

Community education classes beginning at LCC

LCC is offering many upcoming community education classes designed to suit a variety of interests:

- **Designing Your Own Flax Fiber Art** — a four-part course gives both beginning and intermediate students an opportunity to explore and create unique individual art from handmade flax fibers. The class begins Monday, Feb. 2, from 5:30 to 7 p.m.
- **Film Appreciation** begins Tuesday, Feb. 10, and will be

held from 1 to 3 p.m. Focus will be on classics, comedies and westerns.

- **How Does Your Garden Grow** — on Tuesday, Feb. 24, from 6 to 7:30 p.m., the class will help gardeners get ideas, provide tips and offer advice to know before you grow.

For more information on these classes, call Lane Community College at 541-997-8444, visit the college at 3149 Oak St., or visit www.lanec.edu/florence.

JOEL FUHRMAN, MD

Cruciferous vegetables anti-cancer foods

Nutrition scientists have shown over and over that people who eat more natural plant foods — vegetables, fruits, legumes, nuts and seeds, etc. — are less likely to be diagnosed with cancer. But are all vegetables equally protective?

To win the war on cancer, we must design an anti-cancer diet, which focuses on the foods with the most powerful anti-cancer effects — then we could eat plenty of these foods each day, flooding our bodies with the protective substances contained within them.

The cruciferous family of vegetables is full of super foods with powerful anti-cancer effects — we should eat vegetables from this family every day. This family includes green vegetables like kale and bok choy plus some non-green vegetables like cauliflower.

Cruciferous vegetables contain glucosinolates and in a different area of the cell, an enzyme called myrosinase.

When we blend, chop or chew these vegetables, we

break up the plant cells, allowing myrosinase to come into contact with glucosinolates, initiating a chemical reaction that produces isothiocyanates (ITCs) — powerful anti-cancer compounds. ITCs have been shown to detoxify and remove carcinogens, kill cancer cells, and prevent tumors from growing.

Observational studies have shown that eating ITC-rich cruciferous vegetables protects against cancer — here are a few examples:

- Twenty-eight servings of vegetables per week decreased prostate cancer risk by 33 percent, but just three servings of cruciferous vegetables per week decreased prostate cancer risk by 41 percent.

- One or more servings of cabbage per week reduced risk of pancreatic cancer by 38 percent.

- One serving per day of cruciferous vegetables reduced the risk of breast cancer by over 50 percent.

Cruciferous vegetables are

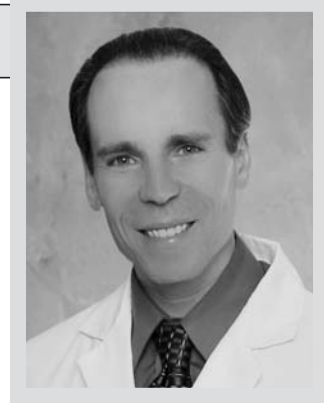
especially helpful for preventing hormonal cancers, such as breast cancer, because some ITC, such as indole-3-carbinol (abundant in broccoli, Brussels sprouts and cabbage), can even help the body excrete estrogen and other hormones.

In fact, new research has shown additional anti-estrogenic effects of both indole-3-carbinol and sulforaphane (most abundant in broccoli); these ITCs blunt the growth-promoting effects of estrogen on breast and cervical cancer cells.

Eating cruciferous vegetables produces measurable isothiocyanates in breast tissue, and observational studies show that women who eat more cruciferous vegetables are less likely to be diagnosed with breast cancer.

In a recent Chinese study, women who regularly ate one serving per day of cruciferous vegetables had a 50 percent reduced risk of breast cancer.

A 17-percent decrease in breast cancer risk was found in



a European study for consuming cruciferous vegetables at least once a week.

Plus, breast cancer survivors who eat cruciferous vegetables regularly have lower risk of cancer recurrence — the more cruciferous vegetables they ate, the lower their risk.

Within an overall nutrient-dense eating style, cruciferous vegetables can provide us with a profound level of protection against cancer.

Don't forget: chopping, chewing, blending, or juicing cruciferous vegetables is necessary to produce the anti-cancer ITCs.

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

Let me Showcase your property.



Richard Beaudro
Principal Broker
541 991-6677



0 Collins Rd — Secluded Siltcoos Lakefront home site with boat house. Great opportunity to own a rare floating boathouse in a wind protected, private setting. Douglas County permits, beautiful mountain and lake views, and the best fishing area on the lake. Seller Terms! \$99,500. #2267-13418501



1749 Highway 101 • 541-997-1200



NOW BUYING USED CARS & TRUCKS

Under 100,000 miles.

JOHNSTON MOTOR COMPANY

www.johnstonmotorcompany.com

2150 Hwy. 101 • Florence
(541) 997-3475 • 1-800-348-3475



Last day for Oregonians to enroll in health plan is Feb. 15

Only two weeks left to sign up with HealthCare.gov or wait until 2016

Oregonians have just two more weeks to enroll in health coverage for 2015.

The open enrollment period for health insurance ends on Feb. 15. This is the only opportunity for Oregonians to get health coverage for 2015 or change their health plans.

"Time is running out for Oregonians to get coverage for 2015," said Aaron Patnode, executive director of Cover Oregon. "Enrolling through HealthCare.gov has proved to

be a smooth process this year, and we hope more consumers take this opportunity to get coverage and financial savings over the next two weeks."

Oregonians can go to HealthCare.gov to access financial help, compare plans from multiple insurers, and enroll.

They also can enroll with the help of an insurance agent or community partner. More than 92,000 Oregonians have already enrolled in a plan

through HealthCare.gov.

"Health plans provide many free preventive services as well as financial security in the event of an unexpected illness or injury," said Laura Cali, Oregon insurance commissioner. "In addition, having coverage protects you from facing a penalty when you file your taxes."

Cali reminds Oregonians that they have to pay their first month's premium in order for their coverage to be effective.

The membership packets enrollees receive from their insurance companies will provide instructions on making these monthly payments.

Oregonians can continue to get help enrolling over the next two weeks.

Visit CoverOregon.com to find an insurance agent or community partner. Cover Oregon also is holding 11 enrollment open houses in eight cities before the deadline. Find the schedule at bit.ly/CO-enroll.

DEADLINE FOR PRESS RELEASES IS EVERY MONDAY AND THURSDAY BY NOON.

Subscribe or Renew Today

Siuslaw News

AND REGISTER TO WIN

A Floral Arrangement once a month for a year!
FREE Delivery in the Florence Area
(Wire orders excluded) \$360 Value



Flowers by Bobbi

Full Service Flower Shop
1234 Rhododendron Dr • 541-997-5391
www.flowersbybobbi.com

- Basic Plan — \$18 every 10-weeks (20 issues)
- Annual Plan — \$71 -52 weeks (104 issues)

Three ways to subscribe or renew

- 1) Call 541-997-3441
- 2) Online www.thesiuslawnews.com
- 3) Mail PO Box 10 Florence OR 97439

Name: _____

Address _____

Phone number: _____

Amount: _____ Check# _____

CC# _____

Exp: _____ Security Code: _____

Full Color \$35 additional cost!

2015 Florence Area 30th EDITION Business Profile

All Glossy Pages

Since 1986

Advertising Deadline: February 2, 2015

Publication Date: February 28, 2015

TO BE INCLUDED IN THE 2015 FLORENCE AREA BUSINESS PROFILE, PLEASE COMPLETE THIS FORM, AND FAX, MAIL OR BRING IT IN PERSON TO THE SIUSLAW NEWS OFFICE.

TO HAVE A PHOTO TAKEN, CALL FOR AN APPOINTMENT.

**THE SIUSLAW NEWS: 148 MAPLE STREET (P.O. BOX 10)
FLORENCE, OR 97439**

PHONE: 541-997-3441 • FAX 541-997-7979

PLEASE PRINT OR TYPE

BUSINESS NAME (as you wish it to appear in the directory): _____

Address / Location: _____

Phone: _____ FAX _____ email _____

Business Owner Name: _____

Website: _____

Ad Size: 1/8 Pg. \$195 1/4 Pg. \$295 1/2 Page \$395 Full Page \$650 Full Color \$35

Category you wish to be listed in: _____ (additional categories \$5.00 each)

Please write a brief description of your goods and/or services for your ad.

Facebook Twitter Shoppelocal Other _____

Photo New Taken? Proof: YES NO

Names of persons in photo(s): _____

The Business Profile is an annual publication of the Siuslaw News. 10,000+ copies are printed and distributed throughout the year by the Chamber of Commerce, local realty offices, the Florence Events Center, and from more than 60 other locations throughout the community. The Directory provides valuable information about local resources to both newcomers and the residents at large. Be sure your business is included in the 2015 issue - RETURN THIS FORM TODAY!