

Western Lane Ambulance District Ambulance Runs Jan. 12–18

Date	Time	Area	Type
1/12/15	0133	Rhododendron Dr	Medical
1/12/15	1156	Coastal Highlands Dr	Medical
1/12/15	1344	Outer Dr	Medical
1/12/15	1426	21st Street	Medical
1/12/15	1516	12th Street	Medical
1/12/15	2156	Transfer to Eugene	Medical
1/12/15	2253	Oak Street	Medical
1/13/14	0429	Market Street	Medical
1/13/15	1426	21st Street	Medical
1/13/15	1720	Transfer to Eugene	Transfer
1/13/15	2344	Rhododendron Drive	Medical
1/14/15	1019	Hwy 101	Transfer
1/14/15	1247	24th Street	Medical
1/14/15	1335	Hwy 101	Transfer
1/15/15	0655	Woodland Lane	Medical
1/15/15	0815	Maple Street	Medical
1/15/15	1423	Hwy 36	Medical
1/15/15	1745	Transfer to Eugene	Medical
1/15/15	2034	Rhododendron Drive	Medical
1/15/15	2130	Transfer to Eugene	Medical
1/16/15	0049	Maple Lane	Medical
1/16/15	0633	Alder Drive	Medical
1/16/15	0958	Munsel Creek Loop	Transfer
1/16/15	1417	15th Street	Medical
1/16/15	2056	1st Street	Transfer
1/17/15	0800	Transfer to OHSU	Medical
1/17/15	0900	Grand Ave	Medical
1/17/15	1100	Transfer	Medical
1/17/15	1424	Cloudercroft Lane	Transfer
1/17/15	1943	Greenwood Street	Medical
1/17/15	2002	Spruce Street	Transfer
1/17/15	2105	35th and Spruce St	Transfer
1/18/15	0514	Oak Street	Medical
1/18/15	0716	Spruce Street	Medical
1/18/15	0800	9th Street	Transfer
1/18/15	1021	Rhododendron Drive	Transfer
1/18/15	1549	Transfer to Eugene	Medical
1/18/15	1608	South Shore Drive	Medical
1/18/15	2258	Rhododendron Drive	Medical

JOEL FUHRMAN, MD

Benefits of berries, cherries, pomegranates

What makes berries, cherries and pomegranates unique and beneficial? Berries and cherries are high in nutrients, phytochemicals, and fiber — all of which protect your health.

Notably, berries have the highest nutrient-to-calorie ratio of all fruits.

Berries, cherries and pomegranates are full of beneficial phytochemicals, many of which act as antioxidants.

Berries are some of the highest antioxidant-rich foods in existence and cherries — which are not berries, but rather a stone fruit (like peaches and plums) — are also rich in flavonoid antioxidant compounds.

Antioxidants are critical for your health as they protect against oxidation and minimize oxidative damage to your cells. Oxidative damage ages the body and catalyzes a host of chronic diseases, including heart disease and cancer.

Berries, cherries and pomegranates are abundant in flavonoid antioxidants, which are concentrated in their skins and give rise to their deep hues of red, blue and purple.

Flavonoids affect gene expression, detoxification, inhibition of cancer cell growth and proliferation, and inhibition of inflammation and other processes related to cancer and heart disease.

Reduction in heart disease risk

Likely due to these cell signaling actions of flavonoids, several studies have shown that high flavonoid intake lowers the risk of heart disease by up to 45 percent.

Flavonoids in berries, cherries and pomegranates and other pomegranate polyphenols appear to act in several different ways to maintain

heart health including by reducing inflammation, improving blood lipid, blood pressure, and blood sugar levels, and by preventing plaque formation.

Protection against cancers

The antioxidants in berries, cherries and pomegranates help to protect against cancers. In the 1980s, ellagic acid, another type of antioxidant abundant in berries, blocked the formation of tumors, providing the initial evidence that these fruits were anti-cancer foods.

Flavonoids have powerful anti-cancer effects including reducing inflammation, preventing damage to genetic material, preventing cancer cells from multiplying, slowing the growth of cancer cells, preventing tumors from acquiring a blood supply, and stimulating the body's own antioxidant enzymes.

Pomegranate has anti-angiogenic properties that prevent tumors from getting nourishment and oxygen via blood vessel support. Pomegranate also can reduce breast cancer risk with natural aromatase inhibitors, which inhibit the production of estrogen.

Improvements in brain function

Berries are excellent foods for the brain. Substances present in blueberries can both reduce oxidative stress and improve communication between brain cells.

Blueberries, strawberries, and blackberries have all been shown to slow or reverse age-related cognitive decline in animal studies, and blueberries have now been tested for their effects on human memory.

Older adults with mildly impaired memory were given wild blueberry juice as a sup-

plement, and after as little as 12 weeks, measures of learning and memory had improved.

The antioxidants in cherries have also been shown to protect brain cells against oxidative stress, implying that eating cherries may help to prevent neurodegenerative diseases like dementia. In people with mild memory complaints, those who drank pomegranate juice daily performed better on memory task compared to placebo groups and displayed an increase in brain activation measured by functional MRI.

Pain reduction and exercise recovery

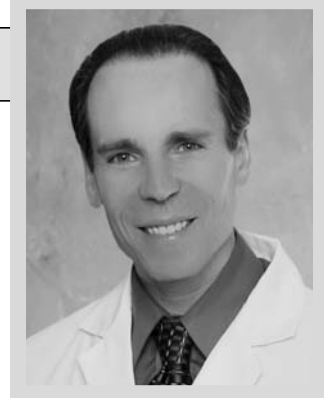
Cherries have a unique anti-inflammatory function that may offer natural pain reduction. Cherry extracts inhibit the action of cyclooxygenase-1 (COX-1) and COX-2 enzymes.

These enzymes are important components of the inflammatory process and the sensation of pain. These are the same enzymes that are inhibited by many common pain medications, such as ibuprofen and naproxen.

In fact, the COX inhibitory activity of cherry flavonoids is comparable to that of equal concentrations of these medications.

Cherries and cherry juice have eased symptoms of gout and arthritis in human subjects, and may also help athletes reduce post-workout muscle pain. Distance runners training for a race who drank tart cherry juice twice daily for 8 days (7 days prior to race plus race day) experienced less post-race pain than those who drank a placebo.

Similarly in strength training workouts, those who drank tart cherry juice experienced less pain and strength loss over the four following days, com-



pared to those in the placebo group.

Improvements in sleep

Cherries may help you sleep. Tart cherries are one of the few food sources of the hormone and antioxidant melatonin, which regulates the sleep-wake cycle in the human brain.

Tart cherry juice supplementation has been associated with improvements in sleep quality.

Reductions in uric acid (Gout)

Evidence has emerged that the anti-inflammatory effects of tart cherry juice could benefit those with gout. In this study, overweight and obese people consumed eight ounces per day of tart cherry juice or took a placebo for four weeks. Those in the group who drank tart cherry juice experienced reductions in uric acid levels and inflammation markers.

In summary, berries, cherries and pomegranates are important components of a natural, high-nutrient diet. I recommend eating them daily to provide the body with protection against free radicals, inflammation, heart disease and cancers.

Include them as part of your variety of fruits, in addition to a bounty of vegetables, beans, nuts, and seeds, which together can provide an abundant and varied mix of antioxidants, further protecting your health.

Dr. Fuhrman is a New York Times best-selling author and board-certified family physician specializing in lifestyle and nutritional medicine.

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Hang up to avoid phone scams

Ever wonder why there are so many cons, scams, and computer phishing incidences? The answer is, it is profitable for the criminals because thousands of people continue to allow themselves to be victimized every year.

Everyone wants a good deal with a purchase or service, but

people should realize by now that things aren't always what they seem.

Many people seeking a good deal allow themselves to be deceived by smooth-talking sales pitches.

The good news is that it is relatively simple to reduce the risk of being victimized, or

even to eliminate the success of a con or scam, and it doesn't involve any cost.

All you have to do is hang up.

While there are many honest and credible salespeople, it's impossible to tell the difference between an honest person and dishonest person if you don't personally know them or have credible references.

So, when a person calls;

- Soliciting information from you about anything, hang up.

- Claiming to be from a financial institution or credit card company, hang up.

- Claiming you've won a prize, hang up.

- Offering a deal on home repair or landscaping, hang up.

- Contacts you at your home or business to offer you a deal on home repair or landscaping, say goodbye and shut the door.

If they remain, call the police.

- Claiming to be a relative and you don't recognize the voice, hang up.

- If you're not certain, ask them personal questions that only that relative would know the answers to. If they miss one, hang up.

Telemarketers are an annoyance to most everyone. Our phone etiquette has allowed the birth of a business to become a giant industry in this country.

Hang up. Your financial institutions, credit card companies, businesses, and companies you have traded with know how to contact you.

They still utilize the U.S. Mail or use other modes of communication that you have established with them.

Don't allow yourself to become a victim.

Hang up.

For more information, visit www.lincolncountysheriff.net.

— Lincoln County Sheriff's Office

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