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Bill Trapp: 541-997-5063 or 541-991-6738

**Restless Legs Syndrome: What You Should Know**

(NAPSA)-If you or someone you care about think you are among the nearly 7 million Americans who suffer from Restless Legs Syndrome (RLS), it may be time for you to talk to your doctor.



Dr. Robin Goldstein

**The Problem**  
For many people with moderate to severe symptoms, RLS is debilitating-disrupting sleep, influencing mood and negatively affecting everyday life. It affects both men and women, though the incidence is about twice as high in women, and can start at any age.

The condition causes an irresistible urge to move the legs. This urge is usually caused or accompanied by unpleasant sensations of burning, creeping, tugging or tingling inside the patient's legs, ranging in severity from uncomfortable to painful. Symptoms typically begin or worsen during rest or inactivity, particularly when lying down or sitting, and may be temporarily relieved by movement, such as walking or massaging the legs. Symptoms often worsen at night, and

disturbed sleep is a common result. Left untreated, this can cause exhaustion, daytime fatigue, inability to concentrate and impaired memory.

What's more, people who experience RLS symptoms may inappropriately attribute their difficulty falling or staying asleep to insomnia or other sleep disorders. Others think they won't be taken seriously, that their symptoms aren't severe enough, or that the condition simply isn't treatable. In fact, while there is currently no cure, symptoms can be treated with prescription medications. Unfortunately, because people are not discussing the underlying cause of their sleeping problems with their doctors, they can be misdiagnosed.

**An Answer**

Now, this common, treatable neurologic disorder is the focus of a social media campaign: #StopMakingExcuses, designed to raise awareness about the impact of RLS on sleep. "Sleep disturbances can be very detrimental to a person's productivity as well as have a negative impact on his or her overall quality of life," said Robin Goldstein, Ed. D, Licensed Psychologist. "More

than four out of five people living with RLS and over one-third of their partners report that a restful night's sleep is an area most affected by RLS. It's time for them to stop making excuses for their symptoms and see a doctor for help."

Through this social media campaign, XenoPort, Inc. wants to educate Americans about RLS and encourage sufferers to talk with their doctors about their symptoms.

"Approximately 75 percent of people who experience symptoms consistent with RLS have not seen a doctor about their discomfort and sleep disturbances," said Richard K. Kim, M.D. "#StopMakingExcuses is intended to raise awareness of RLS and is designed to generate a call to action encouraging people experiencing symptoms to prioritize a healthier night's sleep by talking to a medical professional."

**Learn More**

You can join the RLS conversation on Facebook or Twitter using the #StopMakingExcuses hashtag. For further information about RLS, visit [www.norestforRLS.com](http://www.norestforRLS.com). For more information about XenoPort, visit [www.XenoPort.com](http://www.XenoPort.com).

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**999 ♦ PUBLIC NOTICE**

**999 ♦ PUBLIC NOTICE**

**NOTICE OF BOARD MEETING**  
NOTICE IS HEREBY GIVEN that the next Board meeting of Siuslaw Valley Fire and Rescue will be held on Wednesday, May 18th, 2016 at 6:00 p.m. at the fire station located at 2625 Highway 101 North, Florence, OR 97439. The agenda will include: Policies and Procedures and General Business of the fire district.  
Publication Date: May 14, 2016

**NOTICE OF BUDGET COMMITTEE MEETING**  
A public meeting of the Budget Committee of Siuslaw Valley Fire and Rescue, Lane County, State of Oregon, on the budget for the fiscal year July 1, 2016 to June 30, 2017, will be held at the District Office located at 2625 Highway 101 North, Florence, Oregon. The meeting will take place on May 18, 2016 at 5:00 p.m. The purpose of the meeting is to receive the budget message. This is a public meeting at which deliberation by the Budget Committee will take place. Any person may appear at the meeting and may make comment about the proposed programs to the Budget Committee.  
A copy of the budget document may be inspected or obtained on or after May 16, 2015 at 2625 Highway 101 North, Florence, Oregon, between the hours of 8:00 a.m. and 5:00 p.m. or on the website at [www.svfr.org](http://www.svfr.org).  
A Public Hearing to take public comment will be held on June 15, 2016 at 6:00 p.m. at Siuslaw Valley Fire and Rescue located at 2625 Highway 101 North in Florence, Oregon. Any person may appear at the Public Hearing meeting and discuss the proposed programs with the Board of Directors.  
Publication Date: May 14, 2016

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**990 ♦ STATEWIDE CLASSIFIEDS**

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**HELP WANTED:**  
**GRANGE SUPPLY COOPERATIVE** of Issaquah, WA is seeking a general manager who is passionate about retail growth, leading a strong team and getting involved in the community. This single location consumer retail cooperative has been serving Issaquah and surrounding areas for 80+ years and currently has sales of \$10 Million and employs 30 people. This cooperative has seen and will continue to see a transformation of member and shopper needs as the area evolves. The ideal candidate should be confident to manage daily operations and a demonstrated thought leader to help guide future strategy for the Grange. To Apply: <http://tinyurl.com/zzvv4j4>  
For more info contact david.lemmon@chsinc.com or (320-219-0270).

**Siuslaw News Yellow Directory**  
P.O. Box 10, 148 Maple Street Florence, Oregon 97439  
(541) 997-3441 Fax: (541) 997-7979

**Graphic Search**

Here is how it works...  
We will put a graphic or photo in the box to the left. You find it somewhere in the classifieds. Come into our office, Enter your name, phone number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.



Saturday's Graphic  
Lewis & Clark Expedition Sets Out: Anniv. 1804

**Good Luck**

LINDA FORTIN found the National School Nurse Day Graphic on page 7C (On lighthouse in Steam Way Carpet Cleaning ad) SHe has won a gift certificate to Mon Ami Cafe.

Gift Certificates must be picked up within 2 weeks of winning  
Deadline for today's paper: Monday by 3:00 PM



Wednesday's Graphic