

## Valentines Day brings sugar and salt to hearts

Valentines day is to share love with special dinners, candy and plenty of sugar and salt.

### Sugars:

For good health choose natural sugars from fresh fruits and vegetables and drink fresh water. Eat organic products to avoid added chemicals.

Health experts advise that too much sugar and salt causes preventable high blood pressure with heart and blood vessel diseases, pre-diabetes, strokes, high cholesterol and pre-kidney failure, pre-diabetes and damages pancreas and liver.

All added sugars and artificial sweeteners promote obesity.

The Center for Disease Control and Prevention recommends limiting sugar to 100 calories a day. Six-and-one-half teaspoons of sugar or two rounded tablespoons every 24 hours is 100 calories.

One teaspoon of sugar equals a 1/2 ounce; or 15 grams equals 15 calories.

A regular soda has 13 teaspoons of sugar or half a cup and 200 calories.

### Salt:

Salt is for fluid balance in the human body. Some adults with normal blood pressure eat too little salt.

Check with your doctor

Guidelines recommend healthy adults should limit sodium intake to 2,300 mg per day. Milligrams of salt in all food for most adults should be

less than two teaspoons in 24 hours.

A small teaspoon of salt equals six grams. Less than one gram is a tiny pinch of salt.

Babies are limited to less than one gram every 24 hours.

Check all baby food, commercial and homemade, for salt content before feeding your baby.

Three teaspoons equals one tablespoon (one ounce equals 14.3 grams.)

Too much salt damages the kidneys and causes kidney failure.

Adults with high blood pressure should have no more than 1,500 mg of salt per day.

Adults with congestive heart failure, liver cirrhosis or kidney disease need lower amounts.

Siuslaw Area Partnership to Prevent Substance Abuse (SAPPSA) is a charitable education nonprofit dedicated to community outreach in the Siuslaw Area.

Tax deductible donations help promote choosing healthy living and a community expectation to be free of addictive substances.

Meetings are free and open to the public on the second Monday of each month, beginning at 3:30 p.m., at Siuslaw Public Library.

For more information, visit [www.sapps.org](http://www.sapps.org), email [sapps@oregonfast.net](mailto:sapps@oregonfast.net) or write to P.O. Box 1036, Florence, Ore. 97439.

## Starlight Cabaret to host Stella Blue tonight

Musician Stella Blue, accompanied by Florence Unitarian Universalist Fellowship's (FUUF) resident musician Jeff Lovejoy will perform at the Starlight Cabaret Wednesday.

Doors open at 6 p.m. and music begins at 6:30 p.m.

The concert will be presented at the FUUF, at Highway 101 and Heceta Beach Road.

Blue has been performing on the West Coast for more than 30 years.

She has played at clubs and restaurants throughout the Northwest and also performs frequently at craftfairs, markets and seasonal festivals.

Blue plays a wide variety of music from a song list that includes more than 400 titles.

Tea and coffee will be provided, or guests over age 21 can "BYOB." Healthy finger foods are welcome.

The event is free to the public, but donations are appreciated.

## SPL Board of Directors meet for planning, retreat today

A regular meeting of the Siuslaw Public Library District Board of Directors will be held today at 10 a.m. on at the Siuslaw Public Library which is located at 1460 Ninth St.

This meeting will be fol-

lowed by a retreat of the Library Board and library staff from 11 a.m. to 3 p.m.

For more information contact Meg Spencer, Siuslaw Public Library District Director, at [meg@siuslawlibrary.org](mailto:meg@siuslawlibrary.org) or call 541-997-3132

## OCMM opens lending library

The Oregon Coast Military Museum has recently completed the lending library in the Museum's display area, providing books on military heritage to the public with a simple check-out process.

"Volunteer Bond Hansen has done an amazing job as our "librarian" with his passion for military history. He has arranged the numerous books donated to us over the years into sections dealing with eras of military history, as well as disciplines," stated Executive Director and board

member Cal Applebee. In addition, the Museum's gift shop book offerings have been growing as well.

Some of the donated books which are duplicates, can be purchased at very reasonable prices.

The Museum is located at 2145 Kingwood Street in Florence, and open to the public Thursday through Saturday, 10 a.m. to 4 p.m.

For more information, call 541-902-5160 or visit [www.oregoncoastmilitarymuseum.com](http://www.oregoncoastmilitarymuseum.com)

## OCHS names Woodbury benefactor of the year

The Oregon Coast Humane Society, like many other community organizations, has long enjoyed and benefitted from Wood Woodbury's support for its cause.

Many times over the past 12 years, Woodbury he has provided or supplemented special events with cases of soft drinks and wine, as well as donated dog and cat food for Stuff the Van events.

For the past 10 years, Woodbury has been the sole provider of the hamburger, hot dogs, condiments and buns sold at the monthly Hamburger-Hot Dog sale, which uses proceeds to benefit the animal shelter.

Over the years, kittens and pups have occasionally been offered for adoption by OCHS at the Grocery Outlet location.

Ten years ago, Woodbury adopted a puppy from the animal shelter, which he named "Cowboy," and who today



COURTESY PHOTO

**Woody Woodbury, owner of Florence Grocery Outlet, has been named Benefactor of the Year by the Oregon Coast Humane Society.**

remains a best friend and companion. A resident of Florence for the past 12 years, Woodbury opened Grocery

Outlet a year later and quickly became an active and involved member of the community.

Filling his busy days running the store, Woodbury also found many ways to contribute to the community, some of which include serving on the Siuslaw Fire District board for several years.

He also served on the Urban Renewal and the Habitat for Humanity boards, Florence Food Share, Soroptimist Gift Basket Give Away, Friends of the Florence Events Center board, was president of the Good Deed Project Foundation, and he also served on the Board of the Florence Chamber of Commerce for seven years, including as its president for two years.

For these many reasons, the Oregon Coast Humane Society recently honored Woody Woodbury as the OCHS 2016 Benefactor of the Year.

# WANTED

**Miracle-Ear Hearing Centers are looking for qualified people to test their latest product, The Miracle-Ear® Mirage **RISK FREE!****

Here's the catch: You must have difficulty hearing and understanding in background noise, and your hearing must fall in the range of the hearing aid. People that are selected will evaluate Miracle-Ear's latest advanced digital hearing solution — the Miracle-Ear Open.

**You will be able to walk in to our office and walk out knowing how much help there is for you.**

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**HURRY! OFFER ENDS FEBRUARY 21, 2017**

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**HURRY! OFFER ENDS FEBRUARY 21, 2017**

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LIMITED TIME ONLY!!

EXPIRES FEBRUARY 21, 2017

**Local Testing Areas**

Hearing Tests are given for the purposes of selection and adjustment of hearing instrumentation. Results may vary related to duration and severity of impairment. Early detection is important.

AT THESE PARTICIPATING LOCATIONS ONLY!!

**Miracle Ear Florence**

2775 Hwy 101 Suite B • Florence, OR 97439

**541-423-3142**

**Miracle Ear Coos Bay**

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**541-423-3142**

visit us online at: [www.miracle-ear.com](http://www.miracle-ear.com)

Risk Free Offer- The aids must be returned within 30 days of delivery if not completely satisfied and 100% of the purchase price will be refunded. \*\*Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses. Blue Cross Shield, the Blue Cross, the Blue Shield, BCBS, and Federal Employee Program are a registered trademark of Blue Cross Blue Shield Association. Blue Cross Blue Shield Association and its independent licensees are not affiliated with, nor do they endorse or sponsor, the contents of this advertisement. Trademarks referring to specific providers are used by Miracle ear for nominative purposes only; to truthfully identify the source of the services about which information is provided. Such trademarks are solely the property of their respective owners.

We invite you to join us.

- Wednesday, 7 p.m. - Family Connections
- Sunday, 9:00 a.m. - Bible Study
- Sunday, 10:30 a.m. - Worship Service

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 email: [office@florencecrossroad.org](mailto:office@florencecrossroad.org)

CYAN MAGENTA YELLOW BLACK