

JOEL FUHRMAN, MD

Three habits of health

The way you take care of yourself is a more crucial determinant of your future happiness than your savings account. Many people invest in their financial future, but they never consider their health future. A large nest egg is of no use to you if you're not there to spend it!

As you plan for your health future, you must consider the three important components that pay the biggest dividends: nutrition, exercise and positive mindset.

1. Nutrition:

Make every calorie count as you strive for lifelong health. Eat lots of foods that are rich in nutrients and low in calories—and remember my health equation, H (Health) = N (Nutrition) / C (Calories). Also remember to regularly include foods that

have special cancer-protective features, notably the G-BOMBS: greens, beans, onions, mushrooms, berries and seeds.

2. Exercise:

Exercise regularly. Make it a part of your daily routine. A gym membership is nice, but there are plenty of other opportunities to work out your body over the course of an average day.

Take the stairs, for instance, instead of the elevator. Walk or ride a bike instead of driving. Take frequent exercise breaks and do something active for just three to five minutes, then go back to work.

3. Positive mind-set:

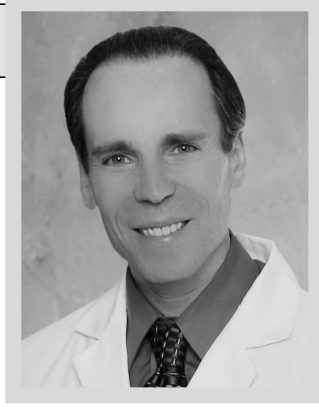
A healthy mind-set is a prerequisite for a healthy lifestyle. The best way to develop one is to be optimistic and surround

yourself with people who engage in and support your health. Show people you care about them with your actions, not just with words. A positive mind-set results from your goodwill to others. It is like putting deposits in your life-span account.

These are the three essential habits of health. The more you practice them, the more routine they become. You won't want to act any other way.

Many people — healthy and unhealthy people alike — are often obsessed with food. The goal is to live a fully balanced life where people, food and exercise are all in the right place.

The key to finding food's place in this delicate balance is by practicing the three habits of health until they all become a



natural part of your life.

Balancing your diet style for optimal health is part of, and most natural and effective when it is connected to, balancing your life between exercise, rest, sleep, recreation, work, family, friends and intellectual pursuits.

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*.

Delta Gamma offers \$1,000 scholarship

Delta Gamma of ESA is offering a scholarship of up to \$1,000 for continuing education.

Anyone who has completed at least one year of college, or who is interested in re-entering the educational field by attending college or a professional program, is encouraged to apply.

Applicants are not limited to Siuslaw graduates, but must be

linked to the Florence community.

The scholarship committee is looking for people who have a desire to better their positions in life, demonstrate reliability and perseverance and have a clear educational goal.

For an application, contact Kim Pickell at 541-999-5316 or email pickell@q.com.

Deadline for applications is Friday, Feb. 26.

Local students win annual Elks scholarships

Each year, the Florence Elks Lodge offers two \$1,500 scholarships to area high schools' graduating seniors.

The Elks National Foundation awards \$2.44 million annually for Most Valuable Student Scholarships to 500 high school seniors nationwide.

The Florence Elks Lodge receives applications from Siuslaw High School, Mapleton High School, Triangle Lake Community Charter School and Reedsport Community Charter School and selects the boy and girl with the highest scores to

receive the lodge scholarships.

These winners then advance to the district competition. Winners there receive an additional \$1,800 each from the district, plus they qualify to move on to the next level of competition, where they can receive an additional \$1,000 per year for four years.

They then compete to move on to the national level.

This year, Samuel Lundquist of Reedsport Community Charter School and Makenna Pennel of Triangle Lake Community Charter School were \$1,500 winners.

Pennel placed first at the district level and received an additional \$1,500 and will move on to the state level.

The state competition will be held Saturday, Feb. 6, at the Keiser Elks Lodge in Keiser, Ore.

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Mayor praises Winter Music Fest



CHANTELLE MEYER/SIUSLAW NEWS

On Jan. 11, Florence Mayor Joe Henry describes the Florence Events Center (FEC), the Friends of the FEC and the Winter Music Festival as a wheel that keeps Florence a "City in Motion" when he presents Rachel Pearson (left) a proclamation designating this weekend, Jan. 16 and 17, a landmark weekend. "I hereby encourage all residents to participate in these events, and welcome the many expected out-of-town visitors to our fine community," Henry said. For more information about concerts, the pie sale and artisan fair, go to www.wintermusicfestival.com.

240 HOURS

Is your family prepared?

If an emergency happens in your community, it may take emergency workers some time to reach you. You should be prepared to take care of yourself and your family for a minimum of 240 hours.

Get your emergency car kit started with these essentials:

- Always have at least one half tank of gas
- First aid kit
- Class ABC fire extinguisher
- Radio and fresh batteries
- Nonperishable food in coffee can
- Bottled water
- Tool kit
- Blankets or sleeping bags
- Short rubber hose for siphoning
- Jumper cables
- Waterproof matches and candles
- Reflectors and flares
- Flashlight with fresh batteries
- Paper and pencil maps
- Towel, plastic bags, medications

This message brought to you by the West Lane Emergency Operations Group. www.wleog.org

IDENTIFY • PREPARE • SURVIVE

Florence Food Share is your local community food pantry. We serve emergency food boxes to all those who qualify financially. Our hours are 9:30a.m.-1p.m., Monday through Friday. We reopen in the afternoons on Monday and Wednesday from 4-6p.m. We are also now open the first and third Saturday of each month, from 10a.m. – 1p.m. Please call us with any questions and/or for more information.

2190 Spruce Street
 541-997-9110
www.florencefoodshare.org
info@florencefoodshare.org

Florence Food Share es su lacena de comida comunitaria. Servimos cajas de comida de emergencia a todos esos que califiquen financieramente. Nuestras horas son de 9:30a.m. – 1p.m., de lunes a viernes. Re-abrimos por la tarde del lunes y del miércoles de 4-6p.m. También, ahora abrimos el primer y tercer sábado de cada mes, de 10a.m. – 1p.m. Por favor llámenos con cualquier duda y/o para conseguir más información.

11th annual America's 1st Sustainable Home & Garden Show Returns!

Good Earth Show
 HOME, GARDEN & LIVING
 January 22-24
 Friday 5-9pm • Saturday 10am-8pm • Sunday 10am-5pm
 FREE ADMISSION with Canned Food Donations
 Fairgrounds, Eugene

SHOP & EXPLORE ~ 225 Sustainable Exhibits
 Home, Garden, Food, Wellness, Recycle, Art, Transportation
 Shop Local & Organic Foodies, Sustainable & Gluten Free Food Exhibits
 Meet the Green Builders, Architects, Remodelers & Landscapers
 Daily 3-D Printing Demos by UO Product Design Program
 Discover Plant Sales, Winter Gardens, Adorable Alpacas & Chickens Over the Aisles!

DOUBLE YOUR DONATIONS!
 Every dollar donated to ShelterBox USA during the Show will be matched up to \$10,000 by Show Management. Make your donation at the Eugene Delta Rotary exhibit with the actual emergency aid supplies & tent delivered to families worldwide who have lost everything during natural disasters and humanitarian crises.
 ShelterBoxUSA.org

National Salvage Designer Shannon Quimby!
 Better Homes & Gardens Editor | HGTV Alumni
 Speaking 3 Days! Win Prizes! Book Signings!
 • Big Design Ideas for Smaller Spaces
 • Outdoor Rooms: Salvage Design & Decor

Tour Oregon's Tiny House Round-Up!
 Oregon Crafted Homes for Small Living
 Greenleaf Tiny Homes. Mod Eugene. Tiny Mountain Houses.

John Fischer's "The Relaxed Gardener" Workshops
 Carol Deppe's Tao of Vegetable Gardening Workshops
 Duckling Activities - Storytime to Making Storybooks
 65 Seminar Online: EugeneHomeShow.com

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