

## Library Friends to join Green Fair today at FEC

Friends of the Library (FOL) will be participating in the Green Fair today, May 2, at the Florence Events Center from 10 a.m. to 4 p.m.

The Friends will provide the following activities and information at the Siuslaw Library Booth:

- A book repair demonstration to show how books are recycled through repair
- The sale of select books and our new book bags

• A greeting card demonstration by FOL members to show creative cards made from obsolete old books

• FOL membership information

• And library displays covering events, books, programs and more about the latest happenings at the library

For more information about the Friends of the Library, email [siuslawlibraryfriends@gmail.com](mailto:siuslawlibraryfriends@gmail.com).



Compartiendo Alimentos (Food Share) de Florence es una despensa de alimentos que sirve a personas necesitadas con cajas de comida de emergencia en el área del Oeste del Condado de Lane. Nosotros distribuimos un suministro de 3 a 5 días de alimentos para nuestros clientes, sin costo alguno, hasta 16 veces al año, y estamos disponibles para todas las personas que califiquen por bajos ingresos. Nuestra misión es aliviar el hambre en el Oeste del Condado de Lane y creemos que nadie debe sentir hambre, sin importar su raza o grupo étnico. Compartiendo Alimentos (Food Share) recientemente recibió dos becas específicamente para ayudar a nuestra comunidad Latina, así que por favor visite nuestra despensa y disfrute de nuestra "Área de Comida Internacional", que ahora provee harina de maíz, o masa, tortillas de maíz, salsa mole, hojas de maíz para tamales, salsa para enchiladas, jalapeños, y mucho más. Nos encontramos en 2190 Spruce Street, Florence, Oregón, en el mismo estacionamiento que la Iglesia New Life Lutheran. ¡Gracias!

JOEL FUHRMAN, MD

## Diet-related issues linked to early menopause

Endocrine disrupting chemicals (EDCs) are hormonally active synthetic substances that can mimic, alter or oppose the actions of our body's natural hormones.

EDCs are considered by scientists to be a significant public health concern. Exposure to EDCs is associated with reproductive abnormalities and breast and prostate cancers.

New research suggests that exposure to certain EDCs is linked to an earlier age at menopause. Earlier menopause is significant because it can represent a premature decline in ovary function. At earlier points in time, this could cause reduced fertility.

A premature decline in ovarian function may also increase the risk of cardiovascular disease and osteoporosis after menopause.

Awareness of bisphenol A (BPA) and other EDCs in plastics and can liners is widespread.

However, we are exposed to many EDCs in addition to BPA,

such as PCBs, DDT and phthalates.

The study used data collected from women across the U.S. on age at their last menstrual cycle and blood or urine concentrations of many different EDCs.

High blood concentrations of fifteen EDCs were associated with earlier age at menopause (by 1.9 to 3.8 years).

PCBs have been banned since the 1970s, but PCBs still persist in the environment and accumulate in the fatty tissues of animals. We can be exposed to PCBs by eating fatty animal products. Some of the most contaminated foods are fish, butter and ground beef.

According to data from the Environmental Working Group on certain PCBs, farmed salmon has 16 times the PCB content of wild salmon and four times the PCB content of beef.

The pesticides that were associated with early menopause in the study were DDE (a breakdown product of DDT),

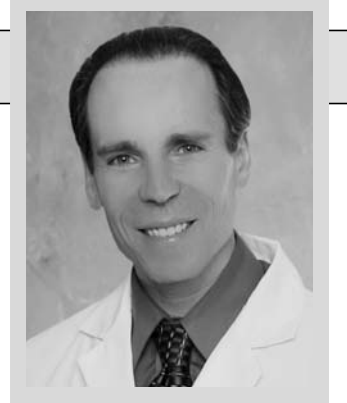
beta-HCH, and mirex. Similar to PCBs, all of these pesticides were banned in the 1970s, but still persist in the environment, and we primarily are exposed to these chemicals by eating animal foods.

The strongest links to early menopause were for the two phthalates, which are indicators of exposure to a plasticizer called DEHP.

Phthalates such as DEHP are used to make plastic materials (especially PVC plastics) more pliable.

Phthalates are also used in cosmetics and fragrances, pharmaceuticals, cleaning products, and insecticides. For DEHP, our exposure comes primarily from plastic food packaging, and limiting intake of packaged foods has been shown to reduce urine DEHP concentration.

In a dietary intervention study, participants were instructed to eat fresh foods that were not canned or packaged in plastic for three days. Urine levels of DEHP (and also BPA) decreased during the three-day



intervention.

Although we are exposed to EDCs on a daily basis, there are steps we can take to reduce this exposure:

- Avoid or minimize animal products, especially fish.
- Minimize foods packaged in plastic (especially with recycling code #3).
- Check ingredient lists on personal care products for phthalates.
- Avoid cleaning products and personal care products with "fragrance" in the ingredient list.

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

Visit his website at [DrFuhrman.com](http://DrFuhrman.com), or submit questions and comments to [newsquestions@drfuhrman.com](mailto:newsquestions@drfuhrman.com).

## Chronic disease self-management workshop starts May 21

"Living Well with Chronic Conditions" is a six-week workshop series designed for adults with any chronic health condition, and provides helpful information and skills related to nutrition, exercise, relaxation, better communication with your doctor and more.

It is new to the Florence area, though it has been held in the Eugene/Springfield area for decades.

The curriculum was designed by Stanford School of Medicine.

LCOG Senior and Disability Services provides the program

free of charge to the community in partnership with Trillium Community Health Plan and Lane County Public Health.

Graduates will gain and practice skills in goal setting and problem solving. The next session of Living Well with Chronic Conditions will be

May 21, from 10 a.m. to 12:30 p.m., at Spruce Point Memory Care, 375 Ninth St. in Florence.

Registration is required.

Interested individuals should call 541-682-4103 or email [livingwell@lcog.org](mailto:livingwell@lcog.org) for more information or to register.

## Community Chorus presents 'Hooray for Hollywood' Sunday

At 2 p.m. on May 3, a musical performance called "Hooray for Hollywood" will be presented by the Community Chorus of Florence Oregon at the Florence Event Center.

The program, under the baton of interim director Paul

Guthmuller, will include many songs from popular motion pictures of the past.

Special guests performing at the concert include Florence favorite the FloTones.

In addition, the Siuslaw Children's Choir, consisting of

students in grades three to six, will also perform. Elise Arnold will direct both the children's choir and the Chorus' James Bond theme.

Tickets for the concert are available at the Florence Event Center and are \$15 for adults,

with children under 18 years of age admitted free.

For more information or tickets, call the FEC at 541-997-1994 or visit [www.eventcenter.org](http://www.eventcenter.org), or the Community Chorus at [www.communitychorusflorence.org](http://www.communitychorusflorence.org).

IT'S OUR 100TH ANNIVERSARY & WE'RE HAVING A PARTY!

SIUSLAW PUBLIC LIBRARY DISTRICT

MAY 7th, 6-8pm

AT THE FLORENCE LIBRARY, 1460 9th ST

A CHAMBER AFTER HOURS EVERYONE IS WELCOME TO JOIN IN!



FREE: WINE, APPETIZERS, LIVE MUSIC, DOOR PRIZES, SCAVENGER HUNT, FUN!

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THANK YOU FOR 100 YEARS May 7, 1915 - May 7, 2015

## FEATURED BOAT OF THE WEEK



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