



Laura Pole, chef and founder and president of Eating for a Lifetime, offered information on "Nutrition for Life" last week at a program sponsored by the Pittsylvania County Public Library System.

Chef offers healthy tips to library patrons

By SUSAN WORLEY
Star-Tribune Staff Writer

If you've been wondering, Chef Laura Pole says, "it does matter what you eat."

Pole, chef and founder and president of Eating for a Lifetime, offered information on "Nutrition for Life" last week at a program sponsored by the Pittsylvania County Public Library System.

"Part of our problem today is our food has been too refined," said Pole. "I like to eat real food. It tastes good."

Pole is an oncology clinical nurse specialist and has centered her career on nurturing and nourishing people as the director of nourishment education programs for Smith Center for Healing and the Arts in Washington, D.C.

She has edited two cook-

books, "Soul Savory" and "A Taste of Smith Farm: Taking the Art of Good Cooking Home."

Chathamoocha prepared lunch for those attending using Pole's recipes.

Several tips to living to be 100 and functioning well include: no smoking, drink less alcohol, keep weight steady, eat fewer calories, eat fruits and veggies, take vitamins, exercise regularly, sleep well, challenge your mind, stay positive in attitude, don't let stress get to you, and stay friendly and social.

"If you don't take time to exercise and eat well, you will have to take time to be sick," said Pole.

She indicated that a diet high in sugar can lead to a variety of illnesses and health problems.

Diets high in sugar, refined grains, processed meats and trans fats can

also lead to inflammation.

Large amounts of fructose in diets may also raise blood pressure.

To remedy the diet problem, she said eating plans must be affordable, composed of readily available foods, and fit people's lifestyles, or the plan is doomed from the beginning.

When selecting foods, stick with whole, fresh, natural, seasonal, local, traditional, balanced and delicious and you are moving in the right direction.

Buy local and fresh at farmer's markets, natural food stores, chain grocery stores that have locally grown food or grow your own.

She indicated that a balanced diet means that no particular food is a demon or a panacea.

Pole recommends everything in moderation.

Health dept. offers \$25 flu shots

The Virginia Department of Health is offering flu shots at its offices in Danville and Chatham.

Flu shots are available Monday through Friday from 8:15 a.m. to 5 p.m.

The flu shot is \$25.

The health department accepts all forms of insurance and can make arrangements for people who are not insured or are underinsured at no out-of-pocket cost.

The health department recommends flu vaccine for everyone 6 months of age or older.

In addition, the health department in partnership with the Pittsylvania County Schools will have influenza immunization clinics open to the public from 3:45 p.m. to 6 p.m. on the following dates:

- Oct. 2, Union Hall Elementary School;
- Oct. 3, Kentuck Elementary School;
- Oct. 7, Chatham Elementary School;
- Oct. 8, Stony Mill Elementary School;
- Oct. 9, Mount Airy Elementary School;
- Oct. 16, Twin Springs Elementary School;
- Oct. 17, Brosville Elementary School;
- Oct. 21, Gretna Elementary School;
- Oct. 23, John L. Hurt Jr. Elementary School;
- Oct. 28, Gretna Middle School;
- Oct. 29, Dan River Middle School;
- Oct. 30, Chatham Middle School;
- Nov. 6, Southside Elementary School;
- Nov. 14, Tunstall Middle School.

To prevent the spread of the flu, practice the following precautions:

Get the flu vaccine – it is the single best way to prevent the flu and to protect yourself, your neighbors, and your loved ones;

Wash your hands often with soap and water or an alcohol-based hand rub;

Avoid touching your eyes, nose or mouth. Germs spread this way;

Try to avoid close contact with sick people;

Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy foods;

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If a tissue is not available, sneeze or cough into your sleeve;

If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine; and

Use antiviral drugs if your doctor recommends them.