

JOEL FUHRMAN, MD

The negative effects of soda on children

The standard American diet, chock full of soda and other sugary drinks, fast foods and other low-nutrient foods, can have a major impact on the health and lives of our children.

Rising rates of childhood obesity driven by this way of eating have received much attention; however, low-nutrient foods are still having negative effects on the physical and mental health of children who are not overweight.

Children are not immune to the damaging health effects of the standard American diet, which can set them up for a lifetime of poor health ranging from heart disease to behavior problems and lower cognitive performance.

On average, U.S. children and teens consume over 200 calories a day from soda and other sugary drinks, and it is estimated that about 14 percent of their calories come from fast food. As a result of the poor diets of American children, more than one-third of normal-weight teenagers (and about

half of overweight teenagers) have at least one diet-related risk factor for heart disease.

These dietary patterns have the potential to dramatically affect not only public health but the productivity of our future adult population; studies have implicated poor diet in limiting intelligence and academic performance, and also has drawn parallels between consumption of sweets during childhood and violence in adulthood.

A study on soda consumption found an increase in behavior and attention problems in 5-year-old children (as assessed by their mothers) with increasing daily consumption of soda.

Forty-three percent of the 5-year-olds in the study drank soda at least once a day. The authors adjusted their results for potential confounding factors that might affect behavior, such as hours of television and a stressful home environment, and still found a significant association between soda consumption and aggression, with-

drawn behavior and poor attention.

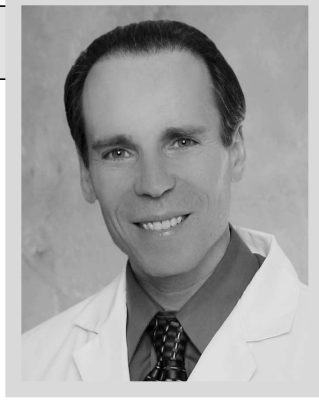
They proposed that caffeine and/or fluctuations in blood sugar might be responsible for the association between soda and behavior problems.

Blood glucose levels do affect the workings of the brain, and habitual high sugar intake has been shown to impair cognitive function. Several previous studies on high school students have also associated soda consumption with aggressive behavior, as well as depression and self-harm.

Plus, higher sugar sweetened beverage consumption is linked to diabetes, cardiovascular disease, and cancers.

In addition to soda, higher fast food consumption in fifth grade (four or more times per week) has been associated with poorer academic progress in math, reading and science between fifth grade and eighth grade.

Children who ate fast food one to three times per week —



a common level of intake — compared to those who ate no fast food had lower scores in math. These results suggest that children eating fast food frequently could slow their academic progress.

The food habits children develop in their early years have a substantial impact on their physical health and mental well-being throughout the rest of our lives.

Parents need to know this information, so that they can help their children to live healthfully, maintain a positive mindset, and reach their full cognitive potential.

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

City Club to hear of negative LNG facility impacts

The guest speaker for Florence City Club on March 4 will be Jody McCaffree, who will speak on the proposed controversial Jordan Cove LNG Export facility project.

McCaffree currently lives with her husband of more than 30 years in North Bend. They owned and operated McCaffree Electric Inc., a full service industrial, commercial and residential electrical

contracting business in North Bend until Dec. 31, 2015.

Both were born and raised in the Coos Bay area and currently live two miles from the proposed Jordan Cove LNG Export facility. For the last 10 years, McCaffree has been actively working to expose the truth about the poorly conceived LNG project, sited inappropriately too close to the population and airport on a sand spit in an earthquake

subduction and tsunami inundation zone.

McCaffree says the LNG project would negatively impact jobs in fishing, clamming, crabbing, oyster growing, timber, ranching, tourism, recreation and manufacturing industries.

She continues to fight to save sustainable jobs on the South Coast of Oregon and the foreign takeover of American private property by

the use of eminent domain at the hands of the Jordan Cove LNG Export Project.

City Club will host its first meeting upstairs in the Driftwood Shores board room.

Lunch will be served from the menu from 11 a.m. to noon. The program is from noon to 1 p.m.

Call Roger Johnson a day before for reservations at 541-902-5135.

CROW invites jewelers to participate in contest

Local bead makers and jewelry makers are invited to participate in CROW's upcoming production of "Shrek the Musical Jr."

The nonprofit youth theatre group's production requires three sparkling crystal necklaces similar to the one worn in the animated feature films. These three necklaces will be worn onstage by "Young Fiona," "Teen Fiona" and "Adult Fiona," and the actresses will get to keep them at the end of the run.

CROW is challenging local artists to design one, two or all three necklaces, and the production team will select the three winning pieces to be worn onstage for the show.

It is not necessary that they all match, but that they all coordinate and have a similar medieval-period style.

For style ideas, CROW artistic director Melanie Heard recommends jewelry artists look at the necklaces worn in the Broadway production of Shrek by Sutton Foster.

"Be creative. Use your imagination — and have fun."

Not only will the handmade creation(s) be featured onstage for packed houses at the Florence Events Center (April 15-17), but the winner will receive mention in the program as "Fiona's Royal Jewelry Designer," along with two complimentary tickets to the show.

To participate, contact Heard at 541-999-8641 or email crowtheatrekids@yahoo.com. Deadline for submission is Tuesday, March 1.

Participants will need to arrange to drop off entrees to Heard or have it picked up by a CROW representative.

Necklaces that are not selected to be worn onstage will be sold at CROW's lobby boutique and profits will go toward scholarships for kids who cannot afford to attend 2016 CROW summer camp.

For more information on the CROW nonprofit youth theatre arts program, visit www.crowkids.com.

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Free cooking demo at Real Food Co-op March 2

On the menu for the Real Food Co-op's next free cooking demonstration is gluten-free chocolate ganache cake.

Attendees will leave the cooking demo with samples, recipes and helpful hints.

There are no fees or registration necessary.

Join chef Annie McHale, the founder and director of ROOTS Culinary School, which offers real food cooking classes and retreats. McHale is currently managing the kitchen at the Yacht's Farm Store, is a freelance writer for Azure Standard in Dufur, Ore., and a member of Florence's Real Food Co-op.

Her cooking classes specialize in gluten, sugar and dairy free cooking.

McHale is a former corporate trainer and worked in

organization development. She brings these skills to her classes. McHale and her husband currently live in Yachats and are actively looking to buy a home and locate permanently to Florence.

The Real Food Co-op is committed to community education about eating healthy, whole foods that are grown sustainably. The Co-op actively supports local farms and producers.

McHale and the co-op will be offering free cooking classes the first Wednesday of every month.

The demo will take place Wednesday, March 2, from 4 to 6 p.m., at Real Food Co-op, 1379 B Rhododendron Drive.

For more information, call 541-997-3396.

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WORD ON THE STREET

What is your karaoke "go-to" song?

Come to Fraudville, a benefit for Boys and Girls Club, tonight, Feb. 27, at Three Rivers Casino Resort, 5647 Highway 126. Doors open at 5 p.m. For guests 21 or up.



"I'd say I have to open with Ricky Nelson's 'Garden Party.' That song resonates with everyone."
—CAL APPLEBEE,
DEPARTING CHAMBER DIRECTOR



"I think I'd sing a little Bob Seger. Probably 'Night Moves.'"
—SHERRI BOLLINGER
INTERIM CHAMBER DIRECTOR



"It's kind of hard to sing, but I'd go with Frank Sinatra's version of 'New York, New York.'"
—JOANN CASSELBERRY
CHAMBER VOLUNTEER

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