

Learn about soy to decide whether to add it to your meal planning

In 1999, the Food and Drug Administration approved a new health claim for soy protein, stating "Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease." All soy products containing 6.25 grams of soy protein per serving that are low in fat, cholesterol and sodium may use this health claim.

Since this health claim for reducing heart disease was released, soy protein has also been linked to decreasing the risk of other diseases and health conditions. Soy contains plant-like estrogens called isoflavones, or phytoestrogens, which have been thought to help reduce symptoms of menopause and reducing the risk of breast cancer in women by acting like estrogen in the body. However, a 2006 study by the American Heart Association (AHA) suggests soy may not have as many health benefits as once thought.

The study found that soy protein may lower LDL cholesterol only by 1-3 percent, which is notably less than the 13 per-

cent drop of LDL cholesterol that was found in a previous study. Also a specific isoflavone, genistein, has been thought to lead to an increased risk of recurrent breast cancer. Thus far, no research has been conclusive as to the effects soy has on either menopause or breast cancer. So why eat soy?

Soy contains heart-healthy omega-3 fatty acids and cholesterol-removing soluble fiber. In addition, soy protein is lower in saturated fat and higher in polyunsaturated fats (the "good" fats), fiber, vitamins and minerals than animal protein choices.

In fact, eating soy products in place of foods high in saturated fat and cholesterol, such as hamburgers, hotdogs and cheese, can be a part of a low-fat, low-cholesterol diet. By substituting soy foods for your usual choices, even once in awhile, you can lower the amount of calories, fat and cholesterol you eat.

If you want to try soy foods, do so in moderation. Aim for the FDA recommendation of 25 grams of soy protein a day,

which is approximately four cups of soy milk.

Looking for ways to enjoy soy? Soy milk is a common soy product and is great in smoothies. Also try a handful of soy nuts for a crunchy snack, soy crisps, tofu, tempeh, soy cheese, miso and soy burgers. If you're not sure how to prepare a soy food, first check the food package. Many foods have serving tips, cooking suggestions and recipes right on the package.

Despite mixed findings about breast cancer and menopausal symptoms, soy protein may provide cardiovascular benefits when substituted for foods that are high in cholesterol and saturated fats.

Therefore, the FDA approved soy protein health claim remains valid and is accepted among most health professionals. The next time you enjoy

soy, look for the soy heart health claim and know you're helping your heart.

Source: Robin Gammon, RD, LD, University of Missouri Extension

Ways to decrease your energy use

Please see page 20 From page 15

- Insulating water heater and set its thermostat to 120°.

- Weather stripping around windows and doors.

Additional moderate to significant upfront cost methods for saving energy include:

- Adding insulation to walls and ceilings.

- Replacing/adding ventila-

tion systems.

- Rated models.

It can be helpful to do a home energy audit to determine your household's current energy use.

For more information go to: <http://extension.missouri.edu/boone/homeenergyconservation.htm>.

Source: Barbara Buffalo, University of Missouri-Columbia

Ways to avoid costly financial mistakes

From page 5

and look at the available options.

4. Inadequate Disability Income Insurance – Your earning power is the generator that keeps the wheels of your household running smoothly. But what if that generator breaks down? The risk of disability, as well as its potential cost, is simply too great to ignore. Once again, a company-sponsored plan may be too limited for your needs. Typically, disability income insurance plans will cover 50-60 percent of your annual income for a pre-determined period of time. You'll want to study the policy carefully to understand all of the provisions, including the definition of disability, the waiting period following disability before you can collect, and the length of the payment period.

5. No Estate Plan – Some people have the impression that estate planning is just for the rich. Unfortunately, that view can be costly to their heirs. Your estate includes

such items as your home, cash, investments, personal property, and other assets you and your spouse may own jointly or as community property. These may add up to a lot more than you thought you were worth. Federal estate taxes apply to estates valued at more than \$2 million in 2007 and 2008*, and can climb to over a 45 percent tax rate for large estates. Add in state death taxes and final expenses and your death can be quite costly to your loved ones.

You owe it to your family to have an estate plan in place. An effective will, a trust arrangement, and adequate life insurance are some of the options available to you to help your heirs get what they deserve.

"To err is human" is yet another pearl of wisdom. Sure, everyone makes mistakes, but all of the ones outlined above can be avoided. With proper insurance products and financial strategies you can steer past those costly blunders and be

on the road to financial success.

**This amount increases to \$3,500,000 by 2009. In 2010, the estate tax is repealed for one year only. It resumes in 2011 at \$1 million.*

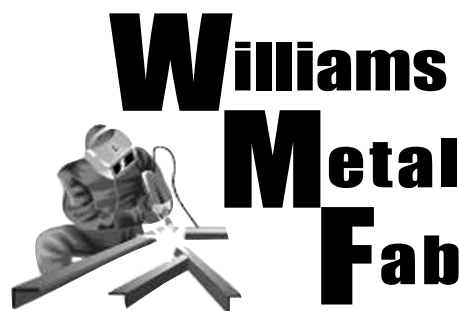
WEATHER REPORT

JUNE 2008

DATE	TEMPERATURE		PRECIP. AMT.
	HI	LO	
1	55	47	--
2	63	45	.71
3	56	45	.04
4	55	39	T
5	55	38	.20
6	54	44	.21
7	54	46	T
8	66	45	T
9	62	41	.28
10	51	42	.02
11	56	44	T
12	69	37	--
13	68	39	--
14	62	37	--
15	69	41	--
16	71	47	--
17	61	46	--
18	66	43	--
19	75	40	--
20	85	41	--
21	81	46	--
22	67	44	--
23	68	35	--
24	72	39	--
25	70	42	--
26	70	42	--
27	85	47	--
28	99	56	--
29	90	56	--
30	81	52	--

Temperature and precipitation amounts are from the official U.S. weather station at the Vernonia water plant. Measurable precipitation in June totalled 1.46 inches.

Save Time and Money ~ Shop Local
and support the advertisers
who keep your community newspaper
FREE



Custom Fabrication & Welding
All Metals Including
Stainless Steel & Aluminum

Portable WELDING AVAILABLE

503-429-8431

17819 Noakes Rd., Vernonia, Oregon

Mariolino's

Overheated in the Sun?

*Come on in and
Cool off with some
Tasty Ice Cream*



**July 18 2008 marks 38 years of
serving the Vernonia community**

721 Madison Ave., Vernonia • 503-429-5018

