Study analyzes exercise trends

Dear Reader — A new study suggests that under-exercising, rather than over-exercising, may put the heart at risk of American's simplest exercise. Researchers from Stanford University School of Medicine report a strong correlation between the death of athletes and a striking drop in the amount of time devoted to exercise (TDEE) — defined by the American Heart Association as "the amount of time spent engaging in physical activity of moderate intensity or less." The researchers found that among U.S. men and women, the percentage of adults who reported doing no exercise in their free time grew dramatically from 19 to 32 percent in men, and from 11 to 43 percent in women. At the same time, the population of overweight men and women increased by 34 percent. But here comes the surprising part. The researchers did not find any evidence that people were engaging in more calories on a daily basis in 2010 compared to 1988. Genetic defects hidden in most

The arrival of fast and relatively inexpensive genome sequencing is likely to open the door to a new generation of medical doctors who can also diagnose hereditary disease — primarily inherited disorders from diabetes to leukemia and Alzheimer’s disease — using a football-sized chip in the human body, and doing so, for the first time, to prevent such diseases. The research with such devices is in its infancy, but even so, it marks a distinct advance in genetic research. An international team has sequenced the mitochondrial DNA — the much smaller but more diverse packet of genetic material that kicks off the nucleus of a cell, but in the seminal study, the team found mitochondrial, which could be hidden, in the mouse's bloodstream and even be found near cell nuclei. Conducting the research, the team decoded 1,000 human mitochondrial DNA sequences from among 104 populations across the globe, revealing how much of it has 50 percent or more mitochondrial DNA mutations of some sort — yet all healthy.

Healthy Living

Healthy Eating

Healthy Living

Locally, we are lucky to have the Hungry, a nationwide project focused on ending childhood hunger. More than 25 percent of American children live in a food insecure home. One in three of our children have seen their landlord’s fields. Until the practice of gleaning was outlawed in 1788, English tenant farmers had gleaning rights in their landlord’s fields. In our modern world, the definition of gleaning has been expanded from the farmer’s field to the modern urban environment. So if you’re interested in giving food left over from the harvest, can reach the Del Norte Gleaning Project! A second way to help is by volunteering to help harvest unwanted and wasted produce. Some large food banks, like the Oregon Food Bank run extensive gleaning programs on farms and in urban environments that benefit volunteers and small food pantries across the state.

Gleaning is the ancient practice of gathering food left over from the harvest. In some faith traditions and even local legal systems, gleaning is recognized as a way to prevent the worst hunger in our community. As described in the Torah, or Old Testament, required farmers to leave the corners of their fields unfarmed for the poor to gather. Until the practice was outlawed in 1788, English tenant farmers had gleaning rights in their landlord’s fields. In our modern world, the definition of gleaning has been expanded from the farmer’s field to the modern urban environment. So if you’re interested in giving food left over from the harvest, you can reach the Del Norte Gleaning Project! A second way to help is by volunteering to help harvest unwanted and wasted produce. Some large food banks, like the Oregon Food Bank run extensive gleaning programs on farms and in urban environments that benefit volunteers and small food pantries across the state.

Del Norte Gleaning Project — a unique way to help get involved with this project. First, if you have time and other resources to spare, you can come learn how they can service projects through gleaning.

If you’re wondering why this project exists, you can thank the Hungry, a nationwide project focused on ending childhood hunger. More than 25 percent of American children live in a food insecure home. One in three of our children have seen their landlord’s fields. Until the practice of gleaning was outlawed in 1788, English tenant farmers had gleaning rights in their landlord’s fields. In our modern world, the definition of gleaning has been expanded from the farmer’s field to the modern urban environment. So if you’re interested in giving food left over from the harvest, you can reach the Del Norte Gleaning Project! A second way to help is by volunteering to help harvest unwanted and wasted produce. Some large food banks, like the Oregon Food Bank run extensive gleaning programs on farms and in urban environments that benefit volunteers and small food pantries across the state.

Gleaning is the ancient practice of gathering food left over from the harvest. In some faith traditions and even local legal systems, gleaning is recognized as a way to prevent the worst hunger in our community. As described in the Torah, or Old Testament, required farmers to leave the corners of their fields unfarmed for the poor to gather. Until the practice was outlawed in 1788, English tenant farmers had gleaning rights in their landlord’s fields. In our modern world, the definition of gleaning has been expanded from the farmer’s field to the modern urban environment. So if you’re interested in giving food left over from the harvest, you can reach the Del Norte Gleaning Project! A second way to help is by volunteering to help harvest unwanted and wasted produce. Some large food banks, like the Oregon Food Bank run extensive gleaning programs on farms and in urban environments that benefit volunteers and small food pantries across the state.

Gleaning is the ancient practice of gathering food left over from the harvest. In some faith traditions and even local legal systems, gleaning is recognized as a way to prevent the worst hunger in our community. As described in the Torah, or Old Testament, required farmers to leave the corners of their fields unfarmed for the poor to gather. Until the practice was outlawed in 1788, English tenant farmers had gleaning rights in their landlord’s fields. In our modern world, the definition of gleaning has been expanded from the farmer’s field to the modern urban environment. So if you’re interested in giving food left over from the harvest, you can reach the Del Norte Gleaning Project! A second way to help is by volunteering to help harvest unwanted and wasted produce. Some large food banks, like the Oregon Food Bank run extensive gleaning programs on farms and in urban environments that benefit volunteers and small food pantries across the state.

Gleaning is the ancient practice of gathering food left over from the harvest. In some faith traditions and even local legal systems, gleaning is recognized as a way to prevent the worst hunger in our community. As described in the Torah, or Old Testament, required farmers to leave the corners of their fields unfarmed for the poor to gather. Until the practice was outlawed in 1788, English tenant farmers had gleaning rights in their landlord’s fields. In our modern world, the definition of gleaning has been expanded from the farmer’s field to the modern urban environment. So if you’re interested in giving food left over from the harvest, you can reach the Del Norte Gleaning Project! A second way to help is by volunteering to help harvest unwanted and wasted produce. Some large food banks, like the Oregon Food Bank run extensive gleaning programs on farms and in urban environments that benefit volunteers and small food pantries across the state.

Gleaning is the ancient practice of gathering food left over from the harvest. In some faith traditions and even local legal systems, gleaning is recognized as a way to prevent the worst hunger in our community. As described in the Torah, or Old Testament, required farmers to leave the corners of their fields unfarmed for the poor to gather. Until the practice was outlawed in 1788, English tenant farmers had gleaning rights in their landlord’s fields. In our modern world, the definition of gleaning has been expanded from the farmer’s field to the modern urban environment. So if you’re interested in giving food left over from the harvest, you can reach the Del Norte Gleaning Project! A second way to help is by volunteering to help harvest unwanted and wasted produce. Some large food banks, like the Oregon Food Bank run extensive gleaning programs on farms and in urban environments that benefit volunteers and small food pantries across the state.

Gleaning is the ancient practice of gathering food left over from the harvest. In some faith traditions and even local legal systems, gleaning is recognized as a way to prevent the worst hunger in our community. As described in the Torah, or Old Testament, required farmers to leave the corners of their fields unfarmed for the poor to gather. Until the practice was outlawed in 1788, English tenant farmers had gleaning rights in their landlord’s fields. In our modern world, the definition of gleaning has been expanded from the farmer’s field to the modern urban environment. So if you’re interested in giving food left over from the harvest, you can reach the Del Norte Gleaning Project! A second way to help is by volunteering to help harvest unwanted and wasted produce. Some large food banks, like the Oregon Food Bank run extensive gleaning programs on farms and in urban environments that benefit volunteers and small food pantries across the state.

Gleaning is the ancient practice of gathering food left over from the harvest. In some faith traditions and even local legal systems, gleaning is recognized as a way to prevent the worst hunger in our community. As described in the Torah, or Old Testament, required farmers to leave the corners of their fields unfarmed for the poor to gather. Until the practice was outlawed in 1788, English tenant farmers had gleaning rights in their landlord’s fields. In our modern world, the definition of gleaning has been expanded from the farmer’s field to the modern urban environment. So if you’re interested in giving food left over from the harvest, you can reach the Del Norte Gleaning Project! A second way to help is by volunteering to help harvest unwanted and wasted produce. Some large food banks, like the Oregon Food Bank run extensive gleaning programs on farms and in urban environments that benefit volunteers and small food pantries across the state.

Gleaning is the ancient practice of gathering food left over from the harvest. In some faith traditions and even local legal systems, gleaning is recognized as a way to prevent the worst hunger in our community. As described in the Torah, or Old Testament, required farmers to leave the corners of their fields unfarmed for the poor to gather. Until the practice was outlawed in 1788, English tenant farmers had gleaning rights in their landlord’s fields. In our modern world, the definition of gleaning has been expanded from the farmer’s field to the modern urban environment. So if you’re interested in giving food left over from the harvest, you can reach the Del Norte Gleaning Project! A second way to help is by volunteering to help harvest unwanted and wasted produce. Some large food banks, like the Oregon Food Bank run extensive gleaning programs on farms and in urban environments that benefit volunteers and small food pantries across the state.