Florence Soroptimists welcome new members

COURTESY PHOTO

Florence Soroptimist president Shasta McMullen (above right) and member Jo Hine (above left) welcome new members (left center) Jessica Aho and Sarah Cromwell (right center).

In mid September, the Soroptimist International Club of Florence inducted Sarah Cromwell from U.S. Bank in Florence and Jessica Aho from Banner Bank as its latest members.

"The young women are ready to support the Soroptimist Mission and bring youth and a fresh outlook to our club," said Florence chapter president Shasta McMullen.

Anyone interested in the Mission of Soroptimist, which is helping women and girls further their education and the betterment of their lives, can contact McMullen by calling Hoburg Auto at 541-997-2413.

She or another member will be in contact and can answer any questions.

Come to a luncheon, meet other members and see what Sorpotimist International is all about.

Library Friends host next book sale Nov. 5-6

A large selection of books will be available at the Friends of the Siuslaw Public Library two-day book sale scheduled for Saturday, Nov. 5, and Sunday, Nov. 6, in the Bromley Room at the Florence location, 1460 Ninth St.

The sale will run from 10 a.m. to 4 p.m. each day. A pre-sale for Friends members will be held on Saturday from 9 a.m. to 10 a.m. You may become a Friend's member during the members-only event.

Many books of all kinds will be on sale. Hardback and trade paperbacks will be $1 and pocket paperbacks $0.50. Non-fiction books will include biographies, cookbooks, computer books, how-to manuals, travel, nature topics and scientific topics among others. Fiction books include mystery, horror, adventure, romance, science fiction, historical novels and other genres.

Cash, checks, credit and debit cards will be accepted.

All proceeds of the sale are used to support the Siuslaw Public Library and its programs.

For more information, e-mail siuslawlibraryfriends@gmail.com.

WLAD continues fall prevention education series

Western Lane Ambulance District (WLAD) is continuing it's fall prevention education series, focusing on the prevention safety aspect of fall-type injuries.

By the time WLAD paramedics arrive at the scene of a fall, the medical consequences for a patient can oftentimes be devastating. WLAD feels it's prudent to attempt to prevent a fall from occurring at all, rather than responding with paramedic ambulances to treat and transport patients to local emergency departments.

WLAD is partnering with Coastal Fitness in Florence to promote Fall Prevention Safety.

Tracey Markley, Coastal Fitness's personal strength and conditioning trainer, explains that in order to gain balance and stability for safety in everyday movement, one needs to strengthen the stability muscles of the core, hips and pelvis.

This is vitally important because when the brain sends a message to the stabilizing muscles to stabilize the body; the message is received by strong functioning muscles.

"In my 20 years of study and experience in the fitness industry I have found the best way to do this is to engage the right muscles properly, and challenge the body with stability equipment, such as the balance disc and the BOSU ball with proper techniques," Markley said.

WLAD encourages all residents in the Western Lane Ambulance District service area to look into safety programs such as these in order to lessen their chances of a fall injuries.

Local residents are urged to contact Western Lane Ambulance District or Coastal Fitness to inquire about upcoming programs and events in their Fall Prevention and Safety Education programs.

"Being consistent with such programs at one's fitness level will give the best benefits that last," said Markley.

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Master Recycler Program accepting applications

Lane County Waste Management Division is offering a free course this spring that provides comprehensive training in local solid waste issues. Hear from local experts, tour local facilities and learn why things are (or are not) recyclable.

The Waste Management Division hosts this course to help Lane County residents and businesses reduce, reuse, recycle and rethink waste habits.

Applications are available at www.lanecounty.org/master-recyclers or by calling 541-682-2059.

Completed applications may be submitted by fax, email or regular mail.

The Master Recycler training course includes 35 hours of classroom instruction: nine consecutive Tuesday evening classes, a Saturday compost demonstration and two Saturday multi-site field trips to area solid waste and recycling sites. Instructors are local experts in solid waste from business, government and non-profit sectors.

The course is free for those who volunteer 30 hours to educate and assist their communities in the year following the training. Those who do not wish to volunteer may pay a small fee.

More than 850 Lane County master recyclers have contributed more than 37,500 hours of education and assistance to local citizens and businesses since the program began in 2000.

In addition to attending class sessions and tours with local experts, all participants enroll in Recycling 101 online. The R101 course was developed for and by Oregon's recycling industry. Normally valued at $50 to $75, R101 is free for Lane County Master Recycler students.

In Florence, classes will be held Fridays from 12:30 to 3:30 p.m. beginning Jan. 13, 2017, and continuing through March 10, 2017, at the Lane Community College Florence Center, 3149 Oak St.

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WWW.THESIUSLAWNEWS.COM

West joins Windermer

COURTESY PHOTO

Vanessa West

Windermere Real Estate, the largest regional real estate company in the Western U.S., announced today that the company's affiliate Windermere-Florence Real Estate has added new broker Vanessa West to its team.

West will be working from the company's office in Florence, joining a network of more than 900 Windermere real estate professionals throughout Oregon and Southwest Washington.

West is from the Mapleton area and recently graduated with a business administration degree from Lane Community College.

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