

Siuslaw superintendent plans information sharing meetings to discuss school bond

Siuslaw School District Superintendent Ethel Angal is conducting information sharing and listening meetings at various locations in the coming months regarding the district asking voters to consider a bond measure to construct a new high school.

Angal will offer information on the condition of the current building and why the district has proposed building new versus remodeling, as well as listen to questions or concerns of community members.

The following meetings are scheduled:

April 4 — 5:30 p.m., Siuslaw High School library, 2975 Oak St.

April 11 — 5:30 p.m., Siuslaw High School library, 2975 Oak St.

April 18 — 5:30 p.m., Siuslaw High School library, 2975 Oak St.; includes SHS facility tour

April 22 — noon, Siuslaw School District Office boardroom, 2111 Oak St.

April 29 — noon, Siuslaw Public Library Bromley Room, 1460 Ninth St.

May 1 — time TBD, Unitarian Universalist Fellowship

May 2 — 5:30 p.m., Siuslaw High School library, 2975 Oak St.; includes SHS facility tour

May 5 — noon, Siuslaw School District Office boardroom, 2111 Oak St.

May 6 — time TBD, City Club Presentation, Driftwood Shores conference room

May 9 — 5:30 p.m., Siuslaw High School library, 2975 Oak St.

May 10 — noon, Rotary Club presentation

For more information, contact the district office at 541-997-2651.

JOEL FUHRMAN, MD

Soups — essential for a high-nutrient diet

Soups, along with salads, are an essential part of a high-nutrient (Nutritarian) diet, and for good reason.

Vegetable and bean soups and stews are nutrient-rich, flavorful and easy to prepare. They can be served as a complement to a meal or as the centerpiece.

Soups can easily be cooked in bulk to provide several days' worth of leftovers, convenient to have on hand at home or to take along to work or school.

Soups and stews are warming, satisfying and satiating, and can widen your nutrient diversity. They can be made from a variety of fresh, frozen or even leftover ingredients and allow for experimentation in a pot, pressure cooker, slow cooker or even right in a Vitamix or other high-powered blender.

Since soups are gently cooked with a liquid base, nutrients are retained and some are made more absorbable. Many nutrients, like niacin, folate, and a range of minerals, are water soluble. Normally, with water-based

cooking, like boiling, water-soluble nutrients are leached into the cooking water and discarded. However, with soups, the liquid and the water-soluble nutrients are retained and consumed.

Cooking soup heats, moisturizes and softens vegetables and beans, which dramatically increases the potential digestibility and absorption of the nutritious compounds contained within them.

Recent studies confirm that the body absorbs more of the beneficial anti-cancer compounds, carotenoids in particular, especially lutein and lycopene, from cooked vegetables as compared to raw vegetables.

Scientists speculate that the increase in absorption of these antioxidants after cooking may be attributed to the destruction of the cell matrix or connective bands to which these compounds are bound.

Additionally, cooking vegetables in soups breaks down the cellulose within them and alters the plants' cell structures, which facilitates digestion. This way of cooking also prevents foods from browning and forming toxic compounds, like acrylamide, which is formed in dry, high-temperature cooking, like baking, frying, and grilling,

and is a potential carcinogen or cancer-causing agent.

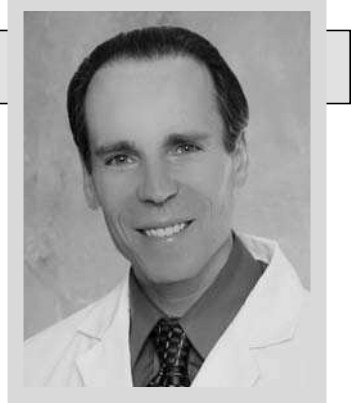
For superior nutrition, become an expert at making great soups. Make your soups with some of the G-BOMBS, like greens, beans, onions and mushrooms, which are some of the most nutritious foods on the planet and combine so well in a big pot for a super nutritious and savory meal.

Start your soups with a base of water and fresh vegetable juice, like carrot, celery or tomato juice or a no-salt-added vegetable broth, with less than 200 mg of sodium per cup.

Next, add some dry beans, as they take the longest to cook. Then, add some onions, leeks or other members of the Allium family, leafy green vegetables, other vegetables that you have on hand, and some herbs, spices or fruits like parsley, black pepper or lemon.

Be sure to include some cruciferous vegetables into the mix, such as kale, bok choy or cabbage.

Chop or blend most of the vegetables before adding them to the pot to form organosulfur compounds in the onions and isothiocyanates (ITCs) in the cruciferous vegetables, which are very important disease-fight-



ing phytochemicals.

To make a creamier soup and add another layer of flavor blend some nuts into the soup.

Try the sample soup recipes for tomato bisque or Black Forest cream of mushroom soup on my website at www.drfuhrman.com/library/recipes.aspx.

Cook a large pot of soup at least once a week and store leftovers in individual containers, in the refrigerator for 5 days or longer in the freezer.

Be wary of commercially-available canned soups as they are often high in sodium.

Quick, hot, tasty and nutrient dense-soups in all of their varieties are a great way to experience the pleasures of the Nutritarian diet.

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.

Find us on **Facebook**
FACEBOOK.COM/SIUSLAWNEWS

HIT THAT **LIKE** BUTTON!

Do your part and volunteer today to help support these local non-profit organizations in our community!



Volunteer • Get involved • Donate

Helping Hands Coalition

Assisting those in need in our Community. Free Hot Meals Mon-Wed-Fri 11 AM - 2 PM
PO Box 1296 • 1339 Rhododendron Dr., Florence, OR 97439
Call 541-997-5057 to Volunteer

Meals on Wheels and Cafe 60

Meals on Wheels are available to people over the age of 60 who cannot get out much due to illness or advanced age and who are not eating properly, regardless of income. Cafe 60 is available for those who prefer to make new friends in a dining room setting.
1570 Kingwood
PO Box 2313, Florence
541-997-5673
lanesenior meals.org

Memory Loss Respite Center of Florence

A place in Florence for loved ones suffering from memory loss needs volunteers. Please contact 541-902-8539 for more information.

Peace Harbor Volunteers

Join the Peace Harbor Hospital Volunteers, you will find an area of interest in a caring organization.
400 9th Street, Florence
541-997-8412 ext. 209

Siuslaw Outreach Services

SOS is looking for a few great volunteers!
We have morning opportunities available at the front desk! Spend a few hours each week greeting clients, answering the phone and helping our community. All training is provided. Call our Volunteer Coordinator- Lori @ 541-997-2816

Us Too Florence

Saving men one PSA test at a time. "Someone to talk to...who understands!"
541-997-6626
maribob@oregonfast.net
www.ustooflorence.org

To include your organization in this directory, please call us @ 541-997-3441

FACC to hear United Way's ALICE report

Florence Area Community Coalition (FACC) will host Katy Colburn, Community Resource Specialist for United Way of Lane County, on Wednesday, April 6, from 9 to 10:30 a.m., in the Bromley Room at the Siuslaw Public Library.

Colburn will be speaking about ALICE, the recent United Ways of the Pacific Northwest report on Asset Limited, Income Constrained Employed households in Oregon, Washington and Idaho.

The ALICE report shows that one-third of the Pacific Northwest population struggles every month to afford basic necessities. ALICE families work hard and earn above the federal poverty level, but not enough to afford a basic household budget of housing, food, utilities, child care, transportation and health care.

ALICE families represent all ages, races, ethnicities, and

live in every county in the Pacific Northwest. Florence has the largest percentage of ALICE households at 51 percent of total households.

Colburn will speak about the report and offer strategies that the FACC and Florence community can utilize to improve the situation.

The featured agency for this month is Boys and Girls Club. Attendees are encouraged to bring items to donate which might include non-scratch kitchen utensils for its newly-established meal program, along with girls' softball equipment or teen items for its club store (gift cards, movie passes, electronics items, etc.)

Students earn "Club Store Bucks" by performing well in school and exchange them for store items. All are welcome to attend the FACC meeting. Refreshments will be served.

In addition, The United Way will provide free 211 training on Wednesday, April 6, at the

Siuslaw Library in the Bromley room right after the FACC monthly meeting, at approximately 10:30 a.m.

Every day, across Oregon, people are looking for help. Oregon 211 is working to help connect community members to available services Monday through Friday, 8 a.m. to 6 p.m.

Those who call 2-1-1 can speak with a highly-trained call specialist who can help find the information and services needed.

The call will be free and confidential. Similar to 911, 211 is a one-stop connection to local services, including utility assistance, food, housing, child care, after-school programs, elder care, crisis intervention and more. The 211 program is ready to assist anyone find the help they need.

There is no charge for the class, but pre-register by signing up on florenceareacc@gmail.com.

Dinner theater fundraiser set for April 8 in Yachats

YACHATS — Yachats Youth and Family Activities Program (YYFAP) will hold its annual Dinner Theater

Fundraiser on Friday, April 8.

The show is a special showing of "The Odd Couple — Female Version," by Neil

Simon.

In addition to the lively show, there are many items for the silent and live auctions this year, including several get-away packages, such as a night's stay at TuTuTun Lodge on the Rogue River, a two nights' stay at Old Town Inn in Florence and a night's stay at Sea Quest Inn near Yachats.

There are also many items from local businesses and supporters.

Dinner is donated by Ona Restaurant and Catering, with chefs Anthony Velarde and Michelle Korgan cooking up a delightful meal of surf and turf.

This benefit for YYFAP allows it to offer high-quality programs for children and families in South Lincoln County. YYFAP is a nonprofit, state-certified childcare center offering preschool, after-school, literacy and other programs for families.

Tickets are \$60 per person, with all proceeds benefiting local children and families.

Doors open at 5:30 p.m. Reservations are required. Call 541-547-4599 to make a reservation.


Wellspring Clinic
your source for natural medicine

Dr. Mark Immel, Naturopathic Physician
Patricia Immel, Lic. Acupuncturist & Herbalist

541-902-8860

www.TheWellspringClinic.com

Get Results...List With Amanda.



Amanda DeTar
Broker
541 999-4285



11410 E Mapleton Rd — Elevated lot with river views. Build your dream home and enjoy warmer climate within 20 minutes to the Beach. Please do not attempt to enter the old structure. \$74,900. #2534-15161110

  **1749 Highway 101 • 541-997-1200**

Visit the Siuslaw News online at WWW.THESIUSLAWNEWS.COM