



Ned Hickson

Reduce daily stress with random acts of weirdness

Let's face it: we're all a little stressed. Especially *you* sir. There in the back. The one giving himself a mohawk with the Epilady shaver.

The consequences of living in an increasingly fast-paced society are beginning to catch up with us. And not just when we're in the drive-through behind someone ordering lattes for what appears to be everyone in Kanye West's posse; it's in our general lack of patience with *everything*.

Our devices. Traffic. The Bachelorette. And while there are plenty of self-help books for finding inner peace and tranquility,

they all have the same problem: *Who has the time?* If I could start my morning with meditation or yoga, I'd use that time for something more beneficial.

Like sleeping. As a wise woman once said: "Ain't nobody got time for that!"

So, whoever's going to come up with an effective plan for finding patience and tranquility for our society, they need to HURRY UP! In the meantime, here are five weird things you can incorporate into your daily routine that should help. Or if nothing else, get you to put down that Epilady shaver:

1) **Make a list of 20 things you never plan to do:** This will give you a true sense of accomplishment because, once you are finished making

your list, you can immediately cross everything off! For example, my list starts with: *I will never be an overachiever.*

2) **For the entire day, refer to yourself in the third person:** In addition to the obvious bonus of making co-workers uncomfortable, it will allow you to see how many of your conversations revolve around yourself. If your name doesn't come up much, you're either not as self-centered as you thought, or quite possibly extremely boring. Good to know in either case.

3) **If you have a dog, call it by a completely random name:** It will remind you of how *what* you say isn't nearly as important as how you say it. Because regardless of what name you call your dog — "Spot," "Fluffy," "Justin

Bieber," it will come running with unabashed joy as long as you say it with love. And maybe a biscuit. But mostly love. (*Disclaimer:* If your dog bites you for calling him Justin Bieber — I'm sorry, but you had it coming...)

4) **Propose marriage to a complete stranger:** It's a given that the person you ask will likely decline your offer — unless it's one of the Kardashians. But assuming it isn't, there is virtually no risk of any actual matrimony taking place. So why do this? It will make someone's day no matter how much they may pretend it doesn't.

What if you're already married? Propose to them again — for the same reasons.

What if you're already married to one of the

Kardashians? You should've put that on your list of 20 things you'd never do.

And lastly, 5) **Call your doctor just to tell them you are feeling GREAT!** Not only will this make it easier should you, at some point, ask for a medical marijuana prescription, more importantly it will give you a sense of empowerment knowing you were able to make your own diagnosis even without a fancy shmancy

degree. Come to think of it, getting that marijuana prescription may be a good enough reason for some of you.

Ned is a syndicated columnist with News Media Corporation. His book, "Humor at the Speed of Life," is available online at Port Hole Publications, Amazon Books and Barnes & Noble. Write to him at nedhickson@icloud.com

FAHS offering burgers, pastries Saturday

Bring pet food for stuff-the-van

Hot dogs and hamburgers, as well as homemade pastries, will be available this "Power of Florence" Saturday at the Grocery Outlet parking lot.

The event, from 10 a.m. to 3 p.m., raises money to help provide care for the once-homeless cats and dogs at the Florence Area Humane Society's no-kill shelter.

Hamburgers are \$4, cheeseburgers are \$4.50, hot dogs and Polish dogs are \$3, or \$3.50 with cheese.

Drinks are \$1 and include a variety of soft drinks plus bottled water.

Homemade baked goods by FAHS volunteers are priced individually.

Inside the store, FAHS vol-

unteers will be greeting visitors with adoptable kittens. Literature about the services offered by the FAHS is available. Fresh lavender bundles, locally grown by FAHS volunteers, will also be for sale.

This month's event features Stuff-the-Van, when the FAHS delivery vehicle will be on hand to receive pet food donated by FAHS supporters. The food is used to help feed the cats and dogs at the shelter as well as to help families who cannot afford to feed their companion animals.

Grocery Outlet owner Woody Woodbury sponsors this fundraising event for FAHS and donates all of the food.

Customer Appreciation

BBQ

Friday, July 17, 11am to 1:30pm
For State Farm Customers Only!

FREE!

Just our way of saying "Thank You for your business!"

Location: 1275 Rhododendron Drive, Florence, Oregon 97439
Contact our office for more information: 541.997.7161

Florence Chamber Business After Hours

Hosted by:

ACS RELAY FOR LIFE

LOCATION:
The Bay View at Best Western Pier Point Inn
85625 Hwy 101

DATE & TIME:
Thursday, July 16th
5:30-7:00 pm

Join us for a Leaders in Action meeting to collaborate on new and powerful ways for ACS to fight cancer.
Drinks and Appetizers will be served.

Florence Area Chamber of Commerce
541-997-3128
www.florencechamber.com

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OPEN HOUSE
Saturday, July 18, 10am-2pm
4907 Heceta Beach Rd
2 Bdrm+den, 2 Ba 1782 sq ft
\$260,900 BH7006 ML#15417235

OPEN HOUSE
Saturday, July 25 1:00-3:00 pm
89221 Shore Crest Dr
Adorable home, large garage
2 Bdrm, 1 Ba 960 sq ft
\$159,500 BH6951 ML#15348424

NEW LISTING
Ocean Views! Beach area cabin with loft & 2-car garage. Great investment for rental or beach living.
2 Bdrm, 1 Ba 864 sq ft
\$229,000 BH7034 ML#15659795

NEW LISTING
Great in-town location close to services. Trex decking & attached finished garage.
2 Bdrm, 1.5 Ba 1401 sq ft
\$169,900 BH7030 15650521

NEW LISTING
North Fork ranch approx 10 acres. Siuslaw River frontage, 45x62 barn plus 36x72 shop.
5 Bdrm, 3.5 Ba 3708 sq ft
\$569,000 BH7026 ML#15043501

PRICE REDUCTION
Hot Buy! Price reduced to sell 1994 Redman mfr home. Split bedroom design, den, garage, fenced back.
3 Bdrm, 2 Ba 1512 sq ft
\$139,000 BH6965 ML#15574410

PRICE REDUCTION
Lot 94 Shelter Cove, City services. Common area with ocean & river view enjoyment, gated community.
.34 acre
\$139,000 BH6136 ML#12164602

PRICE REDUCTION
Siuslaw Riverfront home on 5.76 acres. Guest quarters. Great fishing, 3-car garage, 8x10 greenhouse, barn & more.
3 Bdrm 3 Ba 2675 sq ft
\$369,000 BH7001 ML#15108133

FEATURED LISTING
Priced right 2 bdrm, 1.5 bath, washer & dryer included. End unit, backyard area. Conveniently located in town.
2 Bdrm, 1.5 Ba 1004 sq ft
\$85,000 BH6907 ML#15579270

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