

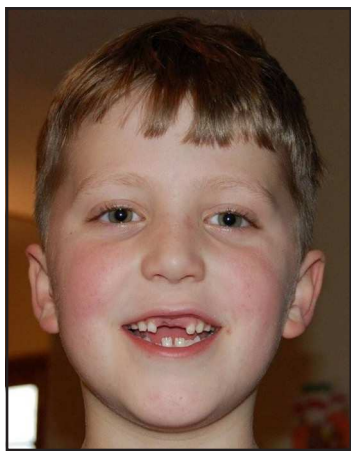
# Tooth Talk: For a Healthy Smile, Let's Chat Awhile!

By Christopher M. Scheuerman, D.M.D

## Got Your Dairy Today ?

6:30 AM the alarm rings, time to wake the family and start the day. 7:15 AM, the morning has whooshed away – and it's too late to make lunch for the kids, today will be a treat and they can have hot lunch. But wait, what should they drink – white milk or chocolate milk?

If you haven't had a chance to follow the latest USDA headlines a new icon has been created to remind consumers to make healthier food choices, replacing the previous Food Pyramid--What a great concept! Easily understood, and the best part--dairy has a place of honor as a beverage on the plate. Parents who drink milk and eat dairy foods show their kids that it is important. Milk is especially important to build growing bones of kids and teens. Now that we have milk back on the table, make sure it's the right kind of milk. Milk is often thought of as an important part of a child's diet, or more specifically, calcium and vitamin D are important nutrients that kids need. To make sure that



their kids drink milk, some parents resort to giving them flavored milk, including strawberry milk or chocolate milk.

The case against chocolate and flavored milks: Chocolate milk contains almost as much sugar as soda, leading to 75 extra calories per serving. Research has linked obesity to the consumption of soda and sugar-sweetened beverages. "In reality, what we're giving kids is a Hershey's (chocolate candy bar) a day. School should not be

the place where we are promoting sugary beverages at a young age," says the Rudd Center for Food Policy and Obesity at Yale University.

The biggest case against chocolate milk is that adding any flavoring to milk adds extra sugar and calories to an otherwise healthy drink. Even the newer 'no sugar added' varieties, like the Nesquik Chocolate No Sugar Added brand, has 3g of extra milk sugar and an extra 40 calories. And the more traditional varieties can add up to 24g of sugar and 100 calories per serving,

which more than doubles the amount of calories that you would get from just a glass of low-fat milk. And keep in mind that the no sugar added varieties use artificial sweeteners.

Although milk is an important drink and an easy way for your child to get calcium and vitamin D into his diet, it is usually best to encourage your kids to drink plain white milk. Adding chocolate flavoring just gives your child unnecessary sugar and calories. If your child won't drink plain white milk, you might offer alternative sources of calcium before jumping to flavoring his milk with chocolate or strawberry syrup or powder, as it is usually difficult to get kids to later go back to drinking plain milk once they start drinking flavored milk.

If you are going to give your kids chocolate flavored milk, you might offer it only as a once in a while treat and not on a daily basis. What about all of the extra vitamins and minerals that most chocolate flavorings now offer? You can get even more vitamins and minerals with a simple daily multivitamin that your child takes with her glass of plain white milk. So have a glass of milk today!

## Vernonia Through the Artists' Eye

Sponsored by Vernonia Hands-On Art, the local arts non-profit group, the Vernonia Through the Artists' Eye project is the brainchild of artist Dave Anderson. This picture is a detail of his interpretation of the photo from page 68 of the Images of America: Vernonia book put together by the Pioneer Museum. Artists were given their choice of two classic Vernonia scenes to interpret in their personal styles--one the railroad station, another on Bridge Street. Paintings will be raffled off with

half the proceeds going to Hands-On Art and the other to the artists themselves.

There are four artist involved this year: Walter Neuman, Sally Harrison, Diane Coughlin, and Dave Anderson. The paintings will be available for raffle at First Friday events starting August 5th, and at Saturday Markets. During Jamboree the paintings will be at the Market in the VCLC Courtyard, and the Pioneer Museum. During special events they will also be available at the museum. Drawings for all paintings will be held at the end of the Salmon Fest in October. Artists will be in attendance at different events to discuss their works. For more info or to buy tickets contact Erika Paleck at 503-704-5970 or epaleck@gmail.com.



Art by Dave Anderson is part of Vernonia Through the Artists' Eye project.

## Nodland Crowned Columbia County Rodeo Court Queen

On July 16, in front of a packed grandstands, the 2012 Columbia County Fair and Rodeo Court was announced at the Saturday night rodeo. Emily Nodland, age 17 of St. Helens, won the categories of Horsemanship and Appearance and was crowned the 2012 Queen. Princess Makayla Bennett, age 15 of Deer Island, won the categories of Speech and Personality and the Sales award. Winning the Knowledge category and the Congeniality and Photogenic awards was Princess Jordyn Deaville, age 17 of Woodland. Noelani Acker, age 16 of St. Helens, was named First Runner-Up and Flag Team Captain. She also won the Herdsmanship and MRO Spirit awards.

The new court will begin their reigns on January 1, 2012 and will have their official coronation ceremonies the beginning of January. They will work on fundraising and sponsorship activities throughout the upcoming months. For sponsorship opportunities or other information please contact Chris Cooper at 503-397-3726 or cccustomcowgirl@hotmail.com.



Photo courtesy of Creekside Studios. Photo, left to right: Princess Jordyn Deaville, age 17 of Woodland Queen Emily Nodland, age 17 of St. Helens Princess Makayla Bennett, age 15 of Deer Island



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