

KB Gallery to host poetry contest with cash prize

On Saturday, March 7, Kenneth B Gallery, 1458 First St. in Old Town Florence, will host its first monthly "Florence Spoken Word Poetry Contest," which offers a \$250 cash prize for the winning poem.

Each participating poet may read one original poem for no longer than three minutes, and there is a \$10 entrance fee for poets to participate.

Registration starts at 3 p.m., and the readings begin at 5 p.m.

The public is welcome to attend for free.

This month's contest will be judged by Jill Hardin, published poet, singer and songwriter; Karen Brown, writing and literature instructor at Lane Community College, Florence; and Ryan Cronk, editor at Siuslaw News.

IN BRIEF

Bowl for the Cure at Holiday Bowl today

Bowl at Holiday Bowl today, Feb. 21, from 1 to 3 p.m., and play three games for \$10, with \$5 going to cancer research for a cure. Get friends together for a fun time and help the American Cancer Society.

The event is sponsored by Holiday Bowl and the Central Oregon Coast Bowling Association

Flukes to strum again tomorrow

Florence Ukulele Club (The Flukes) meets again Feb 22, from 3 to 4 p.m., for a song circle.

Location is the Bromley Room at the Siuslaw Public Library, 1460 Ninth St.

Meetings are open to ukulele players of all levels and anyone interested in learning more about the club, as well as anyone who just wants to listen

and/or sing along

Beginners meet first from 1:30-2:30 p.m.

For more information, email janetwellington@charter.net.

Library to announce Best Books of 2014

This year's Best Books of 2014 presentation will be held Tuesday, Feb. 24, at 2 p.m., in the Bromley Room at the main branch of the Siuslaw Public Library, 1460 Ninth Street in

Florence.

Everyone is welcome to drop in and see if his or her favorite book is included in this year's list.

Library Friends at board meeting

The Friends of the Siuslaw Public Library will hold its monthly board meeting Thursday, Feb. 26, at 11 a.m., in the Bromley Room at the library.

All members and anyone interested in supporting the library or learning more about the Friends is invited to attend.

Refreshments are provided. The purpose of the FOL is to support the Siuslaw Public Library.

For more information, email siuslawlibraryfriends@gmail.com.

Get tickets for Fraudville show

This year's Fraudville lip-sync competition will once again be held at Three Rivers Casino and Resort to benefit the Boys and Girls Club.

The competition will be Saturday, Feb. 28, and tickets (age 21 and older only) are \$25.

For a limited time only, VIP reserved-table seating, up close to the action, are on sale for only \$50 each.

VIP tickets are sold only in advance at Coast Insurance, Oregon Pacific Bank, Siuslaw News and at the Boys and Girls Club.

Library Friends board meeting Feb. 28

The Friends of the Siuslaw Public Library will hold its monthly board meeting on Thursday, Feb. 26, at 11 a.m., in the Bromley Room at the library. All members and anyone interested in supporting the library or learning more about the Friends is invited to attend.

Refreshments are provided. The purpose of the FOL is to support the Siuslaw Public Library.

For more information, contact SiuslawLibraryFriends@gmail.com.

Pain Support Group beginning

On Tuesday, March 3, The Florence Pain Support Group will begin meeting at The Community Baptist Church, 4950 Highway 101, from 5:30 p.m. to 7:30 p.m.

It will then meet regularly every first and third Tuesday of the month at the same time.

It is a member-run group where anonymity is respected. The only requirements are you must suffer from a form of pain that limits your ability to do the things you would like to do, and have a willingness to discuss and learn new ways of managing pain from others.

For more information, call 541-590-0591.

Learn about Florence retirement resources

On Friday, Feb. 27, from 1 to 3:30 p.m., in partnership with LCC, Front Desk Florence will introduce available resources in the community and discuss the many events, activities and opportunities in and around the area that can contribute to an optimal retirement.

Pre-registration is required through LCC.

Colorado Picnic returning in July

The third semi-annual Colorado Picnic is being planned for Sunday, July 19, from noon to 6 p.m., at the Woahink Lake picnic meeting place on Canary road

Bring a dish to share and your favorite Colorado stories.

Anyone with a Colorado connection is invited. For more information, call Donna Dobson at 541-997-7383.



*Every woman
tell a woman.*

A Seminar on Women's Heart Health

Saturday, February 28 | 9 a.m. to 2 p.m.

With special guest and emcee, national TV personality
Frank King ("The Cardiac Comedian")

Florence Events Center | \$10 Admission

AGENDA

9 a.m. to 10 a.m. Open House



Free healthy resources and fun, featuring:

- Heart-healthy food olive oil and chocolate samples
- De-stressing tips
- Screenings
- Prize drawing, including an IPOD classic

10 a.m. to 1 p.m. Speakers



Nancy Graham

PeaceHealth Sacred Heart Medical Center
Registered Dietitian; Coordinator for
Cardiovascular Wellness & Rehabilitation



Fran Munkenbeck, MD

Oregon Cardiology at PeaceHealth
Medical Director, EKG and
Cardiac Device Clinic



Aaron Holmes, MD

PeaceHealth Medical Group
Primary Care Provider

1 p.m. to 2 p.m. Heart Healthy Lunch



PeaceHealth
Peace Harbor Medical Center

Space is Limited – Register by February 21 • Call 541-902-6300 ext. 2261