

Donate or volunteer at SES in name of science

It's time to round up supplies for science classes at Siuslaw Elementary School. Here are four easy ways for the community to show its support.

1. Volunteer an hour on Wednesdays through May with fourth and fifth graders. Or volunteer an hour on Thursdays in March with third graders.

2. Make a tax deductible donation payable to Siuslaw Elementary School. Note Science Lab on it and either drop it off at SES or mail your donation to 2221 Oak St., Florence, OR 97439.

3. Save "Box Tops for Education" and drop them off at the school.

4. Donate any of these recy-

clable items:

Used Items: Clear 24-ounce ketchup or syrup squeeze bottles with lids; Campbell's condensed soup cans, 11.5-ounce; flattened cereal or cracker boxes, Land-o-Lakes butter-tub lids, bubble wands, rubber bands, paper clips or milk jug lids.

Unused items needed: Wooden to-go chopsticks, tape (scotch, masking, painter's), food coloring (left over Easter egg dye is fine), balloons (mainly nine-inch round, but any are welcome).

Any of these items can be dropped off at the Siuslaw Elementary School Office or the Florence City Hall recycle area.

JOEL FUHRMAN, MD

Go gluten-free to lose weight?

processed foods.

However, a gluten-free diet can be just as high in calories and low in vitamins, minerals and phytochemicals as the standard American diet, and, therefore, just as weight gain-promoting.

There is no evidence that specifically implicates gluten in weight gain, or that removing gluten from the diet would accelerate weight loss.

Despite the popularity of the gluten-free diet trend, no studies have ever been published showing that removing gluten helps to reduce body weight.

In order to lose weight, you need to eat more micronutrient-rich foods and remove highly processed foods from the equation; and that does mean white flour and sugar. An enhanced nutrient-to-calorie ratio is the key: eat more high-nutrient

Popular diet books are blaming wheat (or gluten, which is the major protein in wheat) for the epidemic of obesity. First it was low-fat, then low-carb, and now gluten-free diets are being promoted as the "magic bullet" for weight loss.

Wheat has been blamed for obesity because there has been an increase in wheat flour products concomitant with the rise in obesity over the past 40 years. However, it is clear that one food alone cannot explain or be responsible for the rise in obesity.

There has been a huge upsurge in processed foods and sugary drinks, progressively increasing portion sizes, and increasing inactivity. All of the blame can't be placed on a single type of grain.

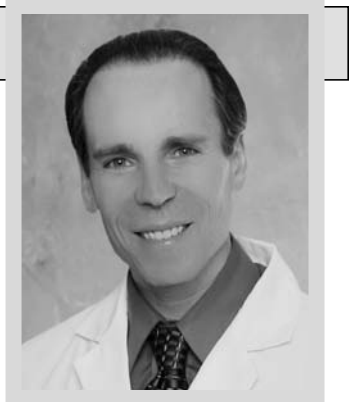
Refined wheat flour is the base of many low-nutrient

food and less low-nutrient food, and you will take in fewer calories, but feel more satiated.

If you were to follow a gluten-free diet based on replacing gluten-containing processed foods like pasta, bread and baked goods with vegetables, beans, intact whole grains and fruit, which are high in nutrients and low in calories (and happen to be gluten-free), you would most likely lose weight — but not because you cut out wheat or gluten.

Gluten-free pasta, bread, and cookies will not help you lose weight; these foods are calorie-dense, have added sugars and oils, and are low in nutrients.

Currently, gluten-free processed foods are perceived to be healthier, but in most cases they are still junk foods, just like their low-fat and low-carb predecessors.




Weight gain is not the only health problem that wheat (or gluten) has been blamed for.

There are claims that wheat raises blood glucose more than sugar, that gluten is addictive and causes uncontrollable overeating, and even that wheat and other grains cause Alzheimer's disease.

Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine.

Visit his website at DrFuhrman.com, or submit questions and comments to newsquestions@drfuhrman.com.

FRESH CRAB



OYSTERS CASINO

INGREDIENTS:
 3 slices bacon
 4 TBS chopped onion
 2 TBS chopped green pepper
 2 TBS chopped celery
 1 tsp freshly squeezed lemon juice
 1/2 tsp Worcestershire sauce
 2 drops hot pepper sauce
 1 pint fresh oysters

tender. Add lemon juice, salt, pepper, Worcestershire sauce, and hot pepper sauce. Mix well. Arrange drained oysters in a buttered baking dish. Spread bacon mixture over oysters. Bake for about 10 minutes.
 6 servings.

Recipe from: Southern Living Fish and Shellfish Cookbook

DIRECTIONS:
 Preheat oven to 350°. Fry bacon, remove, crumble, return to pan. Add onion, green pepper, celery and cook in the bacon drippings until

In The Case This Week:
 Crab, Oysters, Shrimp, Clams

Check fresh fish availability

THE KRAB KETTLE

280 Hwy. 101 (2 Blocks N. of Bridge) Florence
 MONDAY-SUNDAY 10-6 • 541-997-8996

Statewide School Exclusion Day is Feb. 18

The Oregon Immunization Program is reminding parents that children will not be able to attend school or child care starting Feb. 18 — School Exclusion Day — if their records on file show missing immunizations.

State law requires that all children in public and private schools, preschools, Head Start and certified child care facilities have up-to-date documentation on their immunizations, or have an exemption.

"Immunization is an effective way to keep schools and

the entire community healthy," said Stacy de Assis Matthews, school law coordinator in the Oregon Health Authority Public Health Division. "We want to make sure children are fully protected against vaccine-preventable diseases such as whooping cough and measles."

Parents need to know about this updated vaccine requirement:

- The hepatitis A vaccine, which protects against a communicable viral infection, is a two-dose series required for children 18 months and older

in child care, preschool and kindergarten through sixth grade.

If school and child care vaccination records are not up-to-date, the child will be sent home.

In 2014, local health departments sent 32,345 letters to parents and guardians informing them that their children needed immunizations to stay in school or child care.

A total of 5,227 children were kept out of school or child care until the necessary immunization information was

turned in to the schools or child care facilities.

Parents seeking immunizations for their children should contact their health care provider or local health department.

No one can be turned away from a local health department because of the inability to pay for required vaccines.

Pharmacists can immunize children 11 and older. Parents should contact their neighborhood pharmacy for details.

Last day to enroll in health plan is Feb. 15

Oregonians have just nine more days to enroll in health coverage for 2015.

The open enrollment period

for health insurance ends Feb. 15. This is the only opportunity for Oregonians to get health coverage for 2015 or change their health plans.

Oregonians can go to HealthCare.gov to access financial help, compare plans from multiple insurers, and enroll. They also can enroll with the help of an insurance agent or community partner. More than 92,000 Oregonians

have already enrolled in plans through HealthCare.gov.

"Having coverage protects you from facing a penalty when you file your taxes," said Laura Cali, Oregon Insurance commissioner.

Oregonians are reminded that they have to pay their first month's premium in order for their coverage to be effective.

The membership packets enrollees receive from their

insurance companies will provide instructions on making these monthly payments.

Oregonians can continue to get help enrolling over the next two weeks.

Visit CoverOregon.com to find an insurance agent or community partner. Cover Oregon also is holding 11 enrollment open houses in eight cities before the deadline. Find the schedule at bit.ly/CO-enroll.

Voice your opinion! Submit letters to: Editor@TheSiuslawNews.com.

Start celebrating early with

DJ DAN at

The Shorewood

Friday February 13

from 4 to 8 or so

Valentine's Dinner and

Dancing

FREE dinner and champagne 4-6pm followed by dance floor contest

reservations recommended

541-997-8202

Singles and Couples welcome

Prizes

- Drawing for gift basket
- \$1000 off a month's rent and Grand Prize
- month free rent



RETIREMENT RESIDENCES "...The Perfect Lifestyle"

1451 Spruce St. • Florence

541-997-8202

Florence Area Humane Society

Celebrate February Holidays

and

Banish Winter Blues

with dinner for

Ground Hog Day, Valentine Day, Presidents' Day, Chinese New Year Day






Tickets \$10.00 per person
 Children under 6 free

Available At:




FAHS Thrift Shop
 FAHS Shelter
 Three Rivers Casino
 Siuslaw Newspaper, Sponsor
 On Your Feet
 Raining Cats and Dogs
 Mary Ann's Natural Pet




Baked Potato with toppings
 Assorted Desserts

Ocean Dunes Golf Links Clubhouse

Friday, February 13, 2015 at 5:30 p.m.

All proceeds go to the animals awaiting homes at the Florence Area Humane Society Shelter