containing personal items from a vehicle was reported by a caller who’d parked near Rough & Ready Creek to walk a dog, only to discover the theft upon returning.

*A group of interesting people who were reported drinking beer and being disorderly were contacted on W. Watkins Street at 5:38 p.m. They said they would cause no further problems.

*Robert N. Kells, 18, was arrested on S. Kerby Avenue on a warrant charging third-degree assault and riot.

*Contacted on Chapman Creek Road, Curtis Lee McGuire, 19, was arrested on a warrant charging riot.

Tuesday, Oct. 14

*Erik Blair Melzer, 33, was cited on a charge of driving uninsured on Redwood Hwy. near milepost 25 at 1:12 a.m.

*Information about a possible DUII driver in a gold-colored Chevy van on Caves Hwy. was relayed to Oregon State Police.

*Two young children were located playing near Illinois River after they’d wandered away from home on S. Kerby Avenue. Their mother was counseled about supervising her children.

*While cutting wood near Josephine Creek, a man reportedly shot himself in the foot with a .357-caliber weapon. He was treated at Three Rivers Community Hospital in Grants Pass.

*Eddie Dwayne Buttram, was cited on a charge of DWS on S. Kerby Avenue at 6:30 p.m.

*A Kerby resident reported what she called an unauthorized \$394 charge to

her checking account.

*Tasha Thornton, 20, was arrested on a warrant charging FTA on an original UUMV charge.

*Daniel Thomas Grebisz, 21, was cited on charges of DWS and driving uninsured on Redwood Hwy. near Eight Dollar Mountain Road at 10:13 p.m.

Wednesday, Oct. 15

*A caller was concerned about a man firing a shotgun near a commercial pumpkin patch where small children were present.

*Kenneth L. Vaughn, 59, was cited on a charge of DWS. He was provided a ride to his residence from the 200 block of Finch Road.

*A gray Subaru was reported stolen from where it had broken down in the 2000 block of Caves Hwy.

*Racing vehicles and gunshots were heard on W. River Street around 9 p.m.

*Four teen-aged persons were warned against loitering and littering on Lurline Lane off Laurel Road at 10:23 p.m. One suspended driver license was seized.

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