

Lady Elks help job fair



COURTESY PHOTO

Nancy Walker, Siuslaw High School Job Fair co-chairwoman (left), receives a check for \$500 from Ladies of Elks president Cindy Russell in support of the program. LOE secretary Linda Tank (not pictured) said, "We are pleased to support the job fair and the students, who will benefit from the experience and perhaps find a career path that they may wish to pursue." The 2016 Siuslaw High School Career and Job Fair will be held April 28 at Siuslaw High School.

JOEL FUHRMAN, MD

Should you try going gluten-free to lose weight?

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 most recently gluten-free diets have been 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 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.

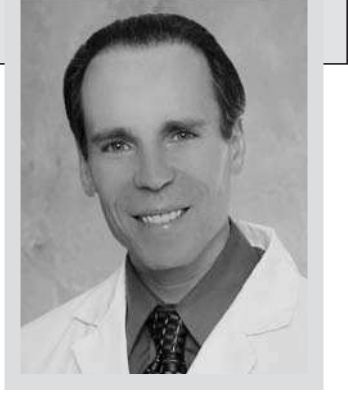
In order to lose weight, you need to eat more micronutrient-rich foods and remove highly processed foods from the equation; and that does mean white flour and sugar. An enhanced nutrient-to-calorie ratio is the key: eat more high-nutrient food and less low-nutrient food, and you will take in fewer calories,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

Again, there is no evidence that implicates gluten in particular, but there is substantial evidence implicating a low-nutrient diet.

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.

Garden Club offers scholarships

The Florence Garden Club invites local Siuslaw and Mapleton high school seniors to apply for the Garden Club scholarship for the 2015-16 school year.

Applicants must be planning a post high school career in horticulture or a related field such as forestry or environmental science. Awards are typically \$1,000

or more.

Applications are available through the high school counseling department.

Deadline for applying is April 1.

For more information on the scholarship application process, contact a school counselor or call Carol Jolley, scholarship chairwoman, at 541-902-9343.

Register to sing with Community Chorus by Monday

You can still register to sing with Community Chorus on Monday, Feb. 15, at 6:30 p.m. at Cross Road Church, 10th and Maple streets.

Come welcome new chorus director Jennifer Weier. All singers from high school age and older are welcome. There is a registration fee of \$60 to

cover the cost of music and other expenses.

Several scholarships are available and may be discussed at registration.

The chorus rehearses Monday evenings from 7 to 8:30 p.m.

The May 1 concert will take place at 2 p.m. at the Florence

Events Center.

The chorus will be singing selections from Irving Berlin's songbook and other music from that era. There will also be a number of patriotic songs.

The chorus is also seeking volunteers for a number of non-singing roles, such as fund raising, bookkeeping, comput-

er graphics, secretarial and other administrative chores.

For more information, call 970-618-6307 or visit www.communitychorusflorenceor.org.

Registration forms found on the web site, are to be printed and brought to registration night.



February is National Children's Dental Health Month

The tooth, the whole tooth and nothing but the tooth



Fighting the battle where it starts

Who's the top-grossing actor in kids' tooth decay stories? Sugar. And in

February 2016, during National Children's Dental Health Month, the American Dental Association is bringing "Sugar Wars" to a dentist's office near you.

Your child's dental hygiene isn't only about brushing and flossing. The best way to prevent tooth decay and the costly dental cavities that result is to tackle the problem where it starts: eating sugary foods.

Everyone likes a treat now and then, but when you and your kids do indulge, it's extra important to remember a couple of things.

- Don't eat candies or sugary foods throughout the day; the bacteria that cause decay feed on sugar, so it's important to give your mouth a break.

- Brush your teeth with a dentist-recommended toothpaste after you've eaten a sugary snack or dessert. This does two things: it removes any stuck food particles from the teeth and gums, and it helps the saliva return to a normal pH level that doesn't favor tooth decay.

Generally, it's best to avoid eating sugary foods every day for your dental health and overall health. Opt for desserts that feature fresh or frozen fruits, nuts and low-sugar recipes. At snack time, choose fresh fruit or vegetables, nuts, cheese, whole-grain products or other low-sugar foods that don't easily get stuck in the teeth. Plan an attack on sugary sodas, fruit drinks pastries and candies.


Teaching your kids good dental habits is the best way to fight the Sugar Wars. Remind them to brush at least twice a day (once before going to bed), rinse after snacking, floss daily and choose low-sugar snacks.

Sugary sodas and fruit drinks are big culprits in the Sugar Wars.



© 2015 AMERICAN DENTAL ASSOCIATION. ALL RIGHTS RESERVED.

HUNT FAMILY DENTISTRY




950 9th Street
Florence, OR 97439
huntfamilydentistry.com
541-997-7181
Call to schedule today!
Open M-W 8:30-5:00, Thurs. 7:30-4:30

THOMAS J. HUNT, D.M.D.
DAREN T. HUNT, D.M.D.


2750 KINGWOOD

FLORENCE DENTAL CLINIC

BRIAN G. HOLMES, D.M.D., JUSTIN H. LINTON D.D.S.

Providing free dental care on February 22-23 to all children at Siuslaw Elementary School

541-997-3535
WWW.HOLMESLINTONDENTAL.COM



CHAD E. CLEMENT, D.D.S., P.C.

Relaxing riverfront view from all rooms

1256 BAY STREET PH. 541.997.3423
P.O. BOX 1487 FAX 541.997.8749

Important Tips for Parents, Grandparents, and Children's Caregivers

FOR INFANTS:
Sugar left on baby's teeth from their overnight bottle of milk or juice provides food for bacteria, which produce acid that leads to serious tooth decay. Make water the last drink before bedtime.


FOR TODDLERS:
Good attitudes about oral health yield big, lifelong benefits. Make brushing teeth a relaxing, enjoyable activity after every meal and before bed. Disclosing tablets are a great teaching tool.

FOR CHILDREN:
Cavities are the top chronic disease in children ages 6 to 18. Good or bad habits—started early—set the course of a child's life. A healthy smile is crucial to a child's self-esteem.

FOR TEENS:
Oral piercings may seem daring and cool, but create a breeding ground for nasty, even life-threatening, infections. They can destroy teeth, gums, and nerves—during or even long after the procedure.

IN AN EMERGENCY:
If your child's permanent tooth is knocked out, rinse but don't scrub it, then gently reinsert it and hold it in its socket, or place it in glass of milk, then hurry to your dentist.

Our Gift to You
One child or adult comprehensive evaluation and x-rays, please contact us today!
Offer good thru 3/15/16. Use promo code "Tooth Fairy."



541-997-3111
1705 W. 22nd St,
Florence, OR 97439
www.KorandoDentalGroup.com

Charles W. Korando, DDS
Graduate Loma Linda University School of Dentistry
American Dental Assoc., Oregon Dental Assoc..
Associate Fellow American Academy of Implant Dentistry
Ryan C. Korando, Licensed Denturist
Nolan W. Korando, DDS, Board Certified outpatient
Dentist Anesthesiologist

BLACK YELLOW MAGENTA CYAN