

COASTAL NOTES

BIG TIMBER BACON SHOOT IS SATURDAY

The Big Timber Rifle and Pistol Club will host its annual Bacon Shoot on Saturday.

Shooting practice will start at 9 a.m., and the event begins at 10 a.m. Participants can shoot scoped rifles at 200 yards, open sights at 100 yards, and handguns at 50 yards – hit a target and win some bacon. There will be .22 rimfire targets set up for the 100-yard and 50-yard distances.

The cost to participate is \$6 per gun.

The shoot takes place at the gun range in Siletz. Take Highway 229 north through Siletz, cross the bridge, turn left on Wade Road, and look for the sign on the right side of the road.

For more information, contact John Way at 541-272-7243.

DAHLIA SALE COMING IN NEWPORT

Dahlia tubers will be offered for sale on Saturday, from 9 a.m. to noon in the parking lot of the Newport Church of the Nazarene, 227 NW 12th St.

Tom Gaumer, a local dahlia expert, will be on hand to answer any questions about dahlia care. He has more than 50 varieties of coastal dahlia tubers that will bloom from August until the first frost if planted soon.

The proceeds will go to the Nazarene Youth Community Center.

NARFE MEETS MAY 13

The monthly meeting of the National Association of Retired and Active Federal Employees (NARFE) will be Wednesday, May 13, at the Newport Shilo Inn.

A no-host lunch is available at noon, and all are welcome. The program, followed by a short business meeting, starts around 12:30 p.m.

For additional information, call Jim Finlayson, 541-547-4532, in central and south county; or Margaret Miller, 541-994-7379, in the north county.

PHILOSOPHICAL FORUM MEETS SUNDAY

The Philosophical Forum meets Sunday, from 2 p.m. to 4 p.m., at 330 King St. in Yachats. For directions or information, call 541-547-3904.

The topic is "Spirituality," beginning with an examination of a range of experiences of the spiritual and moving from there to explore the relationship of spirituality to the meaning of life, the question of whether everyday happenings can be spiritual, of whether spiritual values distinct from one's own should be protected, and of whether spirituality is necessarily tied to something greater than ourselves, to God, or to institutionalized religions.

READING CIRCLE TO DISCUSS 'LONE WOLF'

The Newport Library Reading Circle meets at noon on Tuesday, May 12, to discuss "Lone Wolf," by Jodi Picoult.

Luke Warren has devoted himself to understanding wolf behavior, to the point of having once abandoned his family to live with wolves. As he lies in a coma following an accident, his family comes together to decide his fate.

The reading circle is free and open to the public. For more information, call 541-265-2153 or check the library website, www.newportlibrary.org

ST. ANTHONY CATHOLIC CHURCH PLANS BREAKFAST

The Knights of Columbus, Council #7246, will be serving this month's breakfast at St. Anthony Catholic Church in Waldport from 8:30 a.m. to 11 a.m. on Sunday, in the parish hall.

The church is located on the corner of Broadway and Pine streets. Proceeds from the breakfast benefit local charities.



Above, Brynn Corliss grabs a piece of candy during the Loyalty Day Parade Saturday in Newport.

Right, David Enyeart, this year's grand marshal, waves to the crowd at the start of the 59th annual Loyalty Day Parade. Enyeart retired from his position as an Oregon Army National Guard major general in February after 37 years in the military. He also serves as Toledo's chief of police.



Waves and smiles are plentiful at parade



Girl Scout members greet the crowd Saturday during the annual Loyalty Day Parade held along Highway 101 in Newport.



Newport High School senior Janie Kiyokawa was crowned this year's Loyalty Day Queen.



PHOTOS BY LUKE WHITTAKER

Left, Newport Fire Department Capt. Richard Giles hands out candy during the parade.



Right, ABC Preschool students wave to the crowd during Saturday's Loyalty Day Parade.

TOLEDO HIGH SCHOOL

Teachers collaborate for students

BY DIANE VANCE
Of the News-Times

TOLEDO — Science teacher Ben Ewing and career/tech teacher Peter Lohonyay marvel at the eagerness of nearly 30 high school freshmen meeting at school at 5:30 a.m. on a Saturday.

"Our buses took off on time," said Lohonyay.

Toledo High School had four teams of freshmen at the Oregon Regional Marine Advanced Technology Education (MATE) Remotely Operated Vehicle (ROV) Competition in North Bend April 25.

Two of Toledo's teams won first and second place in the navigator category. Team Feng Shui Ninjas took first and Generic Team Name 001 took second.

"Our scores were really high," said Ewing. "There was Toledo High School's scores, then a big step down to the other scores."

The Oregon Coast Aquarium asked to borrow one of the winning underwater ROVs made by Toledo students.

"To highlight your success and the science of ROVs, the Oregon Coast Aquarium

would like to display your ROV in our exhibit Shipwrecks," wrote the aquarium's director of education/volunteer service.

"We had 11 students go along as support," said Lohonyay. "They weren't entered in the competition. They wanted to support their classmates, and it's an excellent opportunity to see projects and talk with scientists. The competition included all ages, through college. It was a 16-hour day."

Toledo's extra students were useful at the competition.

"It was North Bend's first year to host, and hundreds of students with projects showed up," said Lohonyay. "Our support students helped run wires, find electrical outlets and set up displays for everyone. They really pitched in and worked."

RENEWABLE ENERGY CHALLENGE

Earlier in the week, before the competition in North Bend, Toledo students participated in a renewable energy challenge at Hatfield Marine Science Center in Newport. The competition was for all



Toledo High School freshmen, from left, Jayce Trevillian, Daimion Sharp, Nathan Cross and Kendra Glenn, the Feng Shui Ninjas, won first place in the Navigator category at Oregon Regional Marine Advanced Technology Education (MATE) Remotely Operated Vehicle (ROV) Competition in North Bend April 25. (Courtesy photo)

MOSAIC CREATION

Mural planned for new Center for Heath Education

On May 7 and 14, from 1 p.m. to 7 p.m., the Oregon Coast Children's Theatre & Center for the Arts will be holding public workshops to begin creation on the mosaic elements for two sculptural works being created for the new Center for Heath Education next to Samaritan Pacific Communities Hospital in Newport. Workshops are open to the public for volunteers, and volunteers are asked to sign up for at least a one hour session in these early workshops so they can be trained in application of both glass and pebble mosaic.

Workshops will be held at the youth art center in the old Mary Harrison Elementary school in Toledo, which is now the Olalla Center and Flowerree Community Center. Donations of agates and other natural stones are also being sought for use in elements of the design. "Inter-tidal Party" shows an under-

MASTER GARDENERS

Spring garden sale coming May 16

The 15th annual Lincoln County Master Gardener Spring Garden Sale is set for Saturday, May 16, from 9 a.m. to 2 p.m., at the Newport Armory.

The sale features high quality, locally grown and nurtured plants. There will be tables of vegetable starts, native plants, culinary herbs, annuals and perennials arranged by category. Master gardeners will be on hand

to answer questions, provide selection advice and help with loading purchases into customers' cars.

All plants offered at the sale are propagated and grown in Lincoln County by local master gardeners. The sale is held each year just prior to the optimum time for getting plants into the ground. All plants are carefully chosen for the coastal environment, and custom-

ers are assured that they are adapted to the coastal climate and soil.

New and used garden tools and books are also available at bargain prices, and raffle tickets will be sold for prizes. Free soil pH tests, garden problem analysis, and composting and invasive plant information will be provided. New this year is a bee booth, loaded with hive and honey details.

BEACH SLAPPED

What's in a name?

On Friday, May 8, my friend Kip Ward is going to attend a luncheon of the Lincoln City Chamber of Commerce and tell them they should change their name. Myself, I think "People Having Lunch" would be good. Very simple.

Kip, however, is going to be more vague than that. He has no idea what they should change it to, he just wants them to ditch the "Lincoln City" part. ("People Having Lunch Chamber of Commerce"? Yeah, still works for me.)

Kip thinks Lincoln City is a terrible name for a town that is not in Nebraska, Ill., or on the Mall in Washington, D.C. (You'll find it between Claire's Boutique and the Sbarro's). By extension, a lot of people think Kip is an idiot.

Screaming bloody murder at the idea of changing "tradition," they decry the end of a historical name. History? Really? It's 50 years. People make it sound like this town was named by Moses. Honestly, it happens all the time.

Bombay is now Mumbai. Canton is now Guangzhou. Saigon begat Ho Chi Minh City and Constantinople is now Istanbul. Closer to home, New York City used to be New Amsterdam, San Francisco was Yerba Buena, Corvallis was Marysville and Moses Lake was Neppel.

I can promise you some of these had their names a lot

longer than 50 years before they changed the name, and neither the world, nor their city, came to an end as a result.

Yeah, I know: It's expensive to change a town name — except it's not. To the postal service, all this town is is a zip code. You could address something "My Mama's Armpit, OR, 97367" and it would get there. Maybe not quite to the armpit, but close enough.

(Besides, in 20 years the post office will be all but dead, anyway.)

And don't tell me about everyone having to change their stationery. When the current supply runs out, just order the new stuff with the new name. Duh. If this is truly problematic because you bought stationery for a decade, you probably shouldn't be running a business anyway. Nor having children, as you're the type of person who would buy a 10-year supply of Huggies for one kid.

So much for all the reasons not to change it. Let's talk about the reasons they should: "Lincoln City" sucks as a name for a beach town. Seriously, when I played a word association game with my students, here's what "Lincoln" brought to mind: "dead," "shot," "beard" and "president." Although in all fairness, that's probably still a



Barton Grover Howe

better list than what "Neppel" conjures up.

Long before I moved to the Oregon coast I was a tourist on the Oregon coast, often driving down from Washington for long weekends. I never stayed in Lincoln City. Very simply, looking at the list of cities where I could indulge my nautical musings, "Lincoln City" did nothing for me. "Seaside," "Newport," "Depoe Bay," these were the places I wanted to stay. Even "Yachats" made me think water; I just wondered if they'd misspelled "yacht." So I stayed in those places, stopping off in Lincoln City only for gas or a burger.

Sad, but true.

Now one last thing: Don't tell me this town has too many tourists. I don't know a business owner who would agree with that. Don't tell me the rooms are all full, anyway. They're not, but even if they were, people should be paying more for them. And don't tell me the tourists should just go away. That's like moving next to an airport and then complaining about the noise. We're a tourist town. Accept it, embrace it — or get out.

OK, I'm done.

Barton Grover Howe is a humor columnist, teacher, occasional stand-up comedian and resident of the Oregon coast who would really like Lincoln City to be named something different when he comes back to visit. His writing can also be found at BartonGroverHowe.com

NUTRITIONAL WISDOM

Diet-related endocrine disruptors linked to earlier menopause

Endocrine disrupting chemicals (EDCs) are hormonally active synthetic substances that can mimic, alter or oppose the actions of our body's natural hormones. EDCs are considered by scientists to be a significant public health concern. Exposure to EDCs is associated with reproductive abnormalities and breast and prostate cancers. Although we are exposed to EDCs on a daily basis, there are steps we can take to reduce this exposure. New research suggests that exposure to certain EDCs is linked to an earlier age at menopause. Earlier menopause is significant because it can represent a premature decline in ovary function. At earlier points in time, this could cause reduced fertility. A premature decline in ovarian function may also increase the risk of cardiovascular disease and osteoporosis after menopause.

Awareness of bisphenol A (BPA) and other EDCs in plastics and food can liners is widespread. However, we are exposed to many EDCs in addition to BPA, such as PCBs, DDT and phthalates. The study used data collected from women across the U.S. on age at their last menstrual cycle and blood or urine concentrations of many different

EDCs. High blood concentrations of 15 EDCs — including nine PCBs, three pesticides and two phthalates — were associated with earlier age at menopause (by 1.9-3.8 years).

How are we exposed to these chemicals? PCBs have been banned since the 1970s. Although the quantity has declined, PCBs still persist in the environment and accumulate in the fatty tissues of animals. So we can be exposed to PCBs by eating fatty animal products. Some of the most contaminated foods are fish, butter, and ground beef. Farmed salmon is one of the most dangerous foods when it comes to PCB content. According to data from the Environmental Working Group on certain PCBs, farmed salmon has 16 times the PCB content of wild salmon and four times the PCB content of beef.

The pesticides that were associated with early menopause in the study were DDE (a breakdown product of DDT), beta-HCH, and mirex. Similar to PCBs, all of these pesticides were banned in the 1970s, but still persist in the environment, and primarily we are exposed to these chemicals by eating animal foods.

The strongest links to early menopause were for the two phthalates, which are indicators of exposure to a plasticizer called DEHP. Phthalates such as DEHP are used to make plastic materials (especially PVC plastics) more



Dr. Joel Fuhrman

pliable. Phthalates are also used in cosmetics and fragrances, pharmaceuticals, cleaning products, and insecticides. For DEHP, our exposure comes primarily from plastic food packaging, and limiting intake of packaged foods has

been shown to reduce urine DEHP concentration. In a dietary intervention study, participants were instructed to eat fresh foods that were not canned or packaged in plastic for three days. Urine levels of DEHP (and also BPA) decreased during the three-day intervention.

Ways to minimize exposure to these EDCs:

- Avoid or minimize animal products, especially fish.
- Minimize foods packaged in plastic (especially plastics with recycling code #3).
- Check ingredient lists on personal care products for phthalates.
- Avoid cleaning products and personal care products with "fragrance" in the ingredient list.

Dr. Fuhrman is a #1 New York Times best-selling author and a family physician specializing in lifestyle and nutritional medicine. His newest book, "The End of Dieting," debunks the fake "science" of popular fad diets and offers an alternative to dieting that leads to permanent weight loss and excellent health. Visit his website at DrFuhrman.com and submit questions and comments about this column directly to newsquestions@drfuhrman.com

TOLEDO

Continued from page 1

qualified students in Oregon.

"Our students did very well," said Lohonyay. "We're sending three teams on to the Western Regional Kidwind Challenge hosted by OMSI."

The Oregon Museum of Science & Industry in Portland will host qualified students from five western states — Oregon, Washington, Utah, Idaho and California Saturday, May 9.

"We've had 37 of our 50 freshmen sign up to go along and support the teams," said Lohonyay. "We don't take any students who won't represent our school well. Students know it."

He said a long-term goal is to have Toledo High School operate with energy that creates a zero footprint.

"We're collecting data now," said Ewing. "We need to use more solar and wind power."

Lohonyay has a plan to capture rainwater that flows downhill and use it to generate electricity. He's had students help clear invasive species, particularly Scotch broom, from the school property.

"Students learn about the sun, the ocean and our surroundings," he said. "We're using science to determine where to site a wind tower here."

SCIENCE DRIVES TECHNOLOGY

This is the first year Ewing and Lohonyay are working together, combining their freshmen science and CTE (career and technical education) classes. Lohonyay worked in private industry and manufacturing for 25 years before teaching. He's taught eight years at Toledo. Ewing has taught for 10 years and worked as a scientist before that.

"We're having fun, and it's nice working with Ben," said

Lohonyay. "Everything we do is to Common Core standards. Science is used to drive the technology. Everything we do is science-driven."

Freshmen in Ewing's science class and in Lohonyay's CTE class learn data analysis, design and engineering with hands-on building of ROVs and projects, and teamwork.

"Oregon Department of Fish and Wildlife involved our students in a fish analysis," said Lohonyay. "The students went out in boats with ODFW and surveyed fish populations, got wet and learned from professionals. Students saw scientists collecting data using remotely controlled vehicles.

Students designed their own models of an ROV. The top four teams went to the North Bend competition.

"First, students have to know what science needs for the ROV to do, what's expected of it," said Ewing.

"Then students set about building it," said Lohonyay. "Students learn soldering and wiring, how to connect cameras and use monitors and controls. We have a pool under the stadium we use for testing our ROVs. Then students can trouble-shoot.

"The technology has to work," he said. "It's a collaboration between the scientific uses and technology.

"I don't tell them how to build," he said. "I teach theory how to build, how things stick together. It involves physics."

This is not just for a robotics club or team. All of these activities are part of freshmen science class/CTE, and everyone participates.

"No one sits around, watching," said Lohonyay. "Different students have different talents, but everyone studies the same things and contributes. Students find something they are good at in this process. It involves building, using software, designing,

data and a variety of abilities. "It's important that all students participate, not just the academic elite," he said.

"Students don't do well unless they want to do well. So we make it fun, useful and real."

Ewing and Lohonyay each express enthusiasm, even excitement about their classes.

"I like the culture we're building at school," said Ewing. "To see kids giving up a Saturday to be extra support and mingle with other scientists is great. Students are doing better in math. More students are taking chemistry. Last year, six students took chemistry; this year 40 signed up. Kids talk about the competitions and the people they've met."

Lohonyay agreed STEM classes are changing culture.

"We got a gender equity grant, and students going to competition were 52 percent female and 48 percent male," he said. "With our Vex Robotics team, Toledo had the only all-girl team at state competition.

"We don't care about winning these competitions as much as it is about socialization and experiencing science as a natural event," said Lohonyay. "Kids return from competition with more ideas, more stuff they want to try. It's nice when kids are striving to do more. It's great that students see they can do this, it's not too scary."

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9	4	5	1	7	3	2	8	6
6	1	3	9	8	2	7	5	4
7	2	8	4	6	5	9	3	1

Difficulty Level ★★★
Sudoku answers

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