

FACC to discuss employment, education

In alignment with the City of Florence's new "City in Motion" initiative, the Florence Area Community Coalition's (FACC) Wednesday, Nov. 4, meeting will focus on jobs.

Speakers will be Ann Blakeslee, business and employment specialist at the Department of Employment, and Russell Pierson, interim director of Lane Community College Florence.

Blakeslee will tell about WorkSource Oregon, a network of public and private partners working together for businesses and workers. Services they provide

include job listings, referrals, hiring events, resume and application resources, internet access for job search, informational workshops.

Pierson says that LCC Florence is Western Lane County's gateway to educational opportunity and economic development. This month's featured agency is Florence Food Share. Attendees are encouraged to donate food items or cash contributions at the meeting.

The free meeting will be from 9 to 10:30 a.m., in the Bromley Room of the Siuslaw Public Library.

JOEL FUHRMAN, MD

Enjoy the fall apple harvest

Crisp, juicy apples are a fall tradition. Take advantage of the bountiful selection of apples available this time of year. There are hundreds of varieties to sample. They range from red to yellow to green, crunchily to tender, sweet to tart and simple to complex.

Apples contain a wide variety of phytochemicals, many of which have been found to have strong antioxidant activity. They are particularly high in quercetin, a flavonoid antioxidant. Epidemiological studies have linked the consumption of apples with reduced risk of some cancers, cardiovascular disease, asthma, diabetes and obesity.

Not only can eating an apple a day help keep the doctor away, an apple a day might keep the pounds away too;

adding apples to the diet has been shown to enhance weight loss.

To optimize phytochemical content, it is important to eat the pigment-rich apple skin. Choose whole, organic apples over applesauce or apple juice.

Apples are also a rich source of pectin, a type of soluble fiber that is found in plant cell walls and tissues. This soluble fiber works to lower cholesterol by reducing the amount that is absorbed in the intestines.

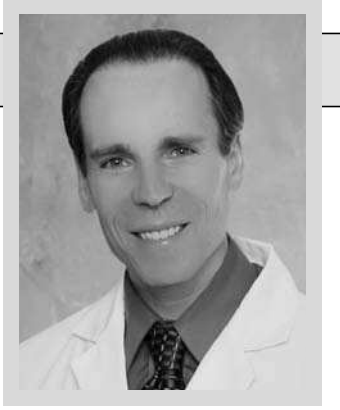
Studies have shown that the pectin in apples interacts with other apple phytonutrients to achieve an even greater reduction in cholesterol.

Researchers have also discovered that apples can boost intestinal health by increasing the numbers of good gut bacteria which feed on apple pectin.

Portable and easy to pack, apples are great to include in your on-the-go meals. For an easy dessert, enjoy them baked with a sprinkle of cinnamon and nutmeg. I like to dice an apple, toss it with baby greens, some chickpeas, maybe a handful of walnuts or pumpkin seeds and then top it off with a flavored vinegar or perhaps a nut/seed-based dressing.

Experiment with the many different varieties of apples to discover which ones are your favorites. Have fun seeking out your local organic apple growers, farm stands and farmers markets and look for different types of interesting apples.

They do not have to look perfect. The smaller and more imperfect they look, the better they taste. If you go apple picking and get lots of them, don't



worry, you can store them for several months.

Just wrap each apple in a paper towel to prevent them from touching each other and store in a closed cardboard box in a cool place such as the basement or garage.

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, or submit questions and comments to newsquestions@drfuhrman.com.

Old Town "Trick Or Treat" at the Siuslaw Pioneer Museum
- Free Admission -
Saturday, October 31
3:00pm to 5:00pm

Coffee, Cider, Treat Bags & Prizes

Halloween Party at Frank's Place
Join us for Live Music, Dancing and a Costume party
October 31st, 8 pm - Midnight!
541-268-4856
10788 Hwy. 126, Mapleton

'Dia de los Muertos' celebration set at library

Local resident, Mary McCarthy, a retired Registered Nurse Practitioner, will share her experiences celebrating the annual Dia de los Muertos (Day of the Dead) holiday Oct. 31 and Nov. 1 at the Siuslaw Public Library.

The lively talk will be held both days beginning at 1 p.m.

This Day of the Dead gathering is sure to appeal to anyone interested in customs of other cultures and, in particular, this festive tradition honoring those who have passed away.

For twenty-five years, Mary McCarthy attended to the HIV/AIDS patients at the University of California San Diego's Owen Clinic.

"Because I speak Spanish, I attended to many of the Mexican patients who came to Owen Clinic," said McCarthy. "Some of their customs related to death and dying were of



COURTESY PHOTO

Sugar skulls, a Dia de los Muertos Treat

great interest to me."

McCarthy's interest in the Dia de los Muertos rituals and festivities included erecting an offrenda at the Owen Clinic each year and gathering various representations of the familiar symbols of the celebration: calacas and calaveras (skeletons and skulls).

This year, with the help of

those attending the celebration, McCarthy will build an altar to honor departed family and friends. Attendees are invited to bring their own objects to place on the altar in celebratory memory of their loved ones.

Dias de los Muertos or Days of the Dead festivities observed in Mexico and many

Latin American countries and communities are held over a two-day period annually on Nov. 1 and 2.

The holiday honors those who have passed away with joyful rather than somber celebrations, as there is a commonly held belief by the community of celebrants that the deceased would be offended by grief.

The festivities include food, drink, and music. Families gather and share happy remembrances about the dearly departed and ofrendas (personal altars) are erected on which to place mementos of the dead including candles, flowers and pictures.

This presentation by McCarthy about the festive Dias de los Muertos celebration is free and open to the general public.

Join in the celebration of departed loved ones.

For more information about the program, visit the Siuslaw Public Library in person, call 541-997-3132 or visit www.siuslawlibrary.org.

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READY WHEN YOU ARE

Friendship Club donates to Van Fans

The Siuslaw Friendship Club president Joan Randle presented a check for \$500 to Van Fans president Karen Lee at the Van Fans October card party and luncheon.

The Club will hold its Nov. 12 luncheon meeting at the Elks Club beginning at 11 a.m.

The speaker will be Petty Officer Crossley of the U. S. Coast Guard.

The Friendship Club meets on the second Thursday of the month, September through June.

For more information, contact membership chairman Betty Fieldson at 541-997-2842.



COURTESY PHOTO

Friendship Club president Joan Randle presents a check to Van Fans president Karen Lee.

Calling all ghosts, goblins, critters and creatures to join in the FUN!

Spruce Point Assisted Living and Memory Care Community is offering a Safe Halloween and Trick or Treat Event

Saturday, October 31
3:00pm-6:00pm in our front lobby

Prizes for our SPOOKY coloring contest. Treats and gift bags until they last.

This free event is open to the public and kids of all ages are welcome.

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