

Cooking class to be held at Real Food Co-op

Join Chef Annie McHale of ROOTS Culinary School for a free cooking demonstration at the Real Food Co-op on Wednesday, Feb. 3, from 4 to 6 p.m.

Chef McHale will show how to make fresh hummus and oregano crackers from scratch using whole ingredients that can be found at the co-op.

Attendees will leave this event with samples, recipes and helpful hints.

McHale is founder and director of ROOTS Culinary School which offers real food cooking classes and retreats. She is currently managing the kitchen at the Yacht's Farm Store, is a freelance writer for Azure Standard in Dufur, Ore.,

and a member of Florence's Real Food Co-op.

Her cooking classes specialize in gluten, sugar and dairy-free cooking.

McHale is a former corporate trainer and worked in organization development and brings these skills to her classes. The Real Food Co-op is committed to community education about eating healthy, whole foods that are grown sustainably. The co-op actively supports local farms and producers.

Join us at Real Food Co-op, 1379 B Rhododendron Drive.

For more information, call 541-997-3396.

Receive a 5 percent discount on in-store purchases during the time of the event.

JOEL FUHRMAN, MD

Benefits of berries, cherries and 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.

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 main-

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

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.

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

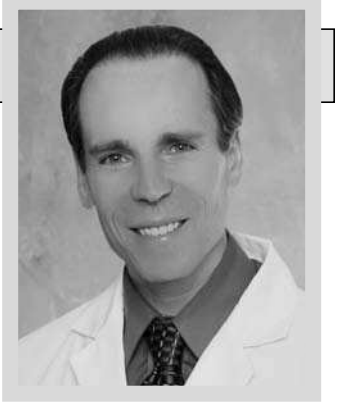
The antioxidants in cherries have also been shown to protect brain cells against oxidative stress, implying that eating cherries may help to prevent neurodegenerative diseases like dementia. In people with mild memory complaints, those who drank pomegranate juice daily performed better on memory task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

Cherries have a unique anti-inflammatory function that may offer natural pain reduction by inhibiting certain enzymes that are part 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.

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 eight days (Seven 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, compared to those in the placebo group.

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.

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.

Visit his website at DrFuhrman.com, or submit questions and comments to newsquestions@drfuhrman.com.

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Old Testament classes begin Feb. 2 at LDS church

A 12-week class on the Old Testament begins Tuesday, Feb. 2, and runs every Tuesday through April 19, from 6:30 to 8 p.m., at the Church of Jesus Christ of Latter-day Saints on the corner of North Fork and

Munsel Lake roads. These classes are open to all members of the Florence community and the public is invited to attend all sessions or any sessions of particular interest with no class fees or admission

costs of any kind. This will be an unusual perspective of the scriptures and a Jewish/Christian interpretation of the Messiah and the purpose of not only the Bible but the Old Testament as well and the amazing story of how the Bible was obtained. The 12 classes in order will be:

1. Origin of the Bible
2. Overview of the Old Testament's 39 books and their meaning
3. The Torah or Pentateuch (first five books of the Bible)
4. Abraham makes a Covenant
5. Jacob/Joseph and the 12 tribes of Israel
6. The Real Story of the Exodus and the Passover
7. Significance of David/Solomon and the Jewish Nation
8. Importance of the writings called Psalms, Proverbs, Ecclesiastes and the Coming of Elijah
9. Isaiah speaks to Israel
10. Isaiah writes of Messiah, Restoration of Israel, Atonement and Second Coming
11. Jeremiah, Ezekiel,

Daniel and Zechariah 12. The Old Testament Prophets testify of Messiah's Second Coming

Joel Marks is the instructor and has studied the topic for 40 years, teaching religion classes for more than 20 years. He has also taught American history as an adjunct professor for Southern Oregon University (OLLI Program in Ashland) and at the Rogue Community College in Medford. Marks has a teaching degree from Southern Illinois University in business education and a master's degree in business from City University in Seattle. He has also taught seminars on "The Origin of the Bible," "The History of the Temple" and "The Second Advent of the Messiah."

Marks has written an as-yet-unpublished book called "The Jewish Messiah Ben David," spanning 750 pages and 1,700 footnotes detailing the life of the Messiah as an observant Jew and the Jewish history concerning the Messiah.

For more information about the weekly classes, call 541-840-0620.

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WORD ON THE STREET

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What film that premiered in 2015 was your favorite?

"'Jurassic World' because it was executed so well and continued the story really well. Plus, it was the kind of movie that brought people together everywhere to see it."
—CONNOR WHEELER, FLORENCE

"'Glorious' was my favorite because it's very personal and impactful. Other than that, I can't pick between 'Mad Max: Fury Road' and 'The Revenant.'"
—BRYNNE SAPP, FLORENCE

"My favorite narrative film was 'Spotlight.' My favorite cinematographic experience was 'The Revenant.'"
—MICHAEL FALTER, FLORENCE

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