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MID-VALLEY SUNDAY

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FOCUS ON LOCAL

GRAIN REVIVAL



Stephens wheat at Sunbow Farm.



Harry MacCormack in a field of fava beans at Sunbow Farm recently.

Andy Cripe/Gazette-Times

Mid-valley farmers are bringing back an old staple

BY EMILY GILLESPIE

Harry MacCormack has been growing grains for more than 40 years, which until recently made him a rarity in the mid-valley, where grass seed is the predominant crop. He long has held the idea that cereal grains — most commonly wheat, maize, oats, barley, rice, rye, triticale and millet — when combined with nutrition-rich beans such as soybeans are truly the stuff of life, locally produced.

Six years ago, MacCormack started encouraging other farmers to grow grains when he read an item in Chris

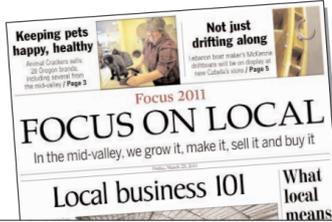
Peterson's biweekly "Fresh Sheet" column on local food in the Corvallis Gazette-Times.

"She was talking about the fact that she had gone through the bulk section of the co-op, and there were no local grains or seeds there," he said. "I wanted to see if it would work. Data shows that 90 percent of our emergency food system is based in beans and grains."

So MacCormack, who owns Sunbow Farm west of Corvallis, field-tested

See **GRAIN** on A6

The Democrat-Herald and Gazette-Times just completed this year's Focus edition, taking a close look at the local businesses, services and workers that make our community go round. In case you missed the 24-page special section, Focus on Local, you can find it online at democratherald.com and gazettetimes.com



FIRST LOOK



Geraldine Ferraro dies at 75

Geraldine A. Ferraro, the savvy New York Democrat who was embraced as a symbol of women's equality in 1984 when she became the first woman nominated for vice president by a major party, died Saturday at Massachusetts General Hospital in Boston. She was 75. **Page A3**

THE WORLD

Missteps injure plant workers

SENDAI, Japan — Japan's government revealed a series of missteps by the operator of a radiation-leaking nuclear plant on Saturday, including sending workers in without protective footwear in its faltering efforts to control a monumental crisis. **Page A3**

OREGON

Northwest not ready for 'big one'

CANNON BEACH — When the big one hits the Pacific Northwest, the best place to escape the wall of water moving at jetliner speed from 50 miles off the coast may be a City Hall on stilts. **Page D3**

THE WEST

Gaps shown in radiation monitoring system

SAN FRANCISCO — Part of the nation's key radiation warning system was out of service as the U.S. braced for possible exposure to the fallout from a nuclear crisis in Japan. While no dangerous levels of radiation have reached American shores, the test of the monitoring network has spurred some lawmakers to question whether it can adequately safeguard the country against future disasters. **Page D6**

Libyan claims rape, is dragged away

Chaotic scene plays out in front of foreign journalists

BY HADEEL AL-SHALCHI

TRIPOLI, Libya (AP) — A distraught Libyan woman stormed into a Tripoli hotel Saturday to tell foreign reporters that government troops raped her, setting off a brawl when hotel staff and government minders tried to detain her.

Iman al-Obeidi was tackled by waitresses and government minders as she sat telling her story to journalists after she rushed into the restaurant at the Rixos hotel where a number of foreign journalists were eating breakfast.

She claimed loudly that troops

RELATED STORY

■ With help of allied airstrikes, rebels retake key city in eastern Libya/A7

had detained her a checkpoint, tied her up, abused her, then led her away to be gang raped.

Her story could not be independently verified, but the dramatic scene provided a rare firsthand glimpse of the brutal crackdown on public dissent by Moammar Gadhafi's regime as the Libyan leader fights a rebellion against his rule that began last month.

The regime has been keeping up a drumbeat of propaganda in the Tripoli-centered west of the country under its control even as it faces a weeklong international air campaign against the Libyan military.

Government spokesman Moussa Ibrahim originally said that investigators told him al-Obeidi was drunk and seemed to be suffering mentally, but he retreated from that position later Saturday. He said she was in safe custody and her claims were being investigated but as a criminal, not a political case.

See **RAPE** on A7



Associated Press

A Libyan Ministry of Information official yells at the press to stop filming Saturday as he grabs Iman Al-Obeidi, who said she spent two days in detention after being arrested at a checkpoint in Tripoli and was sexually assaulted by up to 15 men while in custody.

Rock solid in S. Home

LOCAL/REGION, D1



INSIDE

HealthC4	LotteriesD2
BridgeC2	ObituariesD2
ClassifiedE1	SudokuE1
Home & Garden . . .C6	TravelC1



13th year No. 30



The Weather Beaver says

If you're lucky, you might see more of the sun next month, **D6**