

Community News

Yachats River Valley Farm Tour to celebrate 10th year

The annual tour of the farms and ranches along the Yachats River Road will take place this year on Saturday, Aug. 15, from 10 a.m. to 4 p.m., featuring locally grown fruits, vegetables, grass-fed beef, baked goods, jams, refreshments and, in one instance, live music.

Seven farms will make up the roster this year, each featuring a different attraction, most with local produce or beef for sale. Because of the pandemic, visitors must wear masks and observe social distancing protocols.

The first two farms, Seeds of Oregon and K&R Beef, near milepost one, will offer vegetables, plants, grass-fed beef and eggs for sale. Next is Forks Farm at the T-intersection near milepost seven, offering organic fruits, blueberries, cut flowers, jams, and produce. They are florists and accept orders for floral arrangements suitable for weddings and other celebrations.

Turn right at the intersection and follow the South Fork of the Yachats River to Starshine Farm, where you'll visit with llamas, alpacas, and peacocks

A must-see stop is the next one in line: Yaquina Nursery. This world-famous nursery features cacti

YACHATS RIVER VALLEY farm tour
Saturday August 15 10am-4pm

JOIN US FOR OUR 10TH ANNUAL FARMS TOUR

Enjoy a splendid day meandering amongst the quixotic small farms of the Yachats River valley. Visit with "up the river folks" who are using their land to raise anything from llamas to edible flowers.

The Yachats River Valley Farm Tour is free and open to the public. Visit up to seven farms, survey the operations and purchase locally grown products including honey, vegetables, herbs and more.

We'll see you up the river!

GREENHOUSES: Best to go early as they get very hot
www.yachats.org | www.goyachats.com | www.buylocalinlincolncounty.org

and succulents from literally all over the planet. Most of the stock is for sale and is the place to buy a special cactus or succulent for your home or garden.

Last up is The Ranch, just beyond milepost 10. The Ranch rests in a serene meadow setting with barn, pond, river, shade trees and picnic tables for visitors to enjoy. A wide variety of livestock — including horses, cows, chickens and geese — wander through the pastures. Also available: you-pick organic blueberries, blackberries and summer apples, plus



home-baked goods and jams for sale.

One added and unique feature here will be live music provided by local musicians.

To get to the Yachats River Road, turn off Highway

101 just south of Yachats near the north bank of the Yachats River.

Admission to all venues is free. Parking is readily available.

For more information, visit www.yachats.org.

Florence Republican Campaign Office now open

Florence Republicans now have a place to get candidate information and signs. The new headquarters is located at 1751 12th St., across from Ichiban. It will open today, Saturday, Aug. 8.

Open hours will be Monday, Wednesday and Saturday from noon to 6 p.m. Information is available

on all Republican candidates for federal, state and local races in the upcoming general election.

People can also stop by to sign petitions and stock up on gear promoting candidates.

Contact 541-579-2211 for more information or go to FlorenceRepublicans.com.

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Bahá'ís host Indigenous Peoples Day Zoom meeting

On Saturday, Aug. 8, at 2:30 p.m. on Zoom, the Bahá'ís of Florence will host a devotional to share prayers and music in honor of Indigenous Peoples Day.

The United Nations established Indigenous Peoples Day in 1994 to be observed annually in August. This year is particularly difficult for Indigenous Peoples around the world due to the COVID-19 pandemic. Lack of healthcare services, including clean water, soap, disinfectants and PPE's, fewer material resources, and close living conditions pose a much higher risk of contagion and death in these populations worldwide.

The oneness of humanity and unity in diversity are fundamental principles of the Bahá'í Faith whose teachings encourage us to see all people as the flowers of one garden, the leaves of one tree, and the waves of one sea.

In addition, a weekly Monday noon Zoom devotional is held in honor of Navajo and other Native Americans nations affected by COVID-19.

Anyone who would like to join either of the devotionals in compassionate action can call 541-590-0779 to get the Zoom information.

PeaceHealth sleep specialist offers tips for better sleep during COVID-19 pandemic

SPRINGFIELD—The COVID-19 pandemic has upended many of the community's usual routines — including sleep patterns.

"There's absolutely no doubt that the pandemic has affected peoples' sleep," said Dr. Daniel Erichsen, a sleep specialist at PeaceHealth Medical Group's Sleep Disorder Clinic on the Sacred Heart Medical Center at RiverBend campus.

Over the past few months, more adults have either lost their jobs or are working from home, and more children have had unstructured time at home without their regular summer camps and activities.

Many people are wondering how they might re-establish sleep patterns as they head into fall and school — at least online — resumes.

"This is actually pretty easy," Erichsen said. "People think they need to start going to bed earlier, but instead, they need to start in the other

end of the sleep cycle. They need to start getting a more regular rise time and then bedtime will fall into place."

Dr. Erichsen is available for media interviews to share more tips for better sleep and to discuss sleep trends.

He is author of the recently published book, "Set it & Forget it: Are you ready to transform your sleep?"

PeaceHealth, based in Vancouver, Wash., is a not-for-profit Catholic health system offering care to communities in Washington, Oregon and Alaska. PeaceHealth has approximately 16,000 caregivers, a group practice with more than 900 providers and 10 medical centers serving both urban and rural communities throughout the Northwest.

Today, PeaceHealth continues with a spirit of respect, stewardship, collaboration and social justice in fulfilling its mission.

Visit online at peacehealth.org.

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Take a look today!

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The information contained herein is deemed reliable but is not guaranteed. Neither the Seller nor any Licensee warrants the square footage of any structure and/or size of the land. The buyer should exercise all due care and diligence to verify any information deemed material to their decision to purchase.



BOWLING

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1710 27th Street
Florence, Oregon 97439
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REEDSPORT LANES
2606 Frontage Road
Reedsport, Oregon 97467
541-267-3822

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 8	AUGUST 9	AUGUST 10	AUGUST 11	AUGUST 12	AUGUST 13	AUGUST 14
Partly Cloudy/ Wind	Sunny	Sunny	Sunny	Partly Cloudy	Mostly Sunny	Sunny
67°F 50°F	70°F 53°F	70°F 52°F	69°F 52°F	65°F 51°F	67°F 52°F	67°F 53°F

Health is our #1 Priority!

At Shervin's we are taking extra precaution in order to ensure that our customers and staff are kept safe and healthy during this quickly changing situation.

1 Car Sanitation - All cars are wiped down with a sanitizer before and after the service. We wipe down any areas in the interior where employees have touched, such as door handles, the steering wheel, keys, shifters and power window panels.

2 Hand Sanitation - Our staff will continue to wash their hands throughout the day and change gloves after each car they service.

3 Give Customers Options - We will pick up and deliver your vehicle to your home. You may also drop your key in our secure mailbox for drop-offs to avoid or minimize contact.

4 Employee Illness is Serious - We are encouraging employees not to shake hands. We are practicing "personal distancing" and encouraging employees to stay home if they feel under the weather.

5 Wipe Down High Touch Points - We wipe/spray counters, credit card machines, door handles, phone handles, kitchen areas, and chair arms and tables in waiting area multiple times a day. We continue to be focused and committed to working with each of you to ensure we continue to meet and exceed your expectations. We are here for you.

We thank you for your business and more importantly, your friendship. Please be safe and exercise extra precaution during this challenging time.



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