

Donate yard sale extras

Oregon Coast Humane Society is asking the community to donate items that are unsold during the City-Wide

Garage Sale to the animal shelter. Items can be dropped off at the thrift store, 1193 Bay St. in Old Town.

Dave's RE-CORNER



Most people have heard of the 3Rs of environmentally friendly behavior-
REDUCE is to use less of something. Use less water, turn off lights, use both sides of a paper.
REUSE is to use an item again. Refill a water bottle, reuse a container and buy reusable bags.
RECYCLE is to make new items from old ones; recycle bottles, glass, paper, cans, plastic, cardboard & more.

Tip

Choose filtered water over bottled. Save money as you wean yourself off your disposable water bottle habit — a practice that collectively results in more than 38 billion disposable plastic bottles deposited in the landfill each year in the United States.

Look in the Siuslaw News every Saturday for tips and ideas on how you can be more environmentally conscious, while not slowing you down or impacting your wallet.

Quiz

(answer will be in next Saturday's edition)

If you paint old chairs to make them look new you are ...

A) reducing. B) reusing. C) recycling.

Did you Know?

People in the U.S. make up 5% of the world's population but use 25% of the world's resources and generate 30% of its garbage.*



Learn to 'Be Well, See Well' at aging forum

Patricia Immel, L.Ac. will present "Be Well, See Well" at the Aging In Place Forum, at the Florence Events Center, Friday, Sept. 16, from 9 a.m. to 4 p.m.

Immel's presentation at 1 p.m. will provide valuable information on taking care of your eyes for visual longevity.

Eye health affects everyone in the community, and there is concern about the impact poor eyesight has on the future. For individuals already diagnosed with degenerative eye conditions, an integrative medical approach and self-care have much to offer.

Modern life places great demands on our eyes with

exposure from devices, such as computers and phones, which cause eye strain to an unprecedented degree.

Proactive care of the eyes can make a difference in eye health for people of all ages.

"I want to help people enjoy the best eye health possible. By understanding the relationship of your eyes to your overall health, you can expand your approach to keeping your eyes healthy and slow degenerative conditions," says Immel. "Our eyes are part of a living organism that has energy and vitality. The health of our eyes requires that our energy and vitality nourish them."

Conditions of the eyes can



COURTESY PHOTO

Patricia Immel

often be reversed by improving circulation to the eyes and bringing proper care to the structures of the eyes.

There are several specific acupuncture points for eye conditions.

Acupuncture and herbs offer significant relief and treatment to eye conditions including degenerative conditions where conventional medical treatment

options are limited.

Acupuncture has the unique ability to improve circulation to the eyes and strengthen the person's overall health.

Another advantage is that acupuncture treatment is individualized to address the underlying cause of the patient's condition.

Immel is a licensed acupuncturist and herbalist with 20 years clinical experience. She is passionate about connecting people with the healing power of nature, and dedicated to helping people with their healing process.

Immel has advanced training for utilizing traditional Chinese medicine to support visual health and treat eye conditions.

Immel and her husband, Dr. Mark Immel, practice at Wellspring Clinic in Florence.

For more information, visit their website at www.TheWellSpringClinic.com, or call 541-902-8860.

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Pianist to play house concert

Pianist and composer Scott Cossu will be making his sixth concert appearance in Kathy Parsons' house concert series in Florence on Wednesday, Sept. 14, at 7 p.m.

Performing with Cossu will be guitarist Lonnie Mardis, who has worked with Cossu for more than 20 years.

Reserve seats early by emailing Kathy Parsons at kathypiano@gmail.com or call 541-999-9720.

The address in Sandpines West and directions will be given when reservations are made.

There is a suggested donation of \$15 at the door (all donations go to the artists).

Cossu was one of the first artists signed to the legendary Windham Hill record label in the 1980s and continues to be one of the most respected names in contemporary music.

Cossu is currently one of 10 artists nominated for a Lifetime Achievement Award from One World Radio, which broadcasts internationally.

His most recent album, "Safe in Your Arms," was nominated for Best Piano Album with Instrumentation for 2015 by Zone Music Reporter.

Cossu's style is a blend of a wide variety of influences that create a sound uniquely his own. As comfortable playing barrelhouse piano as he is creating a lyrical melody line, Cossu will be playing music from his many albums as well as some possible surprises.

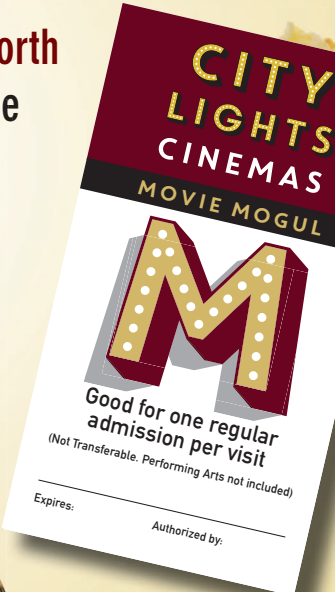
To learn more about Scott Cossu and his music, visit his artist page on MainlyPiano.com, which includes an interview, bio and reviews of some of his CDs and videos, or visit www.scottcossu.com.


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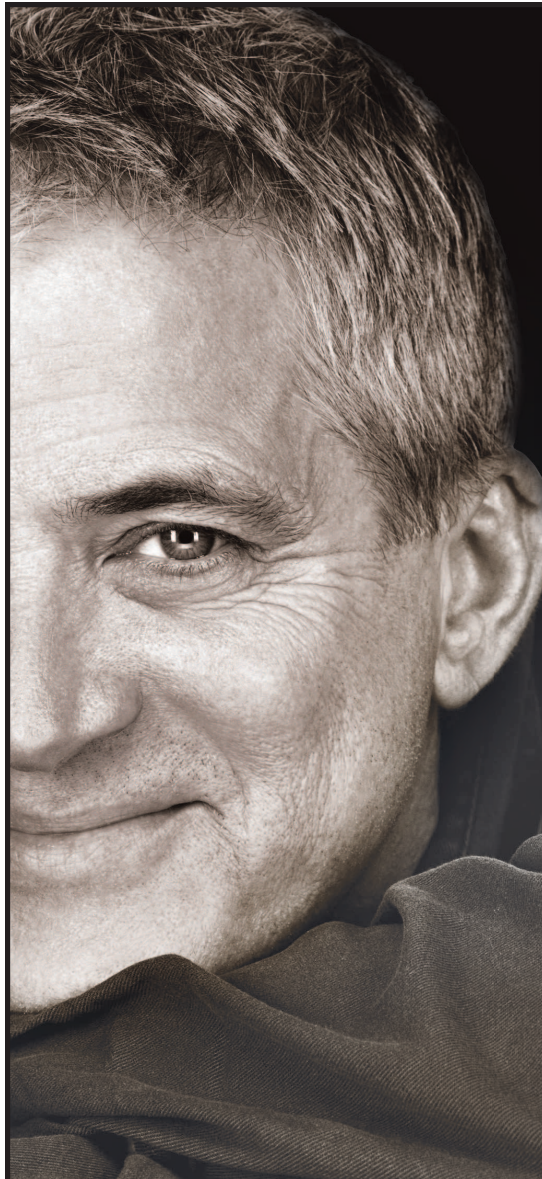
Times & tickets:
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 Movie line:
541-305-0014





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 Call **541-997-3441** to renew, or visit thesiuslawnews.com

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I WILL
 often pretend to understand
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