

Art books to be auctioned at Empty Bowls

Leroy Krzycki recently donated two of Katheryn Davis' fine-art books to Florence Food Share's Empty Bowls event next weekend.

The 20th anniversary fundraiser will be held at the Florence Events Center Dec. 4, 5 and 6.

The two full-color, hardcover books feature Davis' award-winning watercolor and oil paintings.

The Volume One book, published in 2011, is joined by the just-published 350-page Volume Two book, which does not repeat any of the paintings from Volume One.



Leroy Krzycki and Desiree Johnson with copies of the second volume of Katheryn Davis' fine-art book

Empty Bowls is an annual fundraiser for Florence Food Share, our local food pantry.

A silent auction is featured along with almost 1,000 handmade ceramic bowls that are sold to the public for \$10 each, with some \$5 bowls available as well.

Each bowl sold is accompanied with a soup coupon that entitles the bearer to on cup of the "soup of the day" at participating restaurants for the month of December.

Admission to this family-friendly event is free, with all proceeds benefitting Florence Food Share.

Library to host holiday book sale Dec. 5

The Friends of the Siuslaw Public Library will hold a one-day Holiday Book Sale on Saturday, Dec. 5, from 10 a.m. to 4 p.m., in the Bromley Room.

A pre-sale for Friends members will be held from 9 to 10 a.m. The library is at 1460 Ninth St. in Florence.

Just in time for gift-giving, this themed book sale will feature thousands of like-new hardback and paperback fic-

tion and nonfiction, holiday books, special and collectible books, magazines, the new Got Books canvas bags, and more.

All proceeds go to support the Siuslaw Public Library and its programs.

The Friends of the Siuslaw Public Library is a nonprofit organization

For more information, email siuslawlibraryfriends@gmail.com.

JOEL FUHRMAN, MD

Preventing acne with diet

Acne is the most common skin condition in the U.S. About 85 percent of people in the Western world experience acne during their teenage years, but it can occur at any age.

Acne is more than just pimples and it can leave permanent scars. In many people, acne can seriously affect quality of life, causing low self-esteem, withdrawal from social situations, anxiety, and depression.

A pimple or lesion forms when a pore in the skin begins to clog with old, dead skin cells. Usually these cells are simply shed from the surface of the skin, but if too much oil is being produced, the dead cells can stick together and become trapped inside the pore.

Bacteria also play a role, they can grow and multiply inside the pore, resulting in inflammation.

Scientific studies have demonstrated that the diet is very important, because what we eat can affect the hormones that contribute to the oil production, hyperproliferation and inflammation that cause acne.

The two acne-promoting dietary factors that have been most extensively studied are dairy products and high glycemic load foods.

These factors influence hormonal and inflammatory factors increasing acne prevalence and severity. Hormonal influences that raise insulin and insulin-like growth factor 1 (IGF-1) levels are key.

Elevated IGF-1 levels lead to changes in gene expression that cause inflammation, hormonal changes, increased oil production, and development of acne lesions. Of important concern is that the same hormonal milieu of high IGF-1 and high insulin, also promotes breast and prostate cancer, so it is important to maintain a diet

that is hormonally favorable all through life.

In addition to dairy and high glycemic foods, excessive oil production by the skin can be exacerbated by oil intake. Vegetable oils drives omega-6 intake up, which have pro-inflammatory effects, and high omega-6 intake is associated with the development of acne.

The effects of oil intake on acne is exacerbated by the consumption of high glycemic carbohydrates, such as commercial baked goods. Higher intake of omega-3 fatty acids is associated with reduced likelihood of acne, as omega-3s counteract the pro-inflammatory processes that drive acne.

Just because overeating nuts and oil (especially peanuts and peanut butter) can contribute to sebum production and acne, does not mean nuts and seeds need to be eliminated from the diet to help acne. It is the combination of the glycemic load of the diet and other hormonal promoters acting together to produce acne.

So excessive intake of fat may increase sebum production, but this tendency is permitted and exacerbated by the glycemic effect of the diet.

When your diet has more beans, greens, seeds, onions and mushrooms, and is free of high glycemic carbohydrates, it can tolerate more fat, without any acne-promoting effects on sebum production, because the antioxidant and phytochemical exposure is higher, and the glycemic load of the diet is lower.

So up to two ounces of raw nuts and seeds can generally be eaten by those on an oil-free high-nutrient (Nutritarian) diet without creaming acne. But once you start eating refined and high glycemic carbohydrates, your body will be more sensitive to

the fat in your diet, maybe even from nuts.

The two most important hormonal factors that drive acne are IGF-1 and insulin. In addition to avoiding oils, to prevent or resolve acne, avoid dairy products and high-glycemic load foods, especially sweeteners and commercial baked goods and make sure to get an adequate supply of micronutrients.

Remember, high glycemic carbohydrates can raise both insulin and IGF-1.

Protein intake is the major factor that determines circulating IGF-1 levels, especially protein from dairy products.

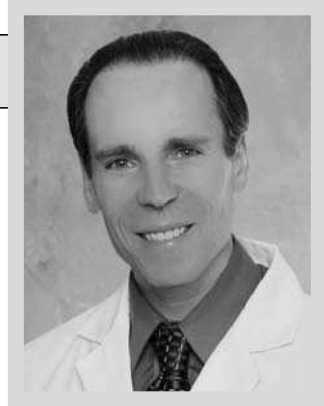
A three-year prospective study of 9-15 year old girls found a 20 percent increase in acne prevalence in girls that had 2 or more servings of milk per day compared to less than 1 per week. This association held true for total, whole, low fat, and skim milk.

The same researchers found a similar association in boys who drank skim milk (milk highest in protein). Furthermore, in the Nurses' Health Study, dairy products eaten during high school were associated with acne during women's teenage years.

Glycemic load (GL) is a measure of the effect of a certain food on blood glucose levels. High-GL foods like refined carbohydrates produce dangerous spikes in blood glucose, leading to excessive insulin levels in the blood (hyperinsulinemia), which contribute to diabetes, heart disease, and several cancers.

Hyperinsulinemia not only promotes inflammation but also raises IGF-1 levels, further contributing to acne.

A low glycemic load diet has been shown to improve acne symptoms, and decrease



IGF-1 and skin oil production in several studies.

Blood levels of zinc, carotenoids, and vitamin E are known to be lower in acne patients compared to those without acne, suggesting that maintaining micronutrient adequacy may help to prevent acne.

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.

Community Chorus seeks permanent music director

The Community Chorus of Florence Oregon (CCFO) is seeking a permanent chorus director. Position applications will be accepted until Dec. 31.

Interviews and directing auditions will be held in early January with the position officially beginning Jan. 18.

The contracted position includes a stipend per rehearsal and performance. CCFO performs two concerts each

year: the first Sunday in May and second Sunday of December.

For more information about CCFO, visit www.communitychorusflorenceoregon.org.

Applicants must send a resume, two letters of reference and proof of a degree in music to CCFO, P.O. Box 824, Florence, OR 97439, email to merzmusic@hotmail.com, or call 541-902-8567 for details.

Youth Helping Youth Fundraiser
Faith Fellowship Foursquare Youth Group
10-3 Saturday, November 28th
 Precious Moments, Snowbabies, Avon, Hallmark, Danbury Mint, Christmas Villages, Drummer Boy Collectibles and more!
1624 Hwy. 101 • Florence (Next to A&W)
(Half of the donations will be used for World Vision, as well as the purchase of shoes and clothing for local teens)

CONCEAL CARRY PERMIT CLASS
Oregon -Utah
Valid in 35 States

Wednesday, December 16th
1 pm or 6pm
Walk-ins Welcome

Florence Event Center, 715 Quince St.
OR/Utah-valid in WA \$80
or Oregon only \$45
FIREARMTrainingNW.com ~ FIREARMTrainingNW@gmail.com
360-921-2071

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WORD ON THE STREET
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What do you think about Thanksgiving shopping?

"I think that it's a fashion and what people do and want to do, but I can see the fad. I have a door mat that says 'Shop Small,' so I'm partial to small businesses in town."
 —PATRICK EMMINGHAM, FLORENCE

"The holiday season really brings shopping local and supporting your neighbors to a pinnacle point. Shop owners, small businesses and nonprofits really work hard to make the area worth living in. Buying local really helps."
 —JO BEAUREAU, FLORENCE

"I participated in Black Friday last year, with my grand-daughter and daughter in Albany. We got up at 3:30 a.m. to go to Eugene. It was fun. Been there, done that."
 —BONNIE WILSON, FLORENCE

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