

 *Exhibitor*

The Salvation Army

I often perform as “Cowboy Bill” at retirement communities and nursing homes. “Music and laughter are the best medicine,” I tell my “concert” attendees. Most do agree, and for good reasons.

Physically speaking, a good sing-along mixed with laughter offers a nice combination for healthful living. Laughter, raising hands, swaying back and forth burns calories. A 10 to 15 minute session will burn 50 calories, according to a research study by Vanderbilt University. One’s heart rate goes up moderately. Studies show that with the increased blood flow, stress levels are reduced and the immune response systems are enhanced.

Laughing may raise the level of infection-fighting antibodies. There is even evidence that laughter helps enhance the natural relaxation and sleep modes that our bodies need. I am happy when folks

are happily singing, laughing, stomping feet and clapping hands.

Scientists won’t all agree that laughter is the remedy for all that ails us. However, when we socially share some melodious and humorous songs, it is magical. Good people with “bad” voices can sing boldly and without fear. That’s my goal. Most of us depreciate our own singing voice unwisely. We need to get over that.

You should seek out a good attorney or financial planner for estate and retirement planning. However, to enjoy the fruits of your labors, look for frequent occasions to sing a few songs and share some humor with others to add gladness to your hearts.

—By “Cowboy Bill” Olson, director of gift planning at The Salvation Army and member of the Financial Planning Association



Be Ready: Disaster Preparedness Expo

Florence Events Center • Nov. 5 • 10 a.m.-3 p.m.

The Be Ready Disaster Preparedness Expo is coming to the Florence Events Center, 715 Quince St., on Saturday, Nov. 5, from 10 a.m. to 3 p.m. Free admittance with one non-perishable food item for the Florence Food Share.

This will be a great educational and fun event for the whole family!

While 72 hours of survival gear is OK for the California-style 30-second earthquake, it is estimated that the Oregon coast may be cut off from services a minimum of 10 days.

Siuslaw News and Western Lane Emergency Operations Group are holding an event in order to connect residents on the Oregon coast with businesses and emergency service providers to raise awareness about disaster preparedness. The expo will include speakers, a safety panel, demonstrations on cooking with fire, emergency suturing and CPR.



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BJ's Ice Cream
at 1pm until gone.

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Expired/Unwanted Medication Drop-Off

Clean out your medicine cabinets and bring expired/unwanted prescription and over the counter medication to the Expo for proper disposal. No needles.

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Have an heirloom, antique or vintage jewelry?



Bring it to be evaluated by
appraisal specialist
Tom Bassett,
partner at
Florence Antiques.