

Chase down ‘nutrition myths’

By **Sue Stafford**
Correspondent

Dr. Julie Hood Gonsalves, professor of human biology at COCC, will be exploring “Nutrition Myths” on Sunday, March 6, 2016, at 1:30 p.m. in the community room of the Sisters Library.

“Everyone is an expert in nutrition. That’s clear from all of the popular diets and nutrition books on bestseller lists. People work hard to be healthy, but the information they get is confusing. Being skeptical about nutrition information will help separate the chaff from the grain,” Dr. Gonsalves told *The Nugget*.

Her presentation will be a scientific look at many of the nutrition myths that are currently being promoted in books, magazines, on the airwaves, and the Internet.

Drink eight glasses of water. Don’t eat gluten. Sugar is the problem. Fat is the problem. Gonsalves will present the facts as she dissects some of the common myths that drive our nutritional “rules” and will explain what research has to say about them.

A Bend native who remembers a small town of 10,000 people, Gonsalves has lived here all of her life, with multiple excursions out of the state and country. As a teenager, Gonsalves moved to Africa with her parents and two younger brothers for a year.

Her mother said, “We have too much and they have too

little. We need to go help.”

Gonsalves recounted, “We lived in the bush where my dad, a physician, opened an outpatient clinic and my mom did public health things, like starting immunization clinics and educating people about how to protect themselves from hookworm and other parasites. I worked in the outpatient clinic, helping in the pharmacy.”

After returning to Bend from Africa, Gonsalves went on to earn both her Bachelor and Master of Science in Nutrition from Oregon State University in Corvallis. After college she returned to Bend to open a private practice as a medical nutrition therapist at Bend Memorial Clinic, a position she held for over 20 years. During this time period she was also a part-time science instructor at COCC, as well as the program designer and director of the Dietary Manager Certificate Program at COCC.

In 2001 she became a full-time associate professor of human biology and allied health, a position she currently holds. In 2009 she completed her Doctor of Education in Educational Leadership from Lewis and Clark College.

Gonsalves has received numerous awards for her work, including the COCC Faculty Achievement Award in 2011 for innovation in teaching and the Volunteer of the Year in 1992 from the Oregon affiliate of the American Heart



PHOTO PROVIDED
Dr. Juli Hood Gonsalves.

Association, given each year to one Oregonian.

In addition to her working career, Gonsalves has been a wife and mother of three daughters, who are now grown, two of them with children of their own.

The public is invited to this free presentation, the third in the annual Diane Jacobsen Speaker Series sponsored by the Friends of the Sisters Library. Seating is limited.

Parent group plans family art night

The Sisters Elementary School Parent Teacher Community (SPTC) invites Sisters families to Family Art Night on Thursday, February 25, at 5 p.m.

Family Art Night is free for all to attend and is scheduled from 5 to 7 p.m. in the Sisters Elementary School commons. Pizza will be available at no charge.

A variety of arts and crafts projects will be available for students and their families to work on including mask making, beading, journal creation and much more.

“The community may remember Family Art Night’s at SES in the past,” says SPTC volunteer Karissa Bilderback. “We are so excited to bring this tradition back to the elementary school and look forward to helping the students create fun projects they can replicate at home.”

The Sisters Elementary

School Parent Teacher Community is the result of a group of parents in 2014 looking to participate and support the Elementary School on a broader level. The SPTC is an all-volunteer group that meets monthly in Stephanie Burke’s kindergarten classroom at SES. Parents and community members are invited to participate in the SPTC to support the many programs at SES. Programs supported by the SPTC include the Scholastic Book Fair, Sisters Elementary School Spirit Sale, Holiday Book Exchange and more. All funds raised by the SPTC go to support semi-annual teacher grants and help to offset student fees.

For more information on Family Art Night or to get involved with the Sisters Elementary SPTC contact Haley Ellis at ellis.haley@gmail.com.

New flights available in Central Oregon

Redmond Municipal Airport (RDM) announces American Airlines (AA) will offer direct daily service to Phoenix Sky Harbor International Airport (PHX) beginning June 2. Tickets will be available for purchase at www.aa.com on Sunday, February 21.

The new non-stop flights will depart daily from RDM at 12:01 p.m., arriving in PHX at 2:20 p.m. Departures to RDM will leave PHX at 8:15 p.m. arriving in RDM at 10:20 p.m.

American will use a Bombardier CRJ-700 series aircraft which accommodates up to 67 passengers. Of those there are nine reclining first class seats. For customers connecting in PHX, American Airlines offers more than 300 daily flights to more than 81 destinations in four countries.

“This will be a valuable

route for Central Oregonians. The greater Phoenix area has grown to be the sixth largest metro in the country” said Roger Lee, EDCO Executive Director. Alana Hughson, COVA CEO commented, “Phoenix was the number one ‘new market’ for air service development due to its potential for both business development and tourism.”

In summer 2015, RDM was awarded a grant of \$500,000 from the U.S. Department of Transportation (USDOT) to attract commercial air service between RDM and PHX. The grant is designated to serve as a revenue guarantee and marketing of the new air service route. RDM was 1 of 49 communities competing for the grant. Only 11 applicants were awarded the USDOT Small Community Air Service Development Program (SCASDP) grant.

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