

Alzheimer's Association to hold classes at library

The Alzheimer's Association Oregon Chapter will hold back-to-back classes, "Know the 10 Signs: Early Detection Matters" and "Healthy Living for Your Brain and Body," from 1 to 2:30 p.m. and 3 to 4:30 p.m. on Thursday, Jan. 11, in the Bromley Room of the Siuslaw Public Library, 1460 Ninth St.

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging.

If someone is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection provides a chance to begin drug therapy, enroll in clinical studies and plan for the future.

Attend the first class to learn the 10 Warning Signs of Alzheimer's Disease.

The Alzheimer's Association will separate myth from reality and address commonly held fears about Alzheimer's in America.

The second class will review research in the areas of diet and nutrition, exercise, cognitive activity and social engagement and use hands-on tools to help incorporate these recommendations into a plan for healthy aging.

"Know the 10 Signs" and "Healthy Living" are free, but registration is required.

To register, call 800-272-3900.

For a list of upcoming classes, visit www.alz.org/oregon.

SAPPSA warns about winter alcohol consumption

Siuslaw Area Partnership to Prevent Substance Abuse (SAPPSA) reminds everyone that the holidays are often a time when alcohol consumption increases and health is compromised.

Celebrating within published guidelines for alcohol consumption is better for your own health and the health of your dearest family and friends.

The U.S. Surgeon General advises a maximum of "Two drinks of alcohol a day for men and one drink a day for women."

For women, heavy alcohol drinking is defined as having more than three drinks on any day or more than seven drinks per week. For men, heavy alcohol drinking is defined as more than four drinks on any day or more than 14 drinks per week.

Alcohol is classified as a carcinogen and a co-carcinogen. It can be a direct cause or a contributory cause of cancer in the human body.

The World Health Organization (WHO) and the International Agency for Research on Cancer has classified alcohol as a Group 1 carcinogen similar to benzene, an industrial toxic chemical.

Alcohol contact with mucous membranes causes damage and death of those cells.

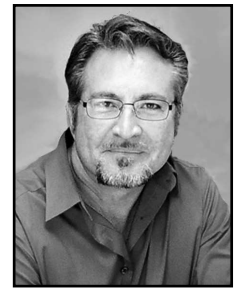
It takes an average of 12 hours for alcohol to be eliminated after contact with human gastro-intestinal cells.

The International Agency for Research on Cancer classifies alcoholic beverage consumption as a direct and contributory cause of cancer of the female breast, male colon-rectal, gastrointestinal tract, mouth, throat, esophagus, liver, pancreas and bladder.

There is evidence that alcohol drinkers who gave up drinking alcohol reversed their risk of laryngeal, pharyngeal and liver cancer, and that their risk was reduced the longer they avoided drinking alcohol.

Siuslaw News editor to speak at City Club Jan. 5

The Friday, Jan. 5, meeting of the City Club of Florence will kick off its 2018 schedule of speakers in its new location in the Bromley Room of the Siuslaw Public Library.



COURTESY PHOTO
Ned Hickson

Siuslaw News editor-in-chief Ned Hickson will be the featured speaker, beginning at noon.

In addition to his duties as editor of the local newspaper, Hickson is an award-winning syndicated columnist with his weekly offerings of wit and humor appearing in dozens of newspapers in the U.S. and Canada.

He has been awarded "Best Local Column" from both the Oregon Newspaper Publishers Association and the Society of Professional Journalists. He is also a published author of two books, "Humor at the Speed of Life" and "Pearls of Writing Wisdom: From 16 shucking years as a columnist."

Prior to launching his career in journalism at the Siuslaw News, Hickson was a

corporate chef in Dallas, Texas and Atlanta, Ga.

He has deep roots in the Florence community and, among other activities, has served as a volunteer firefighter with Siuslaw Valley Fire and Rescue from 2011 to 2017 before being elected to the SVFR Board of Directors in November 2016.

He has also portrayed "Elfis" twice in CROW's annual Holly Jolly Follies community Christmas show.

Hickson said he believes in the importance of local newspapers providing information, chronicling history and encouraging dialogue that builds stronger communities.

He will be talking about his 19 years of experience at Siuslaw News, as well as the important role small town papers play in communities throughout America.

The Siuslaw Public Library is located at 1460 Ninth St.

Please allow ample time for parking.

Cindy Wobbe

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\$235,000 BH7617 ML#17103853

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3 Bdrm, 2 Ba 1782 sq ft
\$285,000 BH7609 ML#17001018

NEW LISTING
Looking for just the right home? You do not want to miss this beauty. Tile entry, hardwood in the den & 3rd bdrm, floor to ceiling windows, coffered dormers, covered ceilings, alder cabinets, 24 x 24 garage
3 Bdrm, 2 Ba 1848 sq ft
\$285,000 BH7610 ML#17554317

NEW LISTING
Great starter home or retirement home. Good location, vinyl windows, slider off living room to large backyard, fireplace. Double car garage
3 Bdrm, 2 Ba 1188 sq ft
\$219,000 BH7612 ML#17013726

NEW LISTING
For those who won't settle for the ordinary!! 3 bdrms, 3 ba + loft. Tile countertops, breakfast bar, 1 bdrm has it's own entrance, parking space, small frig, sink, WI-closet. Great for caretaker
3 Bdrm, 3 Ba 2067 sq ft
\$399,500 BH7620 ML#17667902

NEW LISTING
South facing lakefront home with dock & stunning views
4 Bdrm, 3 Ba 2204 sq ft
\$468,000 BH7614 ML#17656293

FEATURED LISTING
Roomy one level custom home with 3 car garage in Sandpines West
3 Bdrm, 2 Ba 2262 sq ft
\$400,000 BH7547 ML#14127374

FEATURED LISTING
Super Good Cents home in Summerset Estates. Open kitchen/familyroom area slider out to private backyard
3 Bdrm, 3 Ba 1444 sq ft
\$275,500 BH7581 ML#17384212

NEW LISTING
Panoramic views of Florence & the Siuslaw Bridge, distant Ocean views & amazing sunsets. Elevator to make this home accessible on every level
3 Bdrm, 3 full, 3 partial Ba 4041 sq ft
\$439,900 BH7592 ML#17343764

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