

## FACTS

CONTINUED FROM PAGE 1

other stages. Treatment is not a “one size fits all” kind of thing. It is tailored as to kind of cancer and stage of cancer, and some progress is being made in tailoring it to the individual who has a cancer with its own individual and unique set of features.

In the cancer establishment, what qualifies as data tends to be numbers—measurements of what was done, how it was done, and what happened then. Testimonials and anecdotes about treatments are used, but only rarely and usually only as colorful adjuncts to the presentation of the quantifiable information, which includes information on those for whom the treatment in question did not work—those who died.

In the cancer establishment, making the case for the usefulness of any given treatment may involve disagreement with others, but that disagreement is carried out in non-accusatory language in papers written in a scientific format to present data that expands upon or contradicts the data from earlier researchers. Name-calling and denigration of other scientists with whom one disagrees is not usually a significant method for making one's case.

I went into cancer desperately wanting the alternative facts to be true. They were simple. Easy to understand. And they promised unambiguous results: Do this, get cured.

But I found that the alternative facts, most of the time, were so simple as to be simplistic. And that can be dangerous. When I looked at the evidence closely, the alternative to the alternative facts had more explanatory power behind them. I had to go with the cancer establishment.

That's not to say that I rejected everything alternative. I was just very selective about where those alternatives came from. I fasted for my first chemo, following a protocol being studied by researchers at UCLA. I took nutritional supplements, in consultation with a qualified nutritionist and double-checking his recommendations against information in the American Cancer Society's Complete Guide to Complementary & Alternative Cancer Therapies (2nd ed., 2009)—taking the book's pro forma warnings and caveats repeated in each and every entry (yawn!) with a wink and a nod. I have done a copper reduction protocol, following a study being done at Cornell-Weill University.

It would be nice if life could be simple. It would be nice if all the alternative facts about cancer were true. But when the alternative facts lead to simplistic thinking, you can put your life at risk by listening to them.

*Brenda Denzler was diagnosed with inflammatory breast cancer in 2009. She became a cancer survivor on the very day she was diagnosed.*

## LABELS

CONTINUED FROM PAGE 1

to their Creator? Does it really matter at all what label I have or does it matter that I care for the health and welfare of all of life on this planet?

You hear a lot these days that we are a divided people. We are putting labels on each other that puts us into categories. Those categories inaccurately define us. We are one and not separate because we are all living creatures, and living creatures need food that is not toxic, air that is clean, and water that is not polluted. We need each other to do our part in making sure that the life support system we call Nature keeps providing us with what it takes to survive on this planet; until we make our transition.

*Joe Jacob, a Chatham resident for more than 30 years and a marine biologist by training, is president The Haw River Canoe & Kayak Co., www.hawrivercanoe.com, 336.260.6465. He worked for The Nature Conservancy for 20 years and served as Director of Science for TNC's Southeast Region.*

## Healthy food basis of good nutrition

by Stephanie Ott

If I could wave a magic wand and help you improve your health, what, if anything would you choose to change? Think about the most important reason you would want this change.

Diet takes a huge role on your health; therefore it is important to start thinking about changes in your life, even if it is small. March is National Nutrition Month which makes it the perfect time to start thinking about taking dietary measures to protect your health. The theme this year is to put your best fork forward. Therefore, go back to the beginning question and think about the ways you can achieve these health goals through your diet.

The key to success is making small changes and making one or two small goals that are specific.

Following the MyPlate method is a great way to plan meals with servings from all of the 5 food groups whenever possible. Some key points are to make half your plate fruits and vegetables, make at least half your grains whole grains, choose lean meat, and switch to fat-free or low fat (1%) milk. It is also imperative to limit added sugars, sodium, or solid fats. The great thing about the MyPlate method is you have the ability to choose from a variety of YOUR favorite healthy food.

The Academy of Nutrition and Dietetics states that each one of us holds the tool to make healthier food choices. You just need to find what works best for you. People think since I am a Registered Dietitian that I should be a great cook. Well I have to confess...I am not. My new favorite item is the crock pot, which I picked up at my local thrift store. I put boneless skinless chicken breast in the crockpot on low for 5-6 hours with my favorite spices. It transforms into easily shredded chicken which I pair with my favorite salad, microwaveable brown rice, and a yogurt fruit smoothie for dessert. Yum!

For more information visit [www.Choosemyplate.gov](http://www.Choosemyplate.gov) and [www.eatright.org/nnm](http://www.eatright.org/nnm). You can also find a Dietitian near you by clicking -find an expert- at [www.eatright.org](http://www.eatright.org).

*Stephanie Ott, RD, LDN, is Clinical Dietitian at Piedmont Health SeniorCare (PACE) [www.piedmonthalthseniorcare.org](http://www.piedmonthalthseniorcare.org)*



## BRIEFS

### Friends of the Chatham Community Library book sale

The Friends of the Chatham Community Library (FotCCL) will hold its Spring Book Sale on Thursday, Friday and Saturday, April 6, 7 and 8, at the library on the campus of Central Carolina Community College in Pittsboro, NC.

Hours of the sale are Thursday and Friday from 9 a.m. to 7 p.m. and Saturday from 9 a.m. to 2 p.m. Admission is free, and purchases may be made by cash or check — but no credit cards are accepted.

More than 17,000 hardbound and softbound books, audio books and more will be available for purchase.

Members of the Friends of the Chatham Community Library receive a discount card worth \$3, including all those who join at the book sale, and the discount may be used on any day of the sale.

A popular feature of the Friends book sale is Claudia's Corner, which offers rare, noteworthy or special books starting at \$10. These books are in a special room and priced at no more than a quarter to a third of their lowest value online. A listing of these books may be found on the FotCCL Website at [www.friendscl.org/booksale.htm](http://www.friendscl.org/booksale.htm).

The Friends book sale is held in the Holmes Family Meeting Room of the library, which is located at 197 NC Highway 87 North in Pittsboro, about a half mile north of US Highway 64 Business (West Street). There is ample free parking at the library and adjacent college, plus volunteers can assist with carrying out and loading books.

Proceeds from the book sale are used to benefit the library for underwriting various programs; purchasing needed books, materials and equipment; and improving its technology and services.

More information about the book sale, including membership in the Friends and volunteer opportunities, may be found on the FotCCL Website at [www.friendscl.org](http://www.friendscl.org).

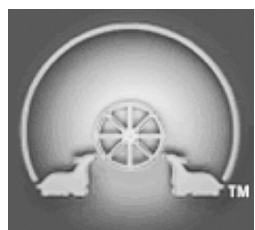
### New documentary by Chatham filmmaker

The new documentary STRAWS by local filmmaker Linda Booker will screen Thursday, March 9 at the Fearrington Barn. Proceeds benefit Clean Jordan Lake and the STRAWSfilm Outreach Campaign. Tickets \$15 on Eventbrite.com and \$20 at door. Admission includes entry into a drawing for two nights at the Harbor Inn Wrightsville Beach and other prizes. Program presenters include Clean Jordan Lake, Royal Water Resources and post-screening Q&A with Director Linda Booker.

Used once and tossed, billions of plastic straws wind up in landfills and streets finding their way to oceans. Actor/Director Tim Robbins narrates the history and story of straws and marine researchers, citizen activists and business owners discuss how it's possible to make a sea of change, one straw at a time.

Linda Booker produced and directed the award-winning feature documentary film BRINGING IT HOME. Linda completed the Certificate in Documentary Film Arts from The Center for Documentary Studies at Duke University in 2005.

### Piedmont Karma Thegsum Choling



#### Tibetan Buddhist Meditation Center

Between 201-203  
West Weaver Street, Carrboro  
[www.piedmontkctc.org](http://www.piedmontkctc.org)  
919-968-9426

### Rosemary HOUSE

BED & BREAKFAST



Gracious, Comfortable  
Guest Rooms

76 West Street, Pittsboro  
888.643.2017 • 919.542.5515  
[www.rosemary-bb.com](http://www.rosemary-bb.com)

Rosemary... for Friendship and Remembrance

### athome

ACCOUNTING & TAX SERVICE

- Tax Preparation
- Payroll Reports
- Quicken and Quick Books installation and instruction

LINDA C. BATLEY

9195450545

[lindabatley@embarqmail.com](mailto:lindabatley@embarqmail.com)

200 Old Siler City Road, Pittsboro

### CHATHAM County Line

“where all voices are heard”

ESTABLISHED IN 1999

PO Box 1357, Carrboro, NC 27510

phone: 919.740.5231

[editor@chathamcountyline.org](mailto:editor@chathamcountyline.org)

Chatham County Line is a community newspaper serving all of Chatham County as well as the southern part of Orange. Our mission is to inform our community by providing a forum “where all voices are heard.” We seek all views and ideas about our community, and we report on important matters — including our cultural life — comprehensively and in-depth. Our commitment is to create the best-written, best-edited and most stylish community newspaper anywhere. Chatham County Line is published ten times a year.

Editor and Publisher: Julian Sereno

Page Layout/Design + Ad Design

Hart Palmer Design,

[hpalmer@mebtel.net](mailto:hpalmer@mebtel.net)

Website Design: UniqueOrn.com

Social Media Editor: Chris Bouton

Chatham County Line is wholly owned by Avanti Media Consultants, LLC.

© 2017 Chatham County Line

**WAKE UP WEDNESDAYS**

**LOOKING FOR NEW BUSINESS OR COMMUNITY CONNECTIONS?**

Come network with a variety of local businesses and organizations. Wake-up Wednesday meets every 3rd Wednesday of the month from 8 am–9:30 am at the **Carolina Brewery, Pittsboro.** Admission: \$5; includes breakfast!

**Call (919) 542-1808 for more information.**

**CHAPEL HILL CHRISTIAN CHURCH**  
(Disciples of Christ)

Whether you've NEVER been, USED to go, or SEEK a church **WE WANT YOU!**

Worship begins 10:30 a.m.  
108 Bim Street, Carrboro  
[www.ChapelHillChristianChurch.org](http://www.ChapelHillChristianChurch.org)  
919.929.2558

**Feel Better.**

**Stillpoint Acupuncture**  
919.663.1137

**Rejuvenate Massage**  
919.663.0378

**Low-cost Community Acupuncture Clinic**  
Thursdays, 3-5 pm

229 E. Raleigh Street, Siler City  
Gift Certificates Available