

Siuslaw News
P.O. Box 10
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Opinion

DISASTER PREP

By Dave Robinson
Special to the Siuslaw News

Sprouts

Fresh vegetables can be a rarity in the event of a disaster. When supply lines are disrupted, the foods we take for granted could be in very short supply. Many have already set aside non-perishable food to eat when the stores are empty. However, fresh vegetables may be another matter.

Thousands of folks plant a vegetable garden every year to raise their own vegetables. Some do it as a hobby and some as a matter of necessity. Either way the experts tell us home-grown veggies are better tasting and, in most cases, better for us. Obviously gardening is a long-term project not to be rolled out the day after a disaster with the expectation of a ready food supply.

Recently I was reminded of a process our ancestors used, later adopted by the back-to-the land movement of the 1960s and '70s — sprouts.

Sprouts have long been celebrated for their healthy properties, and more recently for their ability to treat certain kinds of cancers, high cholesterol, even arteriosclerosis

and certain cardiovascular disease. Some studies even indicate that sprouts protect us from the ongoing effects of aging.

I was given a partial bag of lentils and a few simple instructions: “Put two table-spoons of lentils in a quart Mason jar. Cover with water overnight then rinse a couple of times every day.”

It has been almost a week and my sprouts are nearly filling the (wide-mouth) Mason jar. Some sources say to cover the opening with cheese cloth or plastic mesh to facilitate the rinsing and draining process. I cut a piece of hardware cloth to fit inside the jar ring. I have learned that plastic screen is preferable to metal, but the metal seems to be working at this point.

There are several online sources of information as well as sprout kits available for purchase. Plenty of places on the Internet offer sprout kits. Costs run from \$3.31 for a set of plastic sprouting jar lids to \$55 or more for a full-on kit including organic seeds and full-on instruction book.

Most grocery stores offer a selection of sprouting seeds located somewhere near the produce section. Some popular seeds include lentils, alfalfa, sunflower, mung beans, radish, clover and soybean. Experimentation will prove your favorites, although I’m told the biggest sprouts come from the mung beans.

So whether you are intrigued by a little science experiment in your kitchen (with benefits) or you need to get some edible greens in a short amount of time, you might consider growing sprouts. One more tool to add to your kit. After all, skills and knowledge are more important than stuff. Stuff is good, but skills are better.

Dave Robinson is the postmaster in Bandon, Ore., and author of “Disaster Prep for the Rest of Us.” He may be contacted at disasterprep.dave@gmail.com. Visit his website for more disaster preparedness tips, www.disasterprepdave.blogspot.com.

YESTERDAY’S NEWS

MOMENTS IN TIME
The History Channel

- On April 5, 1614, Pocahontas, daughter of the chief of the Powhatan Indian confederacy, marries English tobacco planter John Rolfe in Jamestown, Virginia. Their marriage brought peace between the English colonists and the Powhatans.
- On April 6, 1776, the Continental Congress takes the first step toward American independence by announcing its decision to open all American ports to international trade with any part of the world not under British rule. It was the first act of independence by the Continental Congress.
- On April 9, 1865, at Appomattox, Virginia, Confederate Gen. Robert E. Lee surrenders his 28,000 troops to Union Gen. Ulysses S. Grant, effectively ending the Civil War. Forced to abandon the Confederate capital of Richmond, Lee had no other option.
- On April 10, 1879, Sandor Herz — the future John Hertz, the man behind what will one day be the world’s largest car-rental company — is born in present-day Slovakia. In 1923, Hertz bought a fleet of used Ford Model Ts and named the business Hertz Drive-Ur-Self Corporation.

- On April 7, 1954, President Dwight Eisenhower coins one of the most famous Cold War phrases when he suggests the fall of French Indochina to the communists could create a “domino” effect in Southeast Asia. He predicted that this would lead to the “loss of Indochina, of Burma, of Thailand, of the Peninsula, and Indonesia following.”
- On April 4, 1975, childhood friends Bill Gates and Paul Allen found the computer software company Microsoft. In 1987, the 31-year-old Gates became the world’s youngest billionaire. Today, Microsoft is the world’s largest software maker.
- On April 8, 1990, “Who killed Laura Palmer?” was the question on everyone’s lips when David Lynch’s surreal television drama “Twin Peaks” premiered on ABC. Shot in and around the logging town of Snoqualmie, Washington, “Twin Peaks” starred Kyle MacLachlan as relentlessly quirky FBI agent Dale Cooper.

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Red Kettle Campaign

During this past Christmas season, a most wonderful effort came together under the leadership of Janet Snow, a first-year resident in Florence. Janet had been a volunteer Red Kettle Bell Ringer in Fresno, Calif., for 15 years prior to moving to Florence.

At her first opportunity, she contacted the Salvation Army and volunteered to be the kettle coordinator for Western Lane County — a non-paying position. This was the first Red Kettle Campaign in the Florence area in perhaps more than 20 years.

A challenging goal was announced to raise \$10,000. Local civic leader Sam Spayd started off the campaign with a gift of \$1,000. After many hours of work to organize and train a small army of more than 50 volunteers, those familiar bells started ringing at six locations in Florence and Mapleton.

Janet and local volunteers diligently collected coins and small bills from red kettles each night between Thanksgiving and Christmas Eve. The Christmas Lighted Boat Parade at Darlings Marina on Siltcoos Lake had to be canceled due to hazardous weather conditions but still managed to raise \$1,300. The Ladies of the Elks generously donated a \$1,000 in support of the Salvation Army’s Home Front War Relief that helps veterans and their families.

When the final coins were counted, nearly \$17,000 had been raised. Recently, a local supporter who had followed the progress of the campaign in the Siuslaw News arranged to match every dollar that had been raised. Thus, a total of \$33,544 was credited to the campaign.

This coming Monday, everyone who supported this effort in any way is invited to a gathering to thank and congratulate the vol-



unteers and donors in Western Lane County.

Local restaurateurs Blaise Khufu and Melonie Rollins will be hosting a Making a Difference Dinner on Monday, April 4, from 6 to 7:30 p.m. at the Siuslaw Riverside Restaurant, 1340 Bay St. in Old Town Florence. Seating is limited, so make reservations by calling 541-991-3663. Cost of the dinners will be \$20 each.

This is your chance to meet some of the people who worked so hard to raise this money and hear how the Salvation Army plans to use that money to support local needs in the Western Lane County area.

Bill Olson
Florence

Easter Egg Hunt

The grass was damp but the rain held up for the 2016 annual Florence Community Easter Egg Hunt, hosted by the Siuslaw High School Interact Club and sponsored by the Rotary Club of Florence.

Hundreds of hardy youngsters were rewarded with nearly 4,000 colorful Easter Eggs filled with treats and prizes to put in their baskets, bags and boxes.

The Siuslaw High School Interact Club, in conjunction with the Rotary Club of Florence, want to thank the following businesses for their contributions of

goods, discounts and publicity in helping this year’s Easter Egg Hunt be so successful:

Grocery Outlet, Wind Drift Gallery, City Lights Cinemas, Abby’s Pizza, Dairy Queen, Taco Time, McDonalds, Western Lane Ambulance District, Florence Events Center, Roby’s, Siuslaw News and KCST Radio.

Our area youth continually benefits from these and other generous businesses in Florence.

In addition, thank you to the community for supporting our efforts by attending this event. See you next Easter!

Claire Waggoner, Milly Spires and Jaidan Haley
Interact Community Easter Egg Hunt Committee

Lis Farm and Jenna Bartlett
Rotary Advisers, SHS Interact

Up in arms by letter

Mr. Cable had a letter published March 26 titled “Up In Arms,” and I disagree.

He says that Hillary Clinton “is being investigated by the FBI for Benghazi,” and that isn’t true, which you can verify by a simple Google search. There have been eight or nine Republican-led Congressional investigations, which could not find anything she did wrong.

Einstein defined insanity as repeating the same action many

times and expecting different results. Mr. Cable also said the FBI is investigating Clinton for using a private server and email account, which her predecessors, Colin Powel and Condoleezza Rice, had done. They have found no wrongdoing and have not brought charges.

Finally, the FBI is investigating if large donors to the Clinton Foundation, a public charity, received special favor from our State Department, while she headed it. No accusations or charges have been made by the FBI. Unlike the McCarthy era, we do not smear people for investigations, where there is no proof of wrongdoing.

As to Mr. Cable saying Bernie Sanders has been “preaching open rebellion from the very beginning and even more scary is income redistribution,” Sanders is preaching revolution against the big money in politics, and he doesn’t believe a corporation is a person, so it can be limited in its political giving.

Income redistribution is what the IRS does. We have a graduated income tax in the United States, since 1913, and the highest brackets pay more than the lower, and that is income redistribution.

Sanders proposes that the wealthy pay a higher rate and that corporations pay more in taxes. He has proposed programs that will benefit the United States, as the GI Bill did after World War II and the Eisenhower Interstate Highway System did, programs that help create a large middle class in the United States.

For most Americans, higher income tax rates on the wealthy made for a better, stronger America, and better standards of living for most.

I support what Hillary and Bernie want to do working with Americans, because I love America.

James A. O’Connell
Florence

LETTERS TO THE EDITOR POLICY

The Siuslaw News welcomes letters to the editor concerning issues affecting the Florence area and Lane County.

Emailed letters are preferred. Handwritten or typed letters must be signed. All letters should be limited to about 300 words and must include the writer’s full name, address and phone number for verification.

Letters are subject to editing for length, grammar and clarity. Publication of any letter is not guaranteed and depends on space available and the volume of letters received.

Libelous and anonymous letters as well as poetry will not be published.

All submissions become the property of Siuslaw News and will not be returned.

Write to:
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