

When is it too late to eat right?

Study: Cutting fat doesn't lower heart, cancer risks for older women

By LINDSEY TANNER
THE ASSOCIATED PRESS

CHICAGO

Judy LaCour has spent more than 10 years cutting out fat in her diet in a mammoth government study that no one involved wants to call a bust.

And yet, after spending \$415 million trying to get nearly 20,000 mostly overweight postmenopausal women to radically change their eating habits in hopes of reducing cancer and heart disease, researchers are acknowledging less than spectacular results.

After an average of roughly eight years, there was little difference in rates of breast cancer, colorectal cancer and heart disease in women who reduced their fat consumption than among nearly 30,000 study participants who didn't.

"I was surprised," LaCour, 66, a Seattle-area participant, said. "I thought there would be more definitive answers about the value of the low-fat diet."



AP PHOTO

Judy LaCour, 66, has a meal Tuesday in Kent, Wash. LaCour participated in a study on low-fat lifestyles and its effect on cancer and heart disease.

The researchers did, too. Even so, scientists say the results don't mean dieters should just throw up their hands and eat cake.

Researchers suggested that the participants, with an average age of 62, may have started their healthy eating too late. They also

didn't reduce fats as much as the diet demanded. And while some initially lost a few pounds, the diet was not designed for weight loss and most remained overweight, a major risk factor for cancer and heart problems.

The results appeared in Wednesday's Journal of the American Medical Association.

AT A GLANCE

Too little, too late: A low-fat diet by older women did little to reduce their risk of breast and colon cancer and heart disease, an eight-year study found.

Why it failed: Researchers speculate the women changed their diets too late in life. They also didn't cut out as much fat as advised and many stayed overweight.

Bottom line: Specialists say it's important not to be overweight and to avoid saturated and trans fats found in many processed foods.

Heart and cancer specialists said the overall results were not surprising since scientific thinking on the role different fats play in disease prevention has evolved since this study was designed.

The diet focused on reduction in total fat and did not differentiate between good and bad fats, said Dr. Elizabeth Nabel, director of the National Heart, Lung and Blood Institute, the study's sponsor.

Whiteland

(CONTINUED FROM PAGE ONE)

called The Village of Briar Hill.

Plans show a few restaurants, a bank, a gas station and some self-storage units on the east side of the property, near U.S. 31. Retail stores or offices and possibly a big-box retailer also would be in this area of the property.

The businesses would bring an estimated \$537,000 in tax revenue to Whiteland, according to the company's attorney.

"This would be a magnet at the heart of the community, (would) bring dollars into the town and serve residents," Greenwood attorney Eric Prime said. "What we're proposing breaks that cycle of having strip malls with housing behind them."

Single and multi-family housing units would be built on the property's west side, which borders the Millstone subdivision on South Sawmill Road. About 20 acres would be used for apartment buildings.

Two miles of walking trails, senior housing and a day-care center would also be a part of the property, Lane said. Students living in the development would attend Clark-Pleasant schools.

The developer could not answer questions about size, cost or number of homes or apartments that are proposed but has pledged to work with the town in moving forward.

Once the land is rezoned, the developer would be able to offer more specifics on the residential and commercial aspects of the projects, Lane said.

"No one here seems to be generally opposed to this, but when I hear words like 'if' and 'concepts,' I get nervous," resident Gary Lee said.

Planning commission members said they wanted to hear more details and see what changes could be made to the proposal.

New development

A developer is asking the town of Whiteland to rezone 181 acres at Whiteland Road and U.S. 31 so it can bring restaurants, stores and additional housing to the town.



STAFF GRAPHIC BY STEPHEN JENDRASZAK

Residents attending the meeting said they were not opposed to the commercial and retail aspects of the project but did not want any apartments or new housing.

"Get rid of the houses and put in a community center," one woman shouted from the back of the room.

After hearing the community response, Lane offered to withdraw plans for apartments on the land and is willing to discuss other possible changes with the seven town council members before they discuss the project March 7.

If approved this year, construction would likely be timed with improvements to Whiteland Road and U.S. 31 by the Indiana Department of Transportation, scheduled in spring 2007.

If the property is not rezoned, the land will remain farmland, and a developer could build 300 to 400 homes, Whiteland Town Manager Dennis Capozzi.

Planning commission members make a recommendation to the town council, which has final say on rezoning the land.

Move

(CONTINUED FROM PAGE ONE)

Bill Peeples, county planning director.

The biggest jump was in Whiteland. Construction of nine homes resulted in the average price rising nearly \$70,000 from the year before.

Much of the increase came from a lack of options for builders. Few lots were left in subdivisions, and nearly all were for larger homes, meaning buyers spent more money. The lowest amount a buyer planned to spend on a new home was \$200,000, said Dennis Capozzi, Whiteland town manager.

Part of the increase in home value in Greenwood, which jumped up about \$30,000 from 2004, came from homes in one large subdivision. More than 200 of the city's 769 permits last year were for homes in Homecoming at University Park, a 985-home subdivision located south of Main Street between Precedent South

Business Center and Griffith and Allen roads.

The average value of homes in the eastside community was \$182,000, with a range from \$101,000 to \$1.4 million.

Another contributing factor was a large number of move-up subdivisions under construction, where homes cost more than starter homes, said Ed Ferguson, Greenwood planning director.

But first-time homebuyers still have options, planners said.

Homebuyers are looking into existing homes, which are abundant in Greenwood, Ferguson said.

Subdivisions aimed toward first-time buyers are concentrated in the cities and towns, Peeples said.

Four subdivisions in Greenwood averaged less than \$125,000. Average home prices in Franklin subdivisions range from \$77,000 at Deer Run, located west of U.S. 31 and Main Street, to \$273,000 at Heritage Trails, located between Hurricane Creek and Needham and Webb elementary schools.

In Bargersville, homes in two subdivisions averaged less than \$110,000.

BY THE NUMBERS

A look at the average value of homes built in Johnson County during the past two years.

Township	2004	2005	Percent change
White River	\$290,967 337 homes	\$320,551 269 homes	+10
Franklin	\$298,200 5 homes	\$315,785 7 homes	+6
Union	\$224,491 12 homes	\$313,628 6 homes	+40
Pleasant	\$215,600 5 homes	\$280,000 5 homes	+30
Clark	\$250,944 18 homes	\$245,965 15 homes	-2
Needham	\$186,142 7 homes	\$227,125 8 homes	+22
Hensley	\$181,609 15 homes	\$188,875 16 homes	+4
Nineveh	\$167,692 13 homes	\$144,922 16 homes	-14
Blue River	\$121,250 5 homes	\$126,425 7 homes	+4

The most expensive homes built Franklin in 2005 were the three constructed in Heritage Trails at an average cost of \$273,333; the least expensive were the 12 built in Deer Run at an average cost of \$77,147.

The most expensive homes built in Greenwood in 2005 were the 47 constructed in Trails at Woodfield at an average cost of \$231,000; the least expensive were the 32 built in Village Pines at an average cost of \$90,900.

SOURCE: Planning departments

American Legion

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#720201 LEASE \$239/mo
Ltr, Roof, Power MSRP \$25,695
WIESE PRICE \$21,437

'06 CHEVY COBALT LS CPE

38 month/12k per year. All rebates & incentives included. WAC. See dealer for terms and conditions. \$1500 Down

LEASE \$135/mo
Yellow, AT, CC MSRP \$16,340
WIESE PRICE \$11,997

'06 CHEVY EQUINOX LS

38 month/12k per year. All rebates & incentives included. WAC. See dealer for terms and conditions. \$1500 Down

WIESE PRICE \$18,997
Side Air Bags, V6, CC, CD MSRP \$22,740

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NEW '06 TOYOTA TUNDRA

MSP \$16,551
Wiese Price \$99/month or **\$18,257**

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