

GENERAL NEWS

Learn to make yogurt, kefir at home

Join Calvin and Rene at the Real Food Co-op on Saturday, April 25, from 3 to 4 p.m., and learn how to make yogurt and kefir at home.

From their demonstration, learn the difference between mesophilic and thermophilic yogurts. They will discuss countertop yogurts and those made in a machine. Also learn how to make a yogurt maker at home.

Yogurt and kefir are high in probiotics, which have been found to keep digestive sys-

tems healthier and boost the immune system. Yogurts are also high in B vitamins, magnesium, calcium and more.

Making it at home requires less sugar than products commonly found in stores.

Come on by the Real Food Co-op, 1379 B Rhododendron Dr., and learn how to make these healthy and tasty foods.

For more information, call 541-997 3396.

The Co-op is open Monday through Saturday, 10 a.m. to 6 p.m., and is open to the public.

Early Rhody Show winners announced

The Siuslaw Chapter of the American Rhododendron Society Early Rhododendron and Azalea Show 2015, held April 11 and 12 at the Florence Events Center, was full of 364 flower trusses and sprays.

Azalea and rhododendron flowers in an array of bright colors filled the gallery and lined the walk outside, where potted plants were for sale. There also was a display of Bonsai.

Winners included:

Sweepstakes winner: Jim Smith

Best in Show: Paul and Jo Ann Wilson, Bruce Brechtbill and Bill and Sandi Hennig

Other prize winners: Don and Jeannie Shields, Grace Seabrook, Robert and Leilani Mayes, Candy Baumer, Karen Timmins Larry and Sandi Jensen, Dave Braley, Chris Troutman, Chuck, Jerry C. and Veronica Z.

The Siuslaw Chapter of the American Rhododendron Society gave many thanks to the participants, growers and fans of rhododendrons and the Florence Events Center.



PHOTO BY CHANTELE MEYER/SIUSLAW NEWS

This blooming rhododendron was just one of many plants for sale in the Early Rhododendron and Azalea Show at Florence Events Center April 11-12.

The May Festival Rhododendron Show and Sale is Saturday, May 16, from 1 to 5 p.m., and Sunday, May 17, from 10 a.m. to 5 p.m. at the Florence Events Center, 715 Quince St.

The Siuslaw Chapter of the American Rhododendron Society meets the third Tuesday of every month at the Presbyterian Church of the Siuslaw, 3996 Highway 101. Doors usually open at 6:30 p.m. and the meeting starts at 7 p.m. For more information, call 541-997-3082 or visit www.siuslawars.org.

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Hospital volunteers make donation to PeaceHealth

Peace Harbor volunteers made a generous \$15,000 donation to the PeaceHealth Peace Harbor Foundation (PHPHF) in January. Part of the funds went to support the hospital's Cardiopulmonary Wellness and Rehabilitation Department as well as the Save a Life, Leave a Legacy campaign to build a new emergency department.

Every year, Peace Harbor volunteers make a donation to the PHPHF for services, programs or equipment that the



COURTESY PHOTO

Peace Harbor volunteers donate \$15,000 to PeaceHealth Peace Harbor Foundation.

hospital designates as a high priority.

These funds are raised through fundraising events put on by the volunteer group and the sales from the hospital gift shop.

Volunteers host scrubs sales, jewelry sales for hospital employees and gift items for the public in the gift shop. At last count, there were 135 active members of the volunteer group, logging nearly 35,000 volunteer hours annually.

"The volunteer program has two goals: fundraising and volunteering time," said Paula Burnette, president of the Peace Harbor Volunteers. "Most volunteers contribute to both goals by participating in the fundrasing events, shopping at the gift shop and volunteering time on a regular basis at the hospital."

Low-cost spay, neuter clinics return to FAHS

Dr. Ron Titterington of Eugene has put the Florence Area Humane Society back in the business of spaying and neutering cats and dogs.

According to Shelter Manager Barb Hall, low-cost Spay and Neuter Clinics are now held every Wednesday with the help of Titterington.

Call the shelter, 541-997-4277, to make an appointment.

Spay surgery for a female cat costs \$65 and neuter surgery for males is \$50.

Spay and neuter surgeries for dogs range between \$150 and \$200.

Vaccinations and micro-chipping are available for surgical patients.

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
APRIL 22	APRIL 23	APRIL 24	APRIL 25	APRIL 26	APRIL 27	APRIL 28
Clouds and Sun	Mostly Cloudy	Chance of a Shower	Rain and Drizzle Possible	Cloudy, a Little Rain, Breezy	Heavy Morning Showers	Mostly Cloudy, Misty
56°F 43°F	55°F 44°F	56°F 46°F	58°F 51°F	60°F 51°F	58°F 46°F	61°F 45°F

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with our phosphorous-free Wil Gro Five Iron lawn fertilizer(thru 4/28) 25% OFF

We are almost there!

Thanks to your great support during our free potting day, we were able to donate almost half of the soil for the Siuslaw Elementary School's Garden Project! **For every yard sold this month** of our wonderful soils (Royal Soil, Gro-More Potting Soil, or Blended Mint Compost), **Laurel Bay Gardens will donate \$5.00 of Royal Soil to help finish filling the Siuslaw Elementary School's garden plots.**

Lisa's Avant Gardener Tips of the Week

Cut and remove weeds near the garden to help prevent disease transmission
Prune and thin branches on spring blooming shrubs after blooms fade
Remember that lilacs and forsythia bloom on second year wood, so don't cut all the branches on these shrubs

"We're glad to get you growing!"

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