

Knights of Columbus clean streets



PHOTO BY ERIC ZUEGER
Florence-area Knights of Columbus cleared trash from Highway 101 on Sept. 8. They worked for four hours to pick up litter, starting at the old Rite Aid building before heading north to Fred Meyer.

Chocolate to flow at annual FAHS Gala

The 23rd annual Florence Area Humane Society (FAHS) Wine and Chocolate Gala will be Friday, Oct. 2, with doors opening at 6 p.m.

Three Rivers Casino Resort has once again donated its special event room, which can be entered directly from the parking lot.

As always, the chocolate fountain, with all its dipping goodies, will be flowing freely.

This year, the first 100 guests will receive a commemorative wine glass as a gift.

Tickets are available at Mary Ann's Natural Pet, On Your Feet with Splash, Raining Cats and Dogs in Old Town Florence and the Florence Area Humane Society Shelter.

Tickets purchased in advance are \$20 and will include entry to the gala, one glass of wine, one raffle ticket, hors d'oeuvres and, of course, unlimited trips to the chocolate fountain.

Tickets purchased at the door the evening of the event will be \$25.

Pianist Tres Eberhard will provide music for the evening. Mike Bones will emcee and lead the auction. Author Judy Fleagle will have a book sale and signing of her latest book, "Devil Cat and Other Colorful Animals I Have Known," with her profits going to FAHS.

The live auction will take place at 7 p.m.

Oregon State University has donated a pair of reserved tickets to the Oregon State vs. UCLA football game.

The University of Oregon has donated tickets for a basketball game.

In addition, auction items will include overnight stays at The Mill Casino, Seven Feathers Casino, The Adobe Inn and Driftwood Shores.

Susannah Charleson's book, "Unadoptables Taught Me About Service, Hope and Healing," has been signed and offered to FAHS by the author.

Raffle items include a bird house by Given Back Bird Houses; 10 passes for City Lights Cinemas; 12 coupons for Pure Vita dog food and 12 coupons for Pure Vita Cat food; a Pam Parker original painted on wood; cat tree; cat cubby cube; gift certificate from BNT Promotional Products; Jim Hunt locomotive stained glass picture; and a beautiful piece of spinning yard art.

Raffle tickets are available in advance at Raining Cats and Dogs on Bay Street.

Winners need not be present to win.

Come and enjoy this evening while helping the Florence Area Humane Society find forever homes for loving dogs and cats.

As always, 100 percent of the proceeds will go towards the care of hundreds of homeless dogs and cats who pass through the FAHS shelter each year, supporting vital programs and services including adoptions, humane education, lost and found, low cost spay/neutering, medical care, rescue, workshops, counseling and more.

THE FLORENCE AREA HUMANE SOCIETY
PRESENTS THE 23RD ANNUAL

Wine & Chocolate Gala!

WINE
LIVE MUSIC
HORS D'OEUVRES
LIVE AUCTION
SILENT AUCTIONS
RAFFLES
AND
THE CHOCOLATE FOUNTAIN!

Friday, October 2
Three Rivers Casino & Hotel
DOORS OPEN @ 6 PM

TICKETS \$20 ADVANCE \$25 AT THE DOOR

FAHS Shelter - Mary Ann's Natural Pet
Raining Cats and Dogs - On Your Feet with a Splash

THANKS!

ALL PROCEEDS BENEFIT THE ANIMALS AWAITING HOMES AT THE FLORENCE AREA HUMANE SOCIETY

JOEL FUHRMAN, MD

Dressing crucial for main dish salad

For years, I have advised my patients and readers to make salad the main dish. Here's why:

Eating large salads is an effective weight-loss strategy. Raw leafy greens contain less than 100 calories per pound, so you can eat huge quantities of these healthful foods with almost no caloric impact. Leafy greens and other raw vegetables are bulky and rich in fiber, which promotes satiety and blunts appetite.

For those who desire to lose large amounts of weight, eating a large salad at the start of lunch and dinner is extremely helpful. It has been shown in scientific studies that women who started their lunch with salads consumed fewer calories from the rest of the meal; plus, larger salads had greater calorie-reducing effects.

Salads provide powerful health benefits — especially with the right dressing. High

intake of salad, leafy greens, or raw vegetables has been linked to reduced risk of heart attack, stroke, diabetes and several cancers.

Cruciferous leafy greens often used in salads such as kale, arugula and cabbage are rich in anti-cancer and cardio-protective compounds.

Lettuces are rich in antioxidant phytochemicals such as carotenoids and quercetin; eating lettuce has been shown to increase blood antioxidant capacity.

There is an important issue to note here: the maximal benefits of leafy greens can only be realized if their phytochemicals are efficiently absorbed.

Beneficial fat-soluble phytochemicals — like carotenoids — can only be effectively absorbed in the presence of fats.

This means that using a fat-free dressing severely limits the health benefits

you obtain from your salads.

However, I don't recommend adding oil to salads in order to absorb the carotenoids; oils are calorie-dense, nutrient-depleted processed foods.

Adding hundreds of empty calories to one's salad counteracts the negative caloric effect of the raw vegetables, promoting weight gain. Excess weight increases the risk of heart disease and cancer.

This is why I recommend nut-based and/or seed-based salad dressings. Nuts and seeds are high in fat, but they are extremely healthful foods. You get healthy fats to absorb carotenoids, plus all the additional health benefits that come along with eating nuts and seeds regularly, like lower cholesterol, enhanced endothelial function and reduced risk of heart disease.

Plus nuts and seeds provide additional satiating power to



salads, which contributes to maintaining a healthy weight.

Many studies have now confirmed that eating nuts and seeds, as part of a meal, contrary to popular belief, does not promote weight gain.

Blending nuts, seeds, fruit, vinegar, herbs and spices into a salad dressing not only makes your salad taste great, but increases its nutritional value.

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.

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