

## Eat Right for Winter and Enhance Your Health

By Karin C. Uphoff, M.S., M.H.

As the weather grows cold and the days give way to longer nights, nature turns naturally towards nurture. Plants draw the energy remaining in their branches and stems down into the soil to nourish their roots. Wild animals spend more time eating and resting in order to build and sustain their bodies.

The offerings of harvest at this time of year are rich in color if not calories; pomegranates, cranberries, apples, avocados, grapes, persimmons, pecans, walnuts, hazelnuts, almonds, seeds of all kinds, huckleberries, beets, yams, onions, spinach and potatoes. It is a time for nourishment. The word 'nourish' stems from the Latin root 'nutrire'— to suckle, to feed and sustain with nutriment – the basis for the word *nutrition*.

Our Thanksgiving holiday marks the end of the season's harvest and our gratitude for food that will sustain and nourish us through the "non-growing" season. Though nothing appears to be growing above ground, plants are building beneath the soil in preparation for spring, and so it is for our bodies.

Winter is a time to fortify and repair, by pulling our energy into our center, eating well, breathing deeply and sleeping more. In the northern hemisphere, it is a natural time to slow down, which is at odds with all the holiday activities that supercede this call.

In traditional Chinese medicine, wintertime is associated with the kidneys, the organs that hold our essential chi or energy. Foods that nourish the kidneys, such as whole

grains, beans, red fruits and vegetables, also serve to strengthen our bodies.

What do these late-harvest, rich-colored foods have in common? They are all rich in certain antioxidants and anti-inflammatory compounds which serve to scavenge free radicals. Free radicals are unstable molecules that interfere with a cell's ability to function normally.

Oxidation is a natural process that happens in and around us everyday.

A simple example is cutting an apple in half and expos-

*See WINTER EATING on page 8*

*“ Winter is a time to fortify and repair by pulling our energy into our center, eating well, breathing deeply and sleeping more.”*

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# Environmental Working Group Wallet Card Can Help You Reduce Pesticides in Diet

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An Environmental Working Group simulation of thousands of consumers eating high- and low-pesticide diets shows that people can lower their pesticide exposure by 90 percent by avoiding the top twelve most-contaminated fruits and vegetables and eating the least -contaminated instead. Eating the 12 most-contaminated will expose a person to nearly 20 pesticides per day. Eating the 12 least-contaminated will expose a person to a fraction over 2 pesticides per day. Less dramatic comparisons will produce less dramatic reductions, but without doubt using the Guide provides people with a way to make choices that lower pesticide exposure in the diet.

## Highest in Pesticides

These 12 popular fresh fruits and vegetables are consistently the most contaminated with pesticides — buy these organic if possible

- Apples (imported)
- Bell Peppers
- Celery
- Cherries
- Grapes
- Nectarines
- Peaches
- Pears
- Potatoes
- Red Raspberries
- Spinach
- Strawberries

## Lowest in Pesticides

These 12 popular fresh fruits and vegetables consistently have the lowest levels of pesticides. OK to buy conventional.

- Asparagus
- Avocados
- Bananas
- Broccoli
- Cauliflower
- Corn (sweet)
- Kiwi
- Mangos
- Onions
- Papaya
- Pineapples
- Peas (sweet)

## Pure Mendocino: A Celebration from the Heart of the County

Mark your calendars for Labor Day weekend 2005. “Pure Mendocino” is an exciting, unique celebration of Mendocino County’s leadership in organics and community health, and a major fund raising event for the Cancer Resource Center of Mendocino County.

The Cancer Resource Center (CRC) mission is inextricably tied to community health. In this way, we share in the missions of Mendocino County’s organic farmers and  
*See PURE MENDOCINO on page 3*

## DIRECTOR’S NOTES



On behalf of all of us at the Cancer Resource Center, I take great pleasure in inviting you to celebrate with us our tenth anniversary year! We have many exciting events lined up in 2005. Whether you live in Mendocino County, San Francisco or Minneapolis, there is something for you to participate in.

On June 18, we will be the beneficiaries of a Winemaker’s dinner, held at Goldeneye Winery in Philo (see page 5 for details). In September we will be very busy bees with two different but equally exciting events. On Labor Day weekend, Pure Mendocino: From the Heart of the County, will debut. See the bottom of this page for more. The weekend will culminate on Sunday, Sept. 4, with a dinner and auction at Dark Horse Vineyards, Paul Dolan’s private ranch in the hills above Ukiah valley. Then on Saturday, September 17, we will once again gather at the mouth of Big River for the 6th Annual Big River Run and Walk. We are also designing our educational forums for the year – stay tuned for more information through our website ([www.crcmendocino.org](http://www.crcmendocino.org)).

We care deeply about the health and well-being of our friends and neighbors and hope that our work can ultimately help reduce the risk of cancer. That is why we have worked hard to reduce the use of pesticides in the schools in Mendocino County (see article on page4). It is also why we helped form an alliance (Pure Mendocino) of Mendocino County organic producers.

We know that not everyone has access to organic products, and that they can be more expensive. We hope to see that change as more and more people demand cleaner, healthier choices. Until then, we want to be able to offer alternatives. That’s why on pages 2 and 5 you will find guidelines to buying the least contaminated food in the form of fruits, vegetables and fish.

In closing, I want to announce that I am taking a three-month sabbatical and will return on April 4th. I am taking this time to travel and reflect. We are very fortunate to have Ruth Rosenblum acting as Interim Executive Director in my absence (see page 7). From the bottom of my heart, I thank all of you who have supported the Cancer Resource Center over these last 10 years. We have always prided ourselves in maintaining an open door, an open mind, and an open heart to anyone facing cancer in Mendocino County. That door remains open, and you are to thank for that!

Aloha,

Sara O'Donnell, Executive Director

# Drs. Pert and Ruff Address Emotions

On July 11, at Mendocino's Preston Hall, world-renowned Georgetown University research scientists, Drs. Candace Pert and Michael Ruff, shared a conversation, "Molecules of Emotion." The Cancer Resource Center of Mendocino County was proud to sponsor it.

Community members were enlightened and delighted by the interpersonal thought processing that the two shared, engaging participants in a provocative discussion on the workings of the mind and body as one. Some of the most noteworthy theories discussed were "...depression is the suppression of new cells...", "stem cells are everywhere in our bodies, waiting for direction on what to become...", and that "...serving and showing empathy toward others brings about a healing state for humans..." A common reaction from attendees was that what was being

said confirmed the intuitive actions many were already taking toward their health and general well being.

Topics explored in the dialogue were:

- Why good health may be 'all in your mind'
- How your chakras are related to the chemicals that drive your immune system
- How information is processed throughout your body—not just your brain
- Why the scar on your knee may remember how it got there
- What emotion you can use to help your body heal

We wish to thank the Presbyterian Church of Mendocino for donating the space for this event, The Penina Maier Education Project, Nancy Leavens, Corners of The Mouth, Harvest Market, Thanksgiving

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## PURE MENDOCINO

*continued from page*

processors. So we've joined in common cause to create a major new event for Mendocino County.

The objectives of Pure Mendocino are

- to promote a healthy environment and healthy communities
- to promote Mendocino County's leadership in organic and sustainable farming and
- to raise funds for the work of the CRC.

Plans for Pure Mendocino include a weekend of organic farm and processor tours, with high profile speakers, presentations and workshops during the days, culminating in a "big tent"

organic food and wine tasting, dinner and auction (modeled on CRC's "Seat at the Table" art auction of last year).

Already engaged in planning for this weekend of events are Margaret Fox, Paul Dolan, Katrina Frey, Tom Liden, Nice Alterman, Sara O'Donnell, Nancy Puder, David Hance, Els Cooperrider, Marvin Trotter, Glenn McGourty, Heidi Cusick and Carre Brown.

All of us are determined to make Pure Mendocino a flagship event for the ways in which the people of Mendocino County are working to create healthier lives and communities. There will be more information about Pure Mendocino available early in 2005. ♥

## Cancer Resource Center of Mendocino County

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**Mission Statement:** The Cancer Resource Center of Mendocino County is a grassroots organization whose mission is to improve the quality of life for those in Mendocino County faced with cancer, their families, and their friends by providing a wide range of information, support and advocacy.

### Board of Directors:

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Cynthia Copenhagen

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The Cancer Resource Center of Mendocino County does not advocate or endorse any specific course of treatment, whether a medical treatment or an alternative or complementary treatment plan. Articles printed in this newsletter are provided only to inform. Please let us know if you do not want to receive future issues of CRCMC News, or if you would like to receive your copy via e-mail only. Letters to the editor are welcomed and must be accompanied by a name and phone number. Thank you.

# Community Acorn Project Plants Seeds of Hope

*By Rachel Kradin, AmeriCorps Volunteer*

On a clear, crisp fall day Sara O'Donnell and I joined Bob Nye, Operations Manager of Goldeneye Winery in Philo, and third grade classes of Robert Waring and Julie Rumble from Anderson Valley Elementary School for a field trip to launch a community project sponsored by Goldeneye.

The Goldeneye Community Acorn Project was inspired by an article Nye read about the late black Olympic gold medalist Jesse Owens. During the 1936 Olympic games in Berlin, each athlete who earned a medal was awarded a young oak seedling. Also a winner over the obvious racism at the games, Jesse Owens took his four oak seedlings home and planted them. Learning that three of Owens' four prized oaks were alive and well, Nye was inspired to launch a community-centered project to benefit people who are living with cancer in our county.

Forty-eight third graders and a handful of brave parent chaperones spent the day learning about different types of native oaks and acorn species and their historical and present-day significance to the area.

First, Sherrie Smith-Ferri, director of the Grace Hudson Museum in Ukiah, gave a presentation illustrating how the Pomo people used acorns as a food source. Next, Ken Montgomery, local ecologist/horticulturist, owner of



Anderson Valley Nursery and the director of Anderson Valley High School's horticulture program, led the children on a nature walk through the vineyards and up to the crest of the property to teach them how to identify oaks and acorns.

With Ken's help, the children planted two types of acorns, each indigenous to a different part of the county: the Valley Oak, a native of the Ukiah Valley, and the Interior Live Oak, commonly found in Anderson Valley.

Nye will present the seedlings to CRCMC during a fundraising dinner scheduled for June 18, 2005 at Goldeneye. We look forward to passing on these seedlings to all the victors that the Cancer Resource Center serves. ♥

## School Staff Members Study Integrated Pest Management

Almost all the school districts of Mendocino County were represented at a training on "Best Practices and Least-Toxic Solutions for School Maintenance and Grounds Care." Sponsored by Mendocino Public Health, Mendocino Public Health Advisory Board (MCPHAB) and Cancer Resource Center of Mendocino County. The four-hour training came about as a part of a MCPHAB subcommittee focused on reducing the use of pesticides in schools.

Sara O'Donnell, the Director of CRC and a member of MCPHAB, has worked with the schools over the last several years on this issue, encouraging each school district to establish an Integrated Pest Management policy, in which pesticides are considered a last resort after all other options have been considered. She said that it was "clear all the schools wanted to reduce pesticide use, but many maintenance staff felt that they had no other options and were being left with doing nothing."

Mendocino County Public Health funded the training to help school maintenance staff find non-toxic options. Other

groups represented were County General Services, Public Health's Green Committee, Public Health's Nursing Services and the County Department of Agriculture. Amigo Bob Cantisano, an Integrated Pest Management (IPM) Technical Consultant for the Nevada County school district and an organic agricultural advisor for over 25 years, led the training.

The majority of school districts in the county, including Mendocino, Anderson Valley, Laytonville, Round Valley, Point Arena, Willits, Leggett and Fort Bragg, have stopped using pesticides. While all the districts have an IPM policy in place, many schools have an emergency exemption clause that allows them to use pesticides in the case of an emergency, such as a yellow jacket nest in the middle of a field. Of all the districts represented at the training, only Ukiah is still using pesticides on school grounds, though they have put considerable effort into reducing their use. The main problems the schools are dealing with are gophers, weeds, ants and yellowjackets.

*See PEST MANAGEMENT on page 11*

# Philo Winemaker's Dinner June 18 to Benefit CRC

On Saturday, June 18th CRC will be the beneficiary of a Winemaker's Dinner at Goldeneye Winery in Philo in beautiful Anderson Valley. The proceeds from this dinner will be used for CRC's Patient Navigation program and to ease access to the most frequently requested books and literature for Anderson Valley residents. Glad Walsh, owner of Glad's Café in downtown Boonville, has graciously offered space to house these materials. For more information on the library project, please contact Rachel Kradin at the CRC main branch ( 800/449-6483).

The dinner, which will be served outside under a summer evening sky, will be prepared by Kim Badenhop, chef/owner of The Rendezvous Inn & Restaurant in Fort Bragg.

Kim has had a life-long love of cooking. A graduate of the the New York Restaurant School, Kim also studied under France's Georges Blanc, a world-renowned chef and restaurateur. He became personally acquainted with the regional

cuisines of France, Alsace and the Mediterranean.

After stints as chef at Cafe Beaujolais in Mendocino and the Old Coast Hotel in Fort Bragg, Kim, with his wife Janice, bought the Rendezvous. Its menu reflects Kim's desire to offer a varied selection of interesting dishes at moderate prices. Some of the locals' favorites from both the Old Coast Hotel and the old Rendezvous menus remain available, and other dishes reflect the heartiness and freshness of country French cooking.

Kim pays attention to foods' seasonal availability. Winter, for example, brings wild game and Dungeness crab to the menu, while summertime provides local King Salmon and fresh fruits and vegetables from local farmers' markets.

Reservations for the Winemaker's Dinner at \$125 per person can be made through CRC at 800-449-6483 or 937-3833. ♥

## Fish Contamination Means Limiting Meals per Month

Many types of fish are now contaminated with PCBs, mercury and pesticides. The chart shows the maximum number of meals per month that is safe for each group to eat. This material is reprinted by permission from the website [www.oceansalive.org](http://www.oceansalive.org)

### Recipe: Ginger Brown Basmati Rice

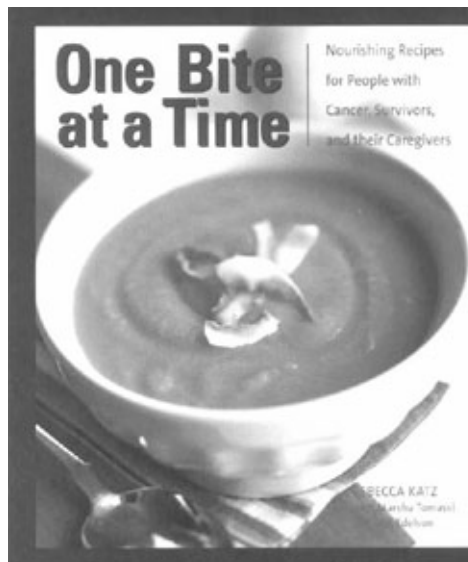
A new addition to the CRC library, "One Bite at a Time" by Rebecca Katz, features "Nourishing Recipes for People with Cancer, Survivors, and their Caregivers."

steam holes in the top of the rice, it's ready. Fluff with a fork and serve.

#### Ginger Brown Basmati Rice

- 1/2 tsp. sea salt
- 1 (2 X 1-inch) piece of kombu
- 1 (1-inch slice) fresh unpeeled ginger
- 1 cup brown basmati rice, soaked overnight with the juice and rind of 1/2 lemon

In a 2-quart pot bring 2 1/2 cups of water to a boil over high heat. Add the salt, kombu, ginger, and rice (remember to rinse it well after its overnight spa.) Return to a boil. Decrease the heat, cover and simmer for 20 to 25 minutes. Check at 20 minutes. If there are



Fish	women	men	children under 3	children 6 - 12
Bluefish	0	0	0	0
Striped Bass	0	0	0	0
Amer. Eel	0	0	0	0
Spotted Seatrout	0	0	0	0
Weakfish	0	0	0	0
Blue Marlin	0	0	0	0
Tilefish	0	1/2	0	0
King Mackerel	0	1/2	0	0
Swordfish	0	1	0	0
Shark	0	1	0	0
Atlan. Salmon	1/2	1/2	0	1/2
Blue Crab	1/2	1/2	0	0
Flounder	1	1	0	1/2
White Croaker	1	1/2	0	1/2
White Marlin	1	1	1/2	1
Atlan. Croaker	1	1	1/2	1/2
Orange Roughy	2	1	1/2	1
Oyster (wild)	2	2	1	2
Albacore Tuna	3	2	1	1
Striped Marlin	3	2	1	2
Atlan. Sturgeon	3	2	1	1
Blue Mussel (wild)	4	3	1	2
Tuna	4	3	1	2
Rockfish	4	3	1	2
Goosefish			2	3
Snapper			2	3
Mahimahi (dolphinfish)			3	4
Dungeness Crab			2	3
Halibut			2	2
Amer./Maine Lobster			2	4
Florida Pompano			3	
Winter Skate			3	4

# CRC launches Mendocino Office Volunteer Program

by Cynthia Copenhagen, CRC Volunteer Coordinator

The next time you call CRC's Mendocino office you may find new voices on the other end of the phone. Who are these people? And why are they answering the phone? In case you've been wondering, CRC has recently launched its Office Volunteer Program in our Main office in Mendocino.



Lori Davey

Our vibrant, multi-talented volunteers are **Lori Davey, Joyce Gilbertson, Lar Krug, Delia Rightmier, and Mary Jo Wirt**. These men and women assist the staff with answering the phone and greeting clients, handling various ongoing projects such as maintaining the library, updating and organizing resources and office paperwork, and attending to any special needs that crop up at a moment's notice. If you come by our office, one of these volunteers is the first person you see when you walk in.



Joyce Gilbertson

Additionally, we have Evan Lawrence, a sophomore from Mendocino High School,

who helps out at CRC three days a week for his Community Involvement class.



Delia Rightmier

Each of our volunteers has been hand picked by CRC's staff for their benevolent demeanors as well as their ability to perform office tasks and projects and client services. They have all been educated in office protocols and confidentiality, so please feel at ease when calling or stopping by. And remember that what is said at CRC stays at CRC.



Lar Krug

We also extend a most grateful thank you to those who have volunteered with us in the past and on special projects.

Please join CRC in welcoming our office volunteers. We, the staff, are extremely grateful for these folks and the various talents that they bring to the organization. They are a very special group of people! ♥



Evan Lawrence

## 5th Annual Big River Run Big Fundraising Success!

By Ayn Ruymen, Special Events Coordinator

It takes a whole community to make possible the success that Big River Run has experienced over these last 5 years. To this year's coordinators, Ken & Delia Rightmier, CRCMC lavishes immeasurable gratitude for their tenacious and heartfelt effort. To the 60 volunteers, the 24 sponsors, the many businesses that donated food and beverages, to the 297 participants in the race and to the folks who raised pledge donations making the total amount higher than in previous years, CRCMC recognizes that none of it could have happened without you.

Total amount raised: \$33,000

Walkers/runners: 297

Volunteers: 60

Sponsors: 26

Albion River Inn

Alegria Oceanfront Inn



As the first runner crossed the finish line, spectators looked for the rest of the pack at the 5th Annual Big River Run, benefiting CRC.

See *BIG RIVER RUN*, page 10

# CRCMC to Survey Patients in Underserved Rural Counties

Breast cancer survivors will have the chance to help CRCMC explore cultural barriers to treatment by participating in research study, "Decision Support in Rural Underserved North Coast Counties." Surveys of survivors are being funded by a grant from the California Breast Cancer Research Program.

Women living in rural areas and facing a breast cancer diagnosis often face barriers of distance, language, and culture between them and quality care. Also, they often feel overwhelmed by all the treatment decisions. We are studying how to better support rural underserved patients in Mendocino and Humboldt counties, with a special emphasis on Spanish-speaking and Native American patients. Our collaborative team will adapt our Consultation Planning service for broader use in the rural areas of Mendocino and Humboldt counties. This service assists patients in the process of preparing questions and concerns for a meeting with a doctor.

Our success in this project will depend in part on adapting

our process to recognize and address the special needs and concerns of patients who don't speak English or who don't share the beliefs and practices of many of our medical institutions. This is called "cultural competence." We are in the process of interviewing cultural advisers who represent specific communities in Mendocino and Humboldt counties. In the next phase, we will interview breast cancer survivors. The interviews will take place during January through April 2005. If you are a breast cancer survivor, please let us know if we may interview you.

Lauren Franklin will coordinate the project, and our partners include

- the University of California, San Francisco (UCSF) and
- the Humboldt Community Breast Health Project (HCBHP).

The principal investigators on the research project are

*See RESEARCH, page 10*

# Ukiah Office Two Years Young & Growing

*By Nancy Johnson, Ukiah Coordinator*

*Thanks for taking a minute to visit with the Ukiah office of the Cancer Resource Center of Mendocino County. We're glad for the opportunity to update you on our work this past year on behalf of those faced with cancer and the community that surrounds them.*

**We believe everyone has a right to equal access to quality healthcare regardless of income, and with proper respect for differences of culture, lifestyle, and choice.** Having two offices, the main branch on the coast and the Ukiah office, has continued to help us better serve our geographically large county well. Staff from both offices often "tag team" when working with a client seeking treatment on both sides of the hill. Together, we served 276 people in our communities who were newly diagnosed with cancer.

From Laytonville to Hopland, all along the inland 101 corridor, 116 people newly diagnosed with cancer walked through our Ukiah office door this past year, their needs as diverse as the areas from which they come. Many are low-income, homeless, or suffering from mental illness. Some have come to us with an advanced cancer because they lacked adequate health insurance or reliable transportation to seek screening and treatment. Others come through our door with great health insurance, a safe home, a family to love and support them, but have just been diagnosed

with cancer, and are feeling confused, lost, and afraid. No matter who walks through our door, they are greeted by a welcome compassionate atmosphere free of judgment.

**Between diagnosis and treatment, difficult decisions need to be made. These decisions affect the quality of the rest of your life.** Both offices continue to offer consultation planning and recording as a way to help those

*See UKIAH OFFICE on page 11*

# Ruth Rosenblum signs on as interim director

My name is Ruth Rosenblum, and I am extremely honored to act as Interim Executive Director while Sara is on sabbatical. I have lived on the Mendocino Coast for over seven years. Some of you may recognize me from my work in the animal welfare community. From 1998 - 2000 I served as Executive Director of the Mendocino Coast



*See INTERIM DIRECTOR, page 11*

## WINTER EATING

*continued from page 1*

ing it to air for ten minutes. You can watch it discolor as molecules become oxidized and tissues are damaged and actually 'rust'. This happens in our bodies as molecules are used up in chemical processes and even more so when we are exposed to oxidizing agents such as; pesticides, herbicides, cigarette smoke, car exhaust and the thousands of other man-made chemicals that we live with.

Now cut another apple in half, but this time, douse it with fresh-squeezed lemon juice and wait. You will have to wait quite awhile before you observe oxidation this time, because lemons (and all citrus) are very rich in anti-oxidants that serve to slow the process of decay. Each cell in the human body receives an estimated 10,000 free radical "hits" daily. Some of this free radical damage occurs to DNA, which can then mutate and increase the risk of disease.

Antioxidants quench many of these free radicals, thus preventing some cell damage. In light of our unfortunate chemical overload on the planet at this time, it is not only advisable, but also necessary to reduce this load on our bodies by eating organically and living as chemical-free as possible, cleansing seasonally, and consuming plenty of antioxidants to repair and sustain our bodies.

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## INTERIM DIRECTOR

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Humane Society. In 2001 I helped to create the Care-A-Van, Mendocino County's mobile spay/neuter program. Currently I am the part-time coordinator and spend one day a week traveling to the remote areas of our county providing low-cost spay/neuter and basic veterinary care.

The Cancer Resource Center is an organization that I have always thought highly of, knowing that the services provided are much needed. Now that I am learning more about the CRC and getting to know the staff and board of directors, I am even more impressed. We as a community are so very fortunate to have such a caring, committed and progressive organization. Along with my management skills, I bring along a compassion and professionalism that is apparent in everyone I've met who is related to the CRC.

Thank you for this opportunity to contribute to the CRC and those that it serves. ♥

How do we get enough of the good stuff? Just eat the colors of the rainbow at every meal! The pigments of plants, broadly called *carotenoids* (named from beta-carotene the color found in carrots), encompass more than 600 compounds, which have been identified in human plasma and tissue.

*Lycopene*, found in red fruits like tomatoes (not destroyed in cooking) and watermelon, is one of the most prevalent carotenoids in our bodies, and is found in high concentration in the reproductive organs.

*Lutein* and *zeaxanthin* are carotenoids found in yellow flowers and vegetables, like calendula, corn and squash and in greens such as kale, spinach, chard and seaweed. These carotenoids are specifically concentrated in the macula of the eye, which uses them to protect the lens from UV damage. Eating just one cup of organic spinach or kale five or six times a week, is equivalent to taking 5-6mg of lutein.

Our heart and lungs call for foods containing *quercetin* like red onions, purple garlic, apples and grapefruit, because it reduces oxidative damage to the lungs and reduces damage to LDL cholesterol, which oxidizes more quickly than the HDL form.

Cruciferous vegetables like broccoli, cauliflower, cabbage and brussels sprouts have a high level of antioxidants and cancer-fighting substances such as sulphoraphane and thioallyl, which stimulates anti-cancer enzymes, and indoles, that block estrogen-sensitive cancers. Let's not forget the more broad-spectrum anti-oxidants like vitamin

*See WINTER EATING on page 9*

## CRC Wish List

2-line telephone	Lawnmower
Bi-fold door	(we'd save \$75/month
Bookends	doing our own land
Corner storage shelves	scaping)
3 1/2 wide x	Light (not white)
1 1/2 deep x 8	interior wall paint
Corner storage units	Locking file cabinets
2x2 1/2x8	Office supplies of all types
Digital camera	Microwave
Donations!	Refrigerator
IMAC and/or ibook or Mac	(around 14 cubic feet)
Powerbook	Volunteers to drive clients to
( G4 or later)	medical appointments
Laptop PC	

## WINTER EATING

*continued from page 8*

C found in most fruits and many vegetables, and vitamin E found in avocados, soybeans, nuts and seeds, that are used by most cells for protection.

In a recent study conducted by the U.S. Department of Agriculture (USDA), more than 100 foods were assessed using the ORAC, or oxygen radical absorbance capacity. The top five anti-oxidant rich foods they found were (in order) small red beans, (50% anti-oxidant content), wild blueberries (48%), prunes/plums (30%), pecans (27%), and potatoes (25%). Potatoes may surprise you (being oh-so-white), but they are rich in fiber, potassium and vitamin C. Additionally the peel of potatoes contain an anti-carcinogenic compound called chlorogenic acid, which helps the fiber in potatoes absorb the carcinogen benzopyrene, found in smoked and grilled foods. Pecans were the only nut to make the top of the list, and along with macadamia nuts, contain the most fat of all nuts – but don't let that deter you from grabbing a handful. About 90% of the fat in pecans is unsaturated, with 25% more oleic acid than olive oil. Oleic acid has been found to be more resistant to oxidation than other oils.

**F**ats in general are misunderstood and maligned. As the weather turns cold, we instinctively reach for fatty foods, which can help us retain heat, moisten dry winter skin, and even buffer our nervous systems against stress.

The type of fatty acid consumed is important. The Western diet is currently too high in omega-6 fatty acids that promote inflammation. These are found in polyunsaturated vegetable fats such as safflower, sunflower and corn oils.

Additionally, the trans fats of partially hydrogenated or 'fractionated' oils, margarines, vegetable shortening and all foods made with them are inflammatory and oxidizing – as are cooked oils. Omega 3 oils, found in flax and fish, relax blood vessels, are anti-inflammatory and discourage tumor growth.

Healthy oils are those that have a 2:1 ratio of omega 6 to omega 3 oil, and are organic (pesticides accumulate in fatty tissue) and uncooked. The very best are: organic olive oil, ground flax seed and its oil, sesame butter/oil, macadamia nut oil, coconut oil, walnuts and their oil, and cold water fish such as sardines, salmon, mackerel and cod.

Remember to feed on the rich and colorful foods of fall as you experience the wonder of winter in the

healing force of your body gathering energy for the coming spring. ♥

*Karin has a practice in herbal healing, iridology and massage and serves as a nutritional consultant at Corners of the Mouth foodstore*

## Welcome, Rachel Kradin

The Cancer Resource Center of Mendocino County is proud to introduce Rachel Kradin as our Community HealthCorps Member for 2004/2005. Rachel comes to us from the Boston area, and graduated in May from the University of Vermont with a BA in anthropology.

Upon completion of her HealthCorps term, Rachel plans to pursue a Master's degree in Public Health and is very interested in non-profit organizations and working with Latino populations. She is known for her upbeat personality, strong work ethic, and creativity.



Rachel's role at CRCMC is that of Patient Navigator and Program Assistant, and she works with Spanish-speaking clients. Additionally, Rachel also works at the Mendocino Coast Clinic two days each week as a Benefits Enrollment Counselor and as a Community Health Outreach worker.

The Community HealthCorps Program of Northern California is managed by the Alliance for Rural Community Health (ARCH) in Ukiah. The Program places members in community health centers in Mendocino, Lake, Humboldt, and Sonoma counties. The mission of the HealthCorps program is to engage community members in service with the goal of improving access to comprehensive, affordable, and culturally appropriate health care for local residents. In exchange for their service to the community, members receive a modest living allowance, an education award, health insurance, health-specific training, child care benefits, and unique opportunities for personal and professional development. For more information about the program, please call Megan Van Sant, Director of Health Policy and Development, at 462-1477 ext 104. ♥

## PERT & RUFF

*continued from page 3*

Coffee, Lanny Meyers and Marian Schiavo, and our crew of fantastic volunteers, all of who made this event possible.

Drs. Pert and Ruff spent a week in Mendocino as guests of the Cancer Resource Center, meeting the community and taking in the beauty of our coast. We have invited them to return, and they have graciously accepted. Look for information on their next exclusive Mendocino County appearance on our website [www.crcmendocino.org](http://www.crcmendocino.org). At the end of their week, Michael and Candace were interviewed by Justine Toms of New Dimensions Radio. You can order a copy of this fascinating interview by going to [www.newdimensions.org](http://www.newdimensions.org). The following is a description of the interview.

### PSYCHOSOMATIC WELLNESS

*with Candace Pert and Michael Ruff*

What if you could start the day by directing your body to heal itself, just as easily as you brush your teeth? It sounds like an idea gleaned from the outer reaches of alternative medicine, but leading biochemists have found evidence that it may in fact be possible. Candace Pert and Mike Ruff

are researchers at the forefront of immunology, and their work has led them to explore the measurable relationship between our emotions and the way our bodies heal. They've even discovered a link between the chakras and the presence of chemicals that are vital to the functioning of the immune system. The implications are exciting. Dr. Ruff speculates that "at some future state of supreme enlightenment we're not going to reach for the pharmaceutical cabinet on the shelf in the bathroom. We're just going to induce the proper emotional meditative state of consciousness, and we will bring forth these chemicals in our bodies in the right amounts, at the right time."

Dr. Candace Pert is a research professor and Dr. Michael Ruff is associate research professor at Georgetown University Medical Center where they have developed a promising new drug for the treatment of AIDS. Dr. Pert is best known for her discovery of the opiate receptor, a mechanism of cellular communication in the brain, which launched a revolution in medical science. She is the author of *Molecules of Emotion: The Science Behind Mind-Body Medicine* (Scribner 1999) and the CD *Psychosomatic Wellness: Healing Your Body-Mind*. ♥

## BIG RIVER RUN

*continued from page 6*

Anderson Valley Realty	Purple Rose Mexican
Café Beaujolais	Restaurant
Coast Getaways	Pamela Rones, CPA
Coast Real Estate	Rossi's Building Materials
ComputAccount	Sallie & Eileen's Place
Scott & Karen Deitz	Savings Bank of
Fort Bragg Wells Fargo	Mendocino County
Bank	Sea Cottage Real Estate
Harvest Market	Soroptimist International
Hearts & Hands at Cider	of Fort Bragg
Creek	Soroptimist International
The Coast KOZT FM	of Willits
95.3 / 95.9	Soroptimist International
Law Offices of Caren	of Yokayo Sunrise
Callahan	
Mendocino Cookie	Top pledge donation gather-
Company	ers: Ian Bowery (\$2265),
Mendocino Maples	Sharon Brayton (\$870),
Nursery	Barbara Brenner (\$500),
Mendo Realty of	Bethany Brewer (\$355),
Mendocino	Kathy Caughey (\$380), Jim
The Mountanos Family	Genereux (\$3242), Nancy
Foundation, Inc.	Harris (\$265), Janice

Lombardi (\$360), Roen Mallory (\$285), Val Muchowski (\$860), Dean Norman (\$265), Kathy Orsi & Misty Williamson (\$1325) and the KOZT team (\$1575). The top pledge donation gatherers names were entered in a raffle. The winner of a weekend stay for a group of up to 10 people at Hearts and Hands at Cider Creek in Mendocino, was Sarah Haye, whose voice you can hear in the early morning on KOZT radio. ♥

## RESEARCH

*continued from page*

- Sara O'Donnell, CRCMC Executive Director
- Dr. Julie Ohnemus, Medical Director of HCBHP
- Jeff Belkora Ph.D., Director of Decision Services, UCSF Breast Care Center.

The California Breast Cancer Research Program(CBCRP) was established with passage of the 1993 Breast Cancer Act. Its mission is to eliminate breast cancer by leading innovation in research, communication and collaboration in the California scientific and lay communities. The CBCRP is funded through the tobacco tax, voluntary tax check-off on personal income tax forms, and individual contributions. It is the nation's largest state-funded research effort. ♥

## PEST MANAGEMENT

*continued from page 4*

Maintenance staffs that are asked or choose to stop using pesticides struggle with the need to keep facilities and grounds looking good and safe, partially because many non-toxic options require more time or money. Most school districts have little extra time or money to spare. Many parents feel strongly about not using pesticides in the schools, while others want the fields to look good and be free of weeds and holes for safety. The maintenance staff is often caught in the middle. When asked for weed solutions to weed problems, Cantisano stated, "You won't find anything as cheap and easy as Round Up," but shared some interesting solutions schools in his county are trying. Goats are being used as a weed control option in one Nevada County School with fairly good success. Another option many schools have used is contracting with the crews of California Conservation Corps, CDF or jail work programs to have crews help with clearing areas. This is especially helpful with blackberries and poison oak.

Two interesting options presented as least-toxic solutions for gophers were the Rotenator and owl boxes. The Rotenator brought some chuckles from the group when it was described as a "Caddy Shack" effect. It explodes underground, sending dirt into the air, killing the gophers and

collapsing their tunnels. Mendocino Unified has taken another approach by including all ages in an owl box project. The wood shop makes the boxes and a wildlife biologist is working with all grades educating about barn owls. An average barn owl will eat ten to twelve rodents in an evening. Owl boxes around school grounds on high posts encourage owls to nest, and over a several-year period will reduce rodent populations. Point Arena's Casey McDaniel has spent much of his staff's time over the past years trying to control the gophers that are destroying their football field. He says they have tried everything including the Rotenator and are still having to shut down the field because of the danger of breaking a leg. They have been pesticide free for many years and will continue to search for solutions for their gopher problem.

Amigo Bob Cantisano said at the end of the training, "You have a great group here in Mendocino County, already on their way to serious reduction of pesticides in the schools, much further along than Nevada County Schools were when we started a few years ago." The coordinators of the training hope this will be the beginning of ongoing work in the county, with more trainings and coordination between schools, and even the possibility of buying equipment to share among school districts. ♥

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## UKIAH OFFICE

*continued from page 7*

diagnosed with cancer clarify their questions and concerns before an upcoming medical appointment, and understand the answers given by the doctor during the consultation. The goal of this process is to facilitate clear communication between patient and doctor. Because we work with such a diverse population, we are always seeking to increase our awareness of the unique cultures we serve. We have often observed how socioeconomic and cultural barriers between service providers and patients can be a major cause of miscommunication and misunderstanding. When dealing with cancer, comprehending your situation can mean the difference between life and death. We have therefore been working to identify ways to bridge this gap by seeking highly skilled interpreters who can translate complicated medical terminology for monolingual patients, and by building relationships and forming alliances with cultural groups and leaders to learn what they feel the barriers are to quality healthcare.

**No one needs to walk this path alone...** Our peer support groups have expanded. The Women's Cancer Support Group has grown and continues to meet the first and third Thursday of each month from 6-7:30pm. In

September, a Men's Cancer Support Group began meeting every second and fourth Thursday of each month, 6-7:30pm. Many thanks to Seth Delaney and Bill Kerr for peer facilitating this group. A Caregiver Support Group for the friends and families of those diagnosed with cancer will begin in December 2004.

**Friends of the Cancer Resource Center – We thank you so very much!** At the end of this past year, it became evident that we had outgrown our 230 square foot one room office. In fact, we were simply busting out at the seams! So, we looked to the community for support in finding a bigger place. We asked people we thought might be capable and willing to make a monthly pledge for a year. Many thanks to those of you that stepped forward in "our" time of need. Because of your prompt and kind generosity, we were able to rent a whole house! We proudly display a different name each month to honor each of you and show our gratitude for allowing us to keep our doors open. Your donation is truly an investment in your community. If you would like to become a friend of the CRC, learn more about our programs and services, or volunteer, come by and see us at our new Ukiah home at 590 S. Dora St., call us at 467-3828, or check out the CRC website at [www.crcmendocino.org](http://www.crcmendocino.org) ♥

## ~ Bulletin Board ~

**Big "Thank You's" to the following who raised or donated funds for CRC:**

*Ukiah Women's Golf Club: \$738.00*

*Cellular Nutrition, presented by Sally Stewart, Nutritional Educator, with special guests Edward Bauman, M.Ed., and Dr. Wayne Jonas. The presentation included a slide show, information booklets, eating-for-health instruction and organic food luncheon by Sally and local chefs. This event raised \$2,200. Look for "Lose the Blues: Eating for Your Mental Health" with Sally Stewart and Ed Bauman, March 6, 2005.*



*A long-awaited CD-release celebration for "Ring Around the Sun" by Lenny Laks featured many local musical personalities, was co-sponsored by KOZT "The Coast," and raised \$1,963.*



*Friends of Hospice has generously donated \$3,000 toward our individual and family counseling service.*

### **Cancer Support Groups**

*These free group sessions are a supportive place for those dealing with cancer to share experiences.*

### **North Coast**

#### **Mendocino Coast Cancer Support Group**

A support group for men and women living with cancer meets on the second and fourth Thursday of each month from 1:30 -3:00 p.m. at the Main branch of the Cancer Resource Center, 45040 Calpella Street in Mendocino. Please call 707-937-3833 or 1-800-449-6483 for more information.

### **Ukiah**

#### **Women's Cancer Support Group**

Meets from 6:00 p.m. to 7:30 p.m. the first and third Thursday of each month.

#### **Men's Cancer Support Group**

Meets from 6:00 p.m. to 7:30 p.m. the second and fourth Wednesday of each month.

#### **New Caregiver's Support Group**

Will be starting sometime after the first of the year. Please call office for times.

*These support groups meet at the Ukiah office 590 S. Dora St. Please call 467-3828 for more information.*

 **Cancer Resource Center  
of Mendocino County**

**PO Box 50 Mendocino CA 95460**

**[www.crcmendocino.org](http://www.crcmendocino.org)**

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