

# Mapleton Foundation announces grant info

The Mapleton Community Foundation is currently accepting grant applications from nonprofit organizations for community projects within the Mapleton School District.

The applications should demonstrate how the funding would educationally, culturally, physically or civically improve the students or residents of the area.

Applicants must be a not for profit organization.

Funds will not be awarded to individuals or operating expenses.

Applications are available at the Mapleton Post Office, Mapleton Public Library or call Kathy West at 541-268-4665.

Application deadline is April 28.

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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.

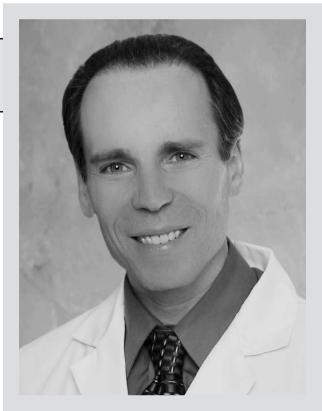
Start your soups with a base of water and fresh vegetable juice, like carrot, celery or tomato juice or a no-salt-added vegetable broth, with less than 200 mg of sodium per cup.

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.

See the "Eat to Live Cookbook" for a full list of soup and stew "mix and match" ingredients and recipes. 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-fighting phytochemicals.

Read more about organosul-



fur compounds and ITCs in chapter four of "The End of Dieting." 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/recipe.aspx](http://www.drfuhrman.com/library/recipe.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](http://DrFuhrman.com), or submit questions and comments to [news-questions@drfuhrman.com](mailto:news-questions@drfuhrman.com).

## Florence chamber announces 2017 Rhody Festival lineup

"Plans are falling into place for our 110th annual Rhododendron Festival, and Florence is 'Always Ready to Rhody,'" said Florence Area Chamber of Commerce Executive Director Bettina Hannigan. "The Siuslaw River Coast Guard Station is celebrating its centennial year of service in Florence, and they are our

inspiration for this year's slogan.

"The Coast Guard's slogan is 'Semper Paratus,' or 'Always Ready,' and they will be our grand marshal for the annual parade," she said.

The festival runs May 19 to 21, but there are preliminary events too.

The Davis Shows Carnival begins at 4 p.m. on Wednesday, May 17, on the Port of Siuslaw grounds at the east end of Historic Old Town Florence.

The carnival runs through Sunday. Discount tickets are available now through Wednesday, May 17, at 1 p.m. at [FlorenceChamber.com](http://FlorenceChamber.com).

Pre-purchasing saves buyers

\$6 on Wednesday's and Thursday's admission, and \$7 on Friday through Sunday's admission.

Queen Rhododendra and the King of the Coast, along with their court, will be installed at 7 p.m. on Thursday, May 18, at the Florence Events Center (FEC). Tickets are \$10, and \$6 for ages 18 and under.

Friday's events include the royal court's display at the Siuslaw Pioneer Museum at the corner of Second and Maple streets; the Florence Regional Arts Alliance (FRAA) fine art and crafts show and sale at the Florence Events Center, 715 Quince St.; and the "Let It Ride" vendor fair at Three

Rivers Casino Resort.

Saturday brings the Maple Street vendor fair to Historic Old Town from 10 a.m. to 6 p.m. and the 39th Annual Rhody Run to the FEC, with a 9 a.m. start time.

The Rhody Festival Junior Parade starts at noon at Miller Park with kids' games to follow at Siuslaw High School.

Siuslaw Middle School shows off its Science, Technology, Engineering, Art and Math fair from 11 a.m. to 3 p.m.

Along with the Let It Ride vendor fair with a motorcycle show on Saturday, there will be the Reel Rally Poker Run at Three Rivers Casino Resort.

The 25th Annual Rhody Show 'n' Shine classic car show runs from 10 a.m. to 2:30 p.m. at the Grocery Outlet parking lot, 2066 Highway 101. At the FEC, the American Rhododendron Society hosts its flower show and sale from 1 to 5 p.m., and The Emerald City Jazz Kings perform at 2 p.m.

The Florence Elks Lodge, 1686 12th St., will host its annual barbeque and pie sale from 11 a.m. to 4 p.m. (or until the goodies run out.)

The Rhody Court's display continues at the Siuslaw Pioneer Museum, and the FRAA art show and sale continues at the FEC through the weekend.



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An orientation meeting will be held Wednesday, May 17, 2017, 5:30-7:00 p.m. At Cottage Grove Chamber of Commerce, 700 E. Gibbs Ave. Cottage Grove, OR 97424

Please call chamber for details Phone: 541-942-2411

Plan now to join Cottage Grove Chamber of Commerce, with business leaders and friends for this once in a lifetime China Adventure. Space is limited.



Cottage Grove Area Chamber of Commerce  
700 E. Gibbs Ave., [www.cgchamber.com](http://www.cgchamber.com)  
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