

Knitters, crocheters celebrate project today

The Flying Needles and Hooks of the Siuslaw will be gathering for a celebration today, Nov. 10, from 3 to 5 p.m. in the Bromley Room of the Siuslaw Public Library.

The group will hold a “3000s Party” to commemorate the donation of just over 3,000 hand-knitted and crocheted items to the Siuslaw and Mapleton schools, as well as Headstart, EC Cares, Helping Hands and Siuslaw Outreach Services.

Members knit or crochet hats, scarves, mittens, head-

bands, afghans, sweaters, baby layettes and more.

Anyone is welcome to join the group. There are no fees or dues. The group meets twice monthly, on the second Tuesday from 3 to 5 p.m. at the library, and fourth Tuesday from 3 to 5 p.m. at Greentrees.

There is a large supply of donated yarn, knitting needles and crochet hooks, and willing tutors.

For more information, come to the party or contact Suzanne Mann-Heintz at 541-590-0779.

Season of Caring artist reception Saturday at FEC

On Saturday, Nov. 14, from 10 a.m. to 3 p.m., the public is invited to attend an artist reception that will benefit nonprofit organizations Food Share and Siuslaw Outreach Services.

There will be a bin for food donations, and one for donations of warm coats/blankets to help those in need in the community.

From 11 a.m. to 1 p.m., visitors are invited to a soup-kitchen style lunch with live music hosted by the Friends of FEC Gallery Committee.

For \$1, patrons will be served soup and bread, coffee and water. There will also be an art raffle to benefit Food Share and SOS, with local artists donating art works and jewelry for the raffle.

All proceeds from the art raffle and soup kitchen lunch will be donated to Food Share and SOS.

WLCF GRANT APPLICATIONS NOW AVAILABLE



COURTESY PHOTO

2015 Western Lane Community Foundation Grant recipients

Western Lane Community Foundation has announced that its annual Discretionary Grant Program is accepting applications for the 2016 grant cycle.

Grants are awarded to local nonprofit organizations for projects and programs in the areas of education, medicine and science, the arts and social and civic services.

Money given each year varies. In February 2015, the grant program distributed more than \$90,000 in grants to 37 nonprofit recipients covering most of western Lane County.

Information, guidelines, and applications can be down loaded at www.wlcfonline.org, or by calling 541-997-1274.

Applications must be received no later than close of business Jan. 15.

Stay sharp with AARP’s 5 ways to better brain health

AARP Staying Sharp, an AARP membership option that focuses on a holistic approach to brain health, announced new survey results indicating adults know the importance of brain health but are not as aware of the recommended holistic approach to improve it.

All respondents believe it is important to improve or maintain brain health, with 93 percent noting it is “very” or “extremely” important.

When asked how specifically to maintain a healthy brain, a startling low 18 percent cited socializing with friends or family, 34 percent cited low stress, 44 percent cited physical exercise and only half (50 percent) of survey respondents cited brain games, which is one way to have fun while exercising your brain.

AARP Staying Sharp is working to educate members about how a well-rounded healthy living approach can help improve overall brain health.

“We have found that brain health is not just a key concern for our members, but a concern for all Americans,” said AARP Vice President of Membership Lynn Mento. “AARP Staying Sharp isn’t just about brain exercises, but about promoting healthier living as a holistic way to support brain health, by keeping physically fit, learning more by challenging your brain, managing your stress, eating right, and connecting with others.”

AARP Staying Sharp recognizes “The Five Ways to Support Brain Health” that many people are proactively working to keep their minds sharp so that they can continue to live active, fulfilling and independent lives.

AARP’s analysis of current research suggests that people interested in maintaining and improving their brain health should focus on five areas:

- **Keeping Fit:** Studies show that even small amounts of regular exercise like walking can positively impact brain health.
- **Learning:** Everything from learning a new language or skill to participating in online exercises designed to challenge and test the brain.
- **Managing Stress:** Several studies indicate sleep and stress management improve brain health.
- **Eating Right:** Scientific research shows that certain elements in food — from omega-3 fatty acids to vitamin E — can positively impact brain health.
- **Being Social:** Research shows that staying socially connected to other people supports a healthy brain.

The survey shows opportunity for brain health education.

The survey conducted by AARP and W5 asked 1,200 Americans (age 34 to 75) about healthy living and brain health.

While respondents showed some awareness of the five ways to support brain health, there was room to educate many on how to help improve or maintain brain health.

- **Keeping Fit:** Only 44 percent noted physical exercise as a key factor to help maintain a healthy brain.
- **Learning More:** While 50 percent noted brain games can help maintain brain health, only 9 percent reported taking classes, 6 percent said watching educational programs and 5 percent indicated watching the news.
- **Managing Stress:** While 68 percent chose getting adequate sleep or rest to help maintain brain health, only 38 percent identified low stress as a factor (34 percent).
- **Eating Right:** For just 58 percent a healthy diet is considered key to maintaining brain health.
- **Being Social:** Only 18 percent noted being social as a key factor to help maintain or improve brain health, the least likely to be noted as a way to help your brain.

AARP understands that people age 50 and older are active, engaged, and focused on living life to the fullest.

For more information about the AARP Staying Sharp membership, visit www.aarp.org/NewStaySharp.

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THIS WEEK'S LUCKY WINNERS:

Tuesday 11/3	Dee Bays Doris Creager	Florence Florence	Grocery Outlet Cheveux Spa
Wednesday 11/4	MaryLou Howland Tia Menser	Florence Florence	Safeway LaPomodori Risorante
Thursday 11/5	Betty Wooley James Erwin	Florence Forence	Grocery Outlet Grocery Outlet
Friday 11/6	Nora Lupton Peggy McHale	Florence Florence	Travelers Cove Florence Liquor Agency
Saturday 11/7	Les Hamilton Pattie Panther	Florence Florence	Grocery Outlet Serenity Cove Massage
Sunday 11/8	Pattie Panther Kurt Medlock	Florence Florence	Grocery Outlet Three Rivers Casino Resort

Due to early publication of Siuslaw News, no winners are available for Monday's drawing.

Each winner receives \$50.00 in Community Cash!
Winners have 7 days from the date drawn to claim their prize.

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OPB features Depweg stitchery art this month

Oregon Pacific Bank is exhibiting the stitchery artwork of Florence Regional Arts Alliance (FRAA) member Minn Depweg during the month of November.

“I started doing stitchery at the age of seven. My Aunt was visiting, working on a piece of embroidery, and I could not keep my eyes off of it,” said Depweg. “My Aunt asked me if I would like to learn stitchery, and that started a lifetime of stitching. I stitch on something every moment, every day”

Depweg has taken classes from Erika Wilson, noted English needle worker, and Ellsa Williams, noted Danish needle worker.

While a member of the San Mateo California Embroiders Guild, she studied under several well-known American needlework artists.

Depweg is also an accomplished painter across several media, as well as a quilter of original designs performed by hand.

She has received many significant awards across all of these fine art medias, including “Best of Show” for all the Women’s Clubs throughout the State of California.

“I feel honored to have received the invitation to display my work to all my friends in Florence,” Depweg said.

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Mon Ami holds Autumn High Tea Saturday

Chef Diane Marti is once again preparing a multi-course party for Mon Ami’s annual Autumn High Tea on Saturday, Nov 14.

Seatings are available at 11 a.m. and 1 p.m. Reservations are required.

Marti will be preparing a delightful presentation of seasonal offerings and delicious desserts, all artfully presented with her signature panache and style.

Price is \$18.95 person and reservations can be made by calling Mon Ami at 541-997-9234.