

Wandering & Wondering

John Maybury

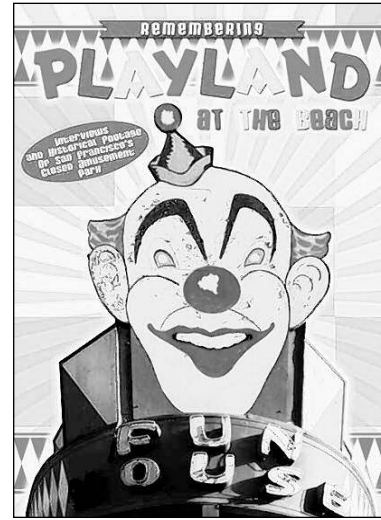
BROWN RICE FOR HEALTH

Replacing white rice in your diet with brown rice may reduce the risk of developing type 2 diabetes, says a new study. The finding is important because consumption of white rice in the United States has increased dramatically in the past few decades, and about 18 million Americans have type 2 diabetes. Researchers at the Harvard School of Public Health say eating two or more servings of brown rice weekly seems to be associated with a lower risk of developing type 2 diabetes. On the other hand, they report, eating five or more servings of white rice per week is associated with an increased risk. The study is published in the online journal Archives of Internal Medicine. White rice is created by removing the bran and germ portions of brown rice. The authors say that more than 70 percent of rice eaten in the U.S. is white. White rice has a higher glycemic index than brown rice, the researchers say. That index is a measure of how fast a particular food raises blood glucose levels, compared with the same amount of glucose. (Web MD Health News)

TEXAS TEXTBOOKS

The Assembly Education Committee approved legislation June 16 in response to extreme right-wing curriculum changes made in Texas last month. Despite receiving broad bipartisan support in the state Senate, the bill to ensure that California textbooks are not affected by the Texas alterations passed in the Assembly committee on a 6-2 party-line vote. Changes in Texas could drastically influence textbooks throughout the country because publishers often develop materials based on the standards of larger states. "The idea that politicians in another state can control the content of our textbooks should trouble all Californians," said bill's author, Senator Leland Yee (D-San Francisco). Specifically, SB 1451 would require the California State Board of Education to review all social studies textbooks used in the state to ensure that they have not been changed as a result of textbook changes in Texas. "While some Texas politicians may want to skew their educational standards, California should not be subject to their backward curriculum

changes," said Yee. "The alterations and fallacies made by these extremist conservatives are offensive to our communities and inaccurate of our nation's diverse history. Our kids should be provided an education based on facts and that embraces our multicultural nation." Among the curriculum changes approved in Texas are: reducing the scope of Latino history; encouraging students to question the legal doctrine of separation of church and state; terms such as "capitalism" replaced with "free market"; labeling civil rights programs that protect women and people of color as having adverse "unintended consequences" emphasis on "the conservative resurgence of the 1980s and 1990s," including favorable mentions of the Eagle Forum, Moral Majority, Heritage Foundation, the National Rifle Association, and Newt Gingrich's Contract With America; more positive portrayal of Cold War anticommunism; removal of third-party presidential candidates; labeling Confederate General Stonewall Jackson as a role model for effective leadership and a statement from Confederate President Jefferson Davis to accompany a statement from President Abraham Lincoln; to include country-and-western music among the nation's important cultural movements, while dropping hip-hop from the same list. SB 1451 must be approved by the full Assembly before consideration by Governor Arnold Schwarzenegger (R-Los Angeles). [from Senator Yee press release]



PLAYLAND AT THE BEACH

You can buy a DVD of the documentary film Remembering Playland at the Beach from Playland-Not-at-the-Beach Museum, 10979 San Pablo Avenue, El Cerrito on weekends from 10 a.m. to 5 p.m. Cost is \$20. Or you can order it for \$25 with a credit card by calling 510-232-4264, ext. 24. The "preview" DVD sold at the Balboa cinema premiere does not include extras that are in this "regular" DVD.

MAILBOX

"Thanks for recognizing the sportsmanship displayed following the blown call at the end of the perfect game. I think that proper credit has not been extended to the entire Detroit Tigers organization for the maturity and restraint that they displayed immediately following the play. I honor both umpire Jim Joyce and the Tigers for their good

sportsmanship. Thanks for sharing your views."
(Ron Guidi, Pacifica resident)

FOLLOW THE DOE

When a doe crosses the road, her fawns will follow, so please slow down and be extra cautious, especially along Rosita Road, Sharp Park Road, and other areas where deer come down from the mountains to drink from the creeks and to eat the delicious ornamental plants growing in our yards. Another way to protect these lovely creatures that share our environment is to keep dogs out of San Pedro Valley County Park, which is clearly posted "No Pets Allowed" precisely to protect wildlife. If you see a dog in the park, call the ranger at 650-355-8289.



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