

Did You Know?

(NAPSA)—Because learning more about ALS is an important step in the battle to defeat it, the National ALS Registry gathers confidential health information from people who are living with the disease to learn more about what causes ALS and possibly lead to better treatments. Learn more at www.cdc.gov/ALS.

Classic pasta made Californian—Linguine with California Avocado Pesto and Cherry Tomatoes! For California avocado recipes, visit the California Avocado Commission at www.CaliforniaAvocado.com.

Exercise physiologist Tom Holland recommends staying active in hot weather by taking your workout indoors. Treadmills, such as the

Bowflex BXT216 (www.bowflex.com/treadmills/bxt216/100507.html), are an ideal fitness equipment staple so you can fit in an effective workout whenever it is convenient.

Chances are you've had your hands on an American classic: a SKILCRAFT U.S. Government Pen. National Industries for the Blind-associated agencies have produced more than 2 billion over the past 50 years. Learn more at <http://NIB.org/pen>.

Based on the idea that everyone should live within 10 minutes of a park, the nonprofit Trust for Public Land created a new, free, online tool, Park-Serve.org, to help you find the nearest park and identify which neighborhoods need new parks most.

A University of Phoenix College of Health Professions survey found that the role of nurses has grown dramatically. Eighty percent of registered nurses say health care professionals besides physicians play a larger role in the overall management of patient care. Learn more about it at www.phoenix.edu.

Sending flowers to show love, caring and concern is a long-standing tradition—and may have a scientific basis. Psychologists believe people have such strong associations with flowers that they can boost a sense of well-being. For a selection of floral designs and other gifts, check out www.1800flowers.com.

Home Improvement Tips

Make Your Home A Safe Haven



Make sure your home's wiring and appliances are in good shape to avoid disasters.

by *Scott McGillivray*
(NAPSA)—We think of our homes as our haven from the world. In it, we house the people and things that we treasure most. In time, we might also undertake to expand or modify our homes to better suit our needs through different life stages. Perhaps a previous owner has done the same. Remodeling a house can provide significant advantages and serve as an opportunity to make things better, especially if your home is getting on in years. It's also a good time to identify potential problems in order to ensure safety, comfort and performance. Here are five things to consider when remodeling:

What's behind the walls? Do you know what type of insulation exists or its current condition? It's worthwhile to find out. Some older homes contain outdated materials that could be harmful. In basements and bathrooms, in attics and in areas where there's been some moisture penetration, it's not uncommon to discover moldy fiberglass or other insulating

materials that should be removed. This can compromise air quality and be the source of potential health issues. When upgrading, opt for an insulation with an inorganic composition. Professional builders often favor a stone wool product such as Rockwool Comfortbatt or Safe 'n' Sound because it resists moisture, adds fire protection and is an excellent sound-absorbing material.

Consider a professional home inspection. The goal is to help identify any potential hazards within your home. These can take many forms. Think knob-and-tube wiring, overloaded panels or cracked foundations.

Lead paint. Older houses (pre-1978) may have base coats of lead paint beneath the newer ones. Lead can cause harmful effects if ingested or inhaled as dust. Be careful to avoid raising dust if scraping or sanding old walls or molding. Test for (and seal) exposed areas of lead paint.

Educate yourself about air quality. Radon is a particular concern. It's a radioactive gas that

naturally accumulates in some houses—and the second leading cause of lung cancer after smoking. Use a radon long-term detector to measure the level of radon in your home to determine if you need to reduce it.

Pay close attention to combustion appliances. If not properly maintained or vented to the outside, combustion appliances, including your furnace, gas stove or water heater, can release pollutants such as carbon monoxide—a colorless and odorless gas. Ensure appliances are well maintained and inspected at least once a year. Install carbon monoxide detectors.

There's no place like home, so doing all that you can to ensure that it's a safe, healthy and comfortable place will give you the peace of mind necessary to enjoy it to its fullest.

• *Scott McGillivray is the host of the hit HGTV series "Income Property" and "Moving the McGillivrays," a full-time real estate investor, contractor, author and educator.*



To Raise Creative Kids—Let Them Play

(NAPSA)—Fostering a child's courage to express creativity is perhaps one of the most important goals that parents can set for themselves.

Understanding Creativity

Often, when people think of creativity, they think of the arts, but it starts with play early in life and leads to other things as children grow. It's through play that children begin to develop their creative muscles, whether with blocks, dolls or action figures. Beyond play, kids may find creativity in the way they play sports, clean their room, prepare their food or do their schoolwork.

According to experts at The Genius of Play™, a national movement to raise awareness about play's critical role in child development and encourage more play in children's lives, creativity can help build confidence, flexibility, individuality and mental agility, and even contribute to better physical health.

Expert Advice

Dr. Erik Fisher, Ph.D. and The Genius of Play expert, believes the best way to foster children's creativity is to encourage them to try things and not feel afraid to fail. Failure itself is an amazing learning experience as it helps children develop tenacity and perseverance, which are some of the most important skills they'll need later in life. At the same time, parents should be aware of their own emotions, attitudes and beliefs and be willing to create with their child. Many times, parents want their kids to "fit in" and don't realize they're stifling



Enhance your children's creativity by encouraging them to try new things.

creativity.

To help ensure that creativity is part of your child's play routine, Dr. Fisher suggests:

- Don't focus on just the arts. Play has a key role in helping develop children's creative muscles. As children develop creativity in one area, it often extends to other areas.

- Help your kids stretch their creativity muscles and yours by experimenting with many different kinds of toys and playful activities. Trying new things lets kids discover what they like and explore their own talents.

- Observe and appreciate your children's uniqueness and celebrate how they do things differently.

- There's no better way to dry up creativity than with criticism. Try to find constructive ways to give feedback and seek ways to be positive.

- Help your child see failure through play as a learning experience, not a time to quit.

Learn More

You can get ideas on how to enhance creativity and other developmental benefits, expert advice and play resources at www.TheGeniusofPlay.org, @GeniusOf Play on Facebook and on Instagram.

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PUBLIC NOTICE

On Friday, June 8, 2018, an auction is scheduled for 12 p.m. at Florence Mini Storage, 4099 Hwy. 101 N. Florence, OR 97439. The contents of the storage units will be sold at public auction.

M. Bouchet, Unit #F-156 (10x10) & D. Raybould, Unit #B-20 (10x10) and Unit #D-119 (5x10u).
Publication Dates: May 23 & June 6, 2018

NOTICE OF SECOND BUDGET MEETING

The Budget Committee of the Port of Siuslaw will hold a second meeting at 100 Harbor St. in Florence on June 4, 2018 at 6:00pm. This meeting is open to the public. The purpose of the meeting is to discuss and approve the budget and to receive comment from the public. A copy of the budget document may be inspected or obtained at 100 Harbor St in Florence, between the hours of 9am to 5pm, and will be posted at www.portofsiuslaw.com May 23rd 2018.
Publication Date: May 23, 2018

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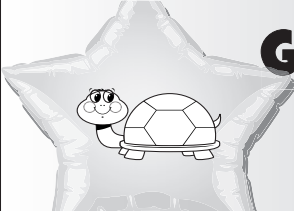
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Come into our office, Enter your name, phone number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.

Wednesday's Graphic
International World Turtle Day - May 23

Good Luck

KAREN BARNES found the National Safe Boating Week Graphic on page 8B (TR Hunter Real Estate – Top Section, middle listing – Lake Point Dr. #26) She has won a gift certificate to a local Merchant.

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



Saturday's Graphic

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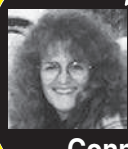
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