

LETTERS

Appreciate new council

It is the new year and on Jan. 5 our new mayor, Joe Henry, and three new city councilors, George Lyddon, Susy Lacer and Ron Preisler, were sworn in at city hall. Along with Joshua Greene they are our city government. These generous people are taking on a large job and they are doing this without recompense.

If you see them on the street and want to complain about something that you want changed, stop and instead thank them for donating their time and effort and for caring about our city.

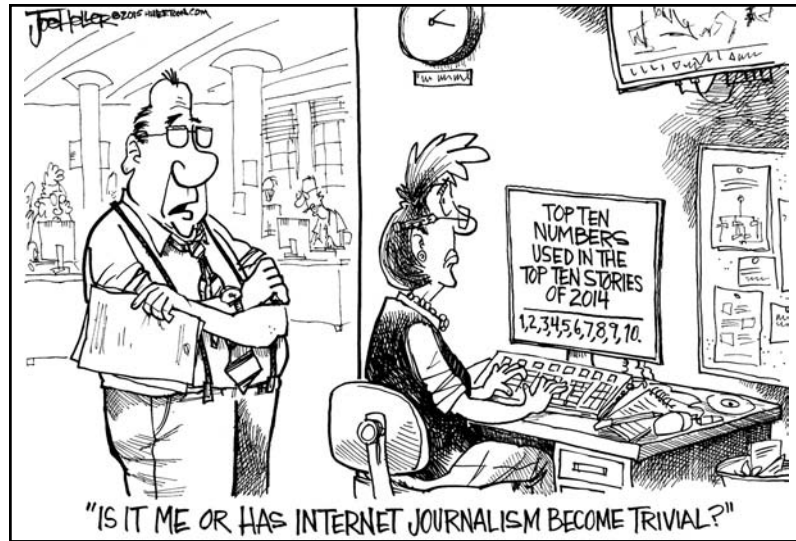
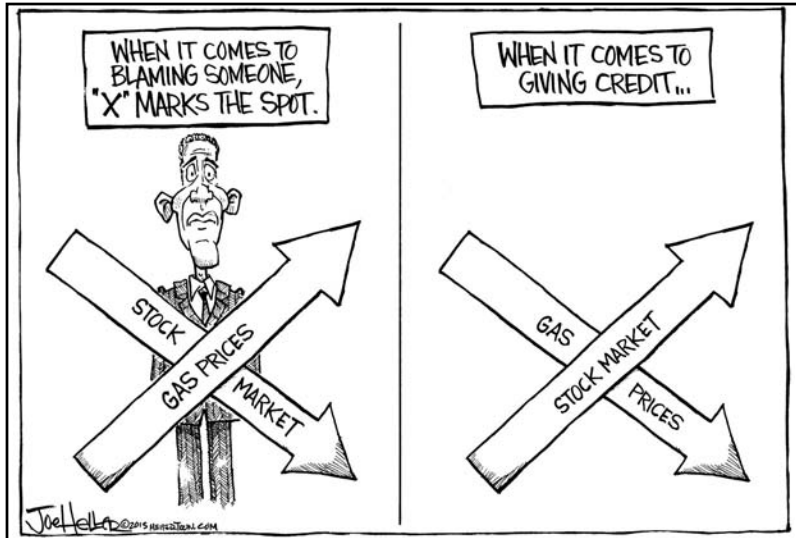
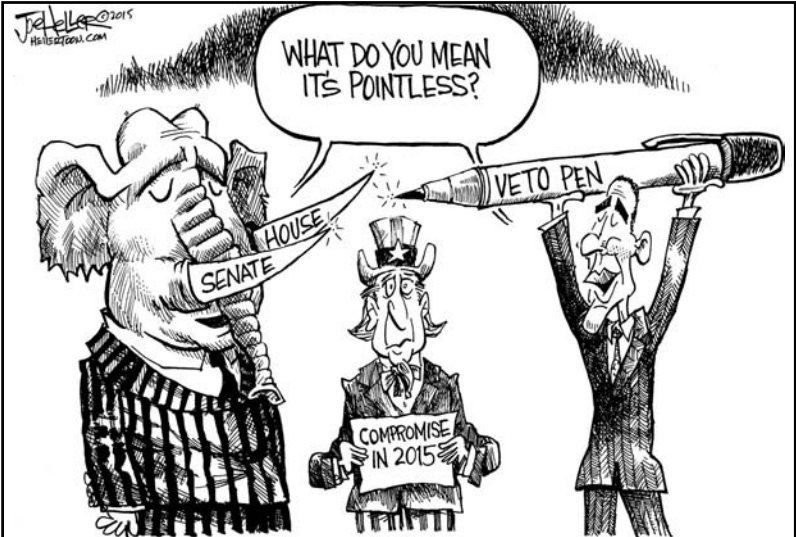
Next election you too could put your time and effort into running a successful campaign and you could be in their shoes.

Pamela Richardson  
Florence

Time of renewal, gratitude

As the new year comes, so do some reflections on how I choose to spend my time. I'm extremely grateful that I live in Florence and I'm looking forward to taking on new volunteer roles within our community.

One organization with which I've become involved this past year is the Ladies of Elks. This extraordinary group of women do so much good work, not only for the people who live in our wonderful community, but they reach far beyond, even to the sands of the Middle East to support our troops with hundreds of dozens of cookies and other items through a program called "A Touch of Home." We provide cookies and handmade items to the Veterans Hospital of Roseburg; scholarships to seniors at Siuslaw,



Reedsport, Mapleton and Triangle Lake high schools; numerous donations to groups seeking financial assistance or support; and outreach to families in distress.

I would like to thank those of you who have come to our annual bake sale each May and our annual holiday bazaar in November, as well as those of you who come to play bingo every Tuesday afternoon and evening at the Elks Lodge. All of these events are the genesis of our fundraising efforts. Monies raised through these efforts are allocated to support our giving programs.

If you are thinking about becoming involved in a community outreach group, I'd encourage you to do so. The rewards are very heartwarming and fulfilling.

Have a happy and healthy 2015.  
Kate Wheeler  
Florence

Editor adieu

I just learned through the headlines in the Siuslaw News yesterday, Wednesday, Jan. 7, that Theresa Baer will be leaving the post as editor to our Siuslaw News. I want to take this opportunity to personally and publicly thank Theresa for her work here. Over these past seven years she has jumped sideways to be of help to me personally in getting press releases, letters to the editor and various notifications published. I believe the coverage Theresa gave me three years ago contributed to the success of our first Colorado Picnic, going the extra mile. She will be missed and I appreciate all she has done in her work here and wish her life's very best as she returns (home) to be a part of her parents' lives.

Donna Dobson  
Florence

JOEL FUHRMAN, MD

Some whole grains are better than others

Most grain products eaten in the United States are refined. When whole grains are refined, for example into white flour or white rice, they are stripped of fiber and micronutrients, leaving behind a calorie-rich, nutrient-poor food.

Pooling the data from six previous studies has concluded that eating three servings (about 90 grams) of whole grains daily is associated with a 17 percent decrease in risk of colorectal cancers.

Also, in review of 16 other studies, they concluded that every 10 grams of fiber consumed daily provided a 12 percent reduction in colon cancer risk. So it's the refined grains that could increase one's risk of colon cancer. Studies have already linked refined grains with higher rates of breast cancer too.

The most favorable way to consume grains is with the grain remaining intact.

Examples of intact grains are

brown and wild rice, wheat berries, barley, quinoa and steel cut oats. Cooking these grains in water is the most healthful way to prepare them, which also prevents the formation of acrylamide, a potentially toxic compound.

Intact whole grains can be eaten for breakfast with fruit and seeds, or with tomato sauce and onions with lunch or dinner. Whole wheat pasta also has a fairly favorable glycemic load, but bean and lentil pasta are even better.

Also too much grain, even too much whole grains, can make your diet sub-optimal.

The reason for this can be:

1. If you eat too many grains, you may not eat enough beans, green and yellow vegetables, which are more micronutrient dense.
2. Most brown rice is contaminated with arsenic-containing agricultural chemicals, which can find its way to your plate.

3. Many whole grains breads, cereals and crackers are dry cooked and can be browned, forming a toxin called acrylamide, which is potentially harmful. High acrylamide intake is associated with several cancers.

4. Whole grain pastry flour can still have an unfavorable glycemic load because it is ground so fine. Many studies have linked high GL foods to increased risk of colorectal cancers.

Among carbohydrate sources, beans are superior to whole grains with respect to their micronutrient density, glycemic effects and fiber and resistant starch content.

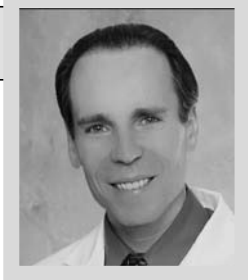
Fiber helps to prevent colon cancer by reducing the contact between dietary carcinogens and intestinal cells via increasing stool bulk and accelerating transit time. Resistant starch, similar to fiber, is a carbohydrate that is not broken down by human digestive enzymes.

Fiber and resistant starch act as prebiotics, fueling the growth of healthy bacteria (probiotics); healthy bacteria in gut the ferment fiber and resistant starch, forming short chain fatty acids that have a number of anti-cancer effects.

Eating beans, peas, or lentils at least twice a week has been found to decrease colon cancer risk by 50 percent.

In summary, intact whole grains are healthful natural foods that contain beneficial phytochemicals. For optimal disease protection, I recommend eating beans every day, avoiding refined grains, and primarily eating whole grains intact and cooked in water (rather than as breads or pastas).

Dr. Fuhrman is a New York Times best-selling author and board certified family physician.



YESTERDAY'S NEWS

MOMENTS IN TIME  
The History Channel

• On Jan. 13, 1128, Pope Honorius II grants a papal sanction to the military order known as the Knights Templar, declaring it to be an army of God. The self-imposed mission of the Knights Templar was to protect Christian pilgrims on their way to the Holy Land.

• On Jan. 14, 1860, the U.S. House of Representatives' Committee of Thirty-Three submits a proposed constitutional amendment protecting slavery in all areas where it already existed. The proposed measure was not enough to stem the tide of seceding states.

• On Jan. 15, 1870, the first recorded use of a donkey to represent the Democratic Party appears in Harper's Weekly, drawn by political illustrator Thomas Nast. Four years later, Nast originated the use of an elephant to symbolize the Republican Party in a Harper's Weekly cartoon.

• On Jan. 18, 1882, A.A. Milne, creator of Winnie-the-Pooh, is born. Years later when his son, Christopher Robin, was born, Milne used the boy's stuffed animals as inspiration for the stories "Winnie-the-Pooh" and "The House at Pooh Corner."

• On Jan. 12, 1932, Ophelia Wyatt Caraway, a Democrat from Arkansas, becomes the first woman to be elected to the U.S. Senate. Caraway had been appointed to the Senate two months earlier to fill the vacancy left by her late husband, Thaddeus Horatio Caraway.

• On Jan. 17, 1984, U.S. Supreme Court decides Universal v. Sony, the court battle over the legality of the video cassette recorder (VCR) and its allegedly detrimental effect on the motion-picture industry. The U.S. District Court ruled in favor of Sony, stating that taping material for private entertainment purposes was fair use.

• On Jan. 16, 1991, the United Nations deadline for the Iraqi withdrawal from Kuwait expires, and the Pentagon prepares to commence offensive operations to forcibly eject Iraq from its five-month occupation of its oil-rich neighbor. Operation Desert Storm was conducted by an international coalition under the command of U.S. General Norman Schwarzkopf and featured forces from 32 nations.

The Siuslaw News welcomes letters to the editor on subjects of general interest to its readership. Brevity is mandatory, and letters are subject to editing. Libelous letters and poetry will not be published. Thank-you letters are generally inappropriate. Publication of any letter is not guaranteed. Opinions expressed here do not necessarily reflect those of News Media Corporation. Letters must be signed over the writer's name, address and phone number. Send letters to: editor@thesiuslawnews.com.

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John Bartlett  
Jenna Bartlett  
Theresa Baer  
Susan Gutierrez  
Ryan Cronk  
Cathy Dietz  
Ron Annis  
Jeremy Gentry

Publisher, ext. 327  
General Manager, ext. 318  
Editor, ext. 313  
Advertising Director, ext. 326  
Features Editor, ext. 314  
Office Supervisor, ext. 312  
Production Supervisor  
Press Manager

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WHERE TO WRITE

Pres. Barack Obama  
The White House  
1600 Pennsylvania Ave. NW  
Washington, D.C. 20500  
Comments: 202-456-1111  
Switchboard: 202-456-1414  
FAX: 202-456-2461  
TTY/TDD Comments: 202-456-6213  
www.whitehouse.gov

Gov. John Kitzhaber  
160 State Capitol  
900 Court St.  
Salem, OR 97301-4047  
Governor's Citizens' Rep.  
Message Line 503-378-4582  
www.oregon.gov/gov

U.S. Sen. Ron Wyden  
221 Dirksen Senate Office Bldg  
Washington, DC 20510

202-224-5244  
541-431-0229  
www.wyden.senate.gov

U.S. Sen. Jeff Merkley  
313 Hart Senate Office Bldg  
Washington, DC 20510  
202-224-3753/FAX: 202-228-3997  
541-465-6750

U.S. Rep. Peter DeFazio (4th Dist.)  
2134 Rayburn HOB  
Washington, DC 20515  
202-225-6416/ 800-944-9603  
541-269-2609/ 541-465-6732  
www.defazio.house.gov

State Sen. Arnie Roblan (Dist. 5)  
900 Court St. NE - S-417  
Salem, OR 97301  
503-986-1705

FAX: 503-986-1080  
Email:  
Sen.ArnieRoblan@state.or.us

State Rep. Caddy McKeown  
(Dist. 9)  
900 Court St. NE  
Salem, OR 97301  
503-986-1409  
Email:  
rep.caddymckeown@state.or.us

West Lane County Commissioner  
Jay Bozievich  
125 E. Eighth St.  
Eugene, OR 97401  
541-682-4203  
FAX: 541-682-4616  
Email: Jay.Bozievich@co.lane.or.us