

Local librarian given 'Literacy Shout-Out'

On Friday, Feb. 20, Siuslaw Public Library Youth Services Librarian Gayle Waiss received a special "Literacy Shout-Out!" award from the Emerald Empire Reading Council (EERC).

Designed to recognize the literacy work of local educators, the award received by Waiss was the first time a librarian had been selected to receive this special recognition.

Current EERC president Lynn Woodworth nominated Waiss for the award and shared the reasons for the special recognition.

"Gayle is an amazing children's librarian whose energy and commitment are contagious. As she reads to children, books come alive," said Woodworth. "The children remain almost frozen taking in the storyline, action, problems and solutions."

Waiss received the award at the monthly



COURTESY PHOTO

Siuslaw Public Library board president Ian Jarman and Emerald Empire Reading Council president Lynn Woodworth present Youth Services Librarian Gayle Waiss (center) with a "Literacy Shout-Out!"

meeting of the Siuslaw Public Library District Board of Directors, and expressed her honor at receiving this recognition for her work with young readers.

Learn how to ferment food for better health

Join Laurie Stone at Real Food Co-op on today, Feb. 28, from 2 to 4 p.m. to learn how easy it is to ferment foods at home. She will discuss the many health benefits of fermented foods such as increasing the bio-availability of vitamins, increased probiotics, and natural preservation.

Fermentation is the process in which a substance breaks down into a simpler substance. Microorganisms like yeast and bacteria play a role in the fermentation process, creating beer, wine, bread, kimchi, yogurt and other foods.

Laurie graduated as a Certified Holistic Nutritionalist from the Wellspring School of Healing Arts in June of 2013. She joined her husband, Mark Stone, licensed acupuncturist, in practice at Stonehaven Center of Balance and Well Being in Florence.

Laurie's education had an emphasis on traditional Chinese medicine. She utilizes both TCM and holistic approaches to allow for more possibilities in helping clients bring balance into their bodies.

Laurie is experienced in alternative cooking and meal planning for those with food allergies. She has worked with people who have liver disease, diabetes, menstrual issues, gout, autoimmune disease, and cholesterol issues.

She feels that food should be the foundation for the healing process. Laurie also believes the body has an innate intelligence giving it the ability to heal itself when it is provided with the nourishment it needs.

Real Food Co-op is located at 1379 B Rhododendron Drive Everything in the store is non-GMO and is focused on sourcing locally and in bulk. The store is open to the public.

For more information, call 541-997-3396.

the spotlight

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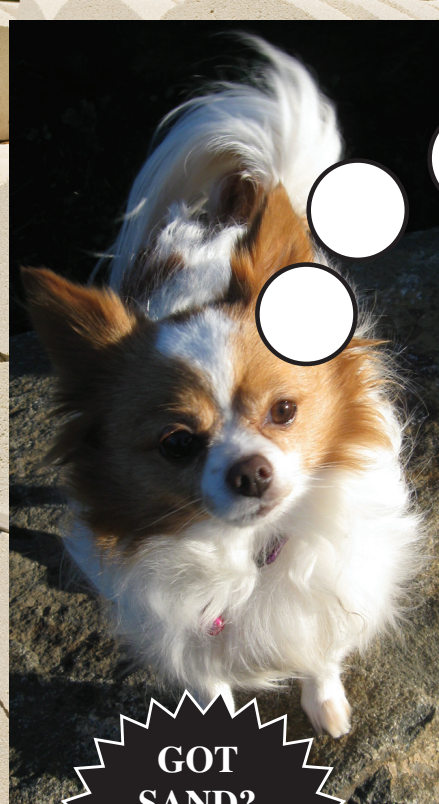
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