

GENERAL NEWS

SOLVE Oregon's beach litter dilemma

Volunteers needed for SOLVE's spring beach cleanup

By CHANTELLE MEYER
Siuslaw News



PHOTO BY CHANTELLE MEYER/SIUSLAW NEWS

SOLVE's Spring Oregon Beach Cleanup is targeting five sites near Florence. The goal this year is to remove microplastics which are harmful to wildlife, like this gull seen at Heceta Beach.

March 28 is the Spring Oregon Beach Cleanup, sponsored by SOLVE.

The organization, founded in 1969 by Oregon Gov. Tom McCall, began beach cleanups in October 1984.

SOLVE first went by Stop Oregon Litter and Vandalism (SOLV), but updated its name and mission in 2012 to, "Solve: It's our nature to volunteer."

It leads more than 50,000 volunteers across the state in cleaning up natural resources.

Now, the coastline is split into 14 zones, with zone captains leading beach captains, who then organize volunteers at each site.

Craig Filip is the zone captain for Zone 9 and leads the beach captains for cleanups at Heceta Beach, Siltcoos River outlet, Florence South Jetty, North Jetty beach and the Carl G. Washburne picnic area.

The events run simultaneously from 10 a.m. to 1 p.m.

Each of the cleanup areas

still need volunteers.

"We encourage people to just bring us the manmade trash they find," Filip said.

Filip joined SOLVE in 2014 as a beach captain at the North Jetty Beach site.

His duties include training beach captains and working at one of the sites.

SOLVE removes a lot of garbage, such as plastic bottles, metal debris and fishing gear.

At this point, Filip said they have not seen a lot of tsunami debris.

SOLVE volunteers analyze the weight of gathered trash.

"As a beach captain, I weighed the trash bags, trying

to see if a pattern developed over time," Filip said.

There is no minimum age for volunteers.

"It's a great activity for small children," Filip said. "Because of their small hands and closeness to the ground, children often see things adults miss."

SOLVE put an emphasis on removing microplastics this year.

According to its website, "The items found most often on Oregon beaches are tiny bits of plastic and cigarette butts, which are harmful to shore birds and marine life."

Beach cleanup volunteers should dress for variable weather. They also are encouraged to bring their own reusable bucket and water bottle to help reduce plastic waste. Other tools suggested include a collander or scoop to sift the sand for small items.

SOLVE will provide bags and gloves.

For more information on where to meet for the five Florence cleanup sites, go to solv.org.

Eat pancakes, help center

The Florence Caring Pregnancy Center will be hosting a fundraiser pancake breakfast at the Nazarene Church, 1536 12th St., on Saturday, March 28 from 8 to 11:30 a.m. Donations will be accepted,

with all proceeds benefiting the center, which is a non-profit, community-service organization that provides prenatal and parenting education in Florence and the surrounding area.

CITY LIGHTS CINEMAS

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Showtimes: March 27 - April 2, 2015

\$9 Regular/\$8 Senior or Student/\$7.50 Matinee/
\$7 Child/\$6.50 Member

Cinderella - 112 min (PG) -

"As a picture that celebrates one of the greatest archetypes in literature while freshening countless familiar details, I doubt it can be bettered." - Charlotte Observer

Fri, Tue, Wed, Thu: 1:20, 4:20, 7:20 | Sat: 2:10, 4:40, 7:20
Sun: 3:45, 6:30 | Mon: 4:20, 7:20

The Divergent Series: Insurgent - 119 min (PG-13) -

"...non-stop action, pretty dazzling special effects and solid acting...Insurgent will not disappoint." Chicago Sun-Times Daily Except Sun, Mon: 1:30, 4:30, 7:30 | Sun: 1:20, 4:00, 6:40
Mon: 4:30, 7:30

NEW: Home - 94 min (PG)

- Voiced by Jennifer Lopez, Jim Parsons, Rihanna, Steve Martin
Fri, Tue, Wed, Thu: 1:00, 4:00, 7:00 | Sat: 11:50 AM, 2:30, 4:50, 7:00
Sun: 1:10, 3:40, 6:20 | Mon: 4:00, 7:00

The Second Best Exotic Marigold Hotel - 122 min (PG)-

"It's not so common to find an ensemble of this caliber so enthusiastic to work together, and that chemistry comes across." Variety

Fri, Sat, Wed: 1:10, 4:10, 7:10 | Sun: 1:00, 3:50, 6:45
Mon: 4:10, 7:10 | Tue: 1:10, 4:10 | Thu: 1:10, 3:20

Special Events:

Yojimbo - 110 min (NR)

- Samurai Saturdays - A Kurosawa Classic! Sat: 12:00

Awake: The Life of Yogananda - 87 min (PG) -

Encore Screening Sun: 1:30

Behind The Beautiful Forevers - 225 min

- National Theatre Live Thu: 6:00

Song of the New Earth - 87 min -

Tom Kenyon and the power of sound
Tue: 6:30

WWW.CITYLIGHTSCINEMAS.COM

Community Health Fair returns April 17-19

The annual Community Health Fair will take place Friday, Saturday and Sunday - April 17 through 19 - at the Florence Events Center.

This year marks the fifth anniversary of the event that typically draws hundreds of people looking for insights and solutions to a variety of health needs.

The health fair provides an opportunity to speak with a wide range of health care experts on matters of interest to

women, men, seniors, kids and even pets.

Whether you're looking for motivation or education to help you live a healthy lifestyle, you'll find it at the fair.

On Friday only, from noon to 5 p.m., attendees can visit dozens of fun exhibits with valuable information. There will be lots of door prizes and a free heart-healthy lunch by The Bridgewater Restaurant.

Organizers will again offer a free adult CPR/First Aid/AED class - a \$50 value - for those who preregister by emailing florenceorhealthfair@gmail.com or by calling 541-999-2052.

Health fair attendees are encouraged to bring non-perishable food items to benefit

Florence Food Share. Donations will be accepted from noon on Friday, April 17, until Sunday morning, April 19, at 10:45 a.m.

On Saturday, the first 100 attendees can enjoy a free heart-healthy lunch at 1 p.m. provided by the Seventh-day Adventist Church.

Beginning at 2 p.m., all attendees can choose from about a dozen different helpful seminars by experts from across a variety of disciplines. Seminars start every half hour and end at 6 p.m.

Seminar topics include reducing child abuse, emergency food preparation and storage, prostate cancer, gluten sensitivity and celiac disease, how to start and maintain a run-

ning program, exercises for any fitness level, hearing loss, dental care and more.

On Sunday, there will be a 5K fun walk and run beginning at the Florence Events Center.

Pre-registration is recommended by emailing florenceorhealthfair@gmail.com. or by registering at Coastal Fitness.

On-site registration begins at 7:30 a.m. and the 5K begins at 9 a.m.

Registered participants receive a commemorative T-shirt and refreshments. Entry fees will help benefit the Friends of Florence cancer van.

The annual Community Health Fair is presented by the Florence Seventh-day Adventist Church and underwritten by Korando Dental Group.

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Lisa's Avant Gardener Tip of the Week



Prune a branch of forsythia or flowering cherry to bring inside for fresh spring flowers in your home.
Plant potatoes, peas, and broccoli for good eats in June!
Fertilize your shrubs with our special fertilizer blends!
Plant carrots, lettuce, and spinach with our organic vegetable seeds.

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KIDS DIG IT!
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WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
MARCH 25	MARCH 26	MARCH 27	MARCH 28	MARCH 29	MARCH 30	MARCH 31
Cloudy, Showers	Mostly Sunny, Pleasant	Mostly Sunny, Pleasant	Rather Cloudy	Partly Sunny, Pleasant	Afternoon Showers	Sunny to Partly Cloudy
59°F 49°F	63°F 49°F	60°F 47°F	58°F 45°F	59°F 44°F	57°F 44°F	57°F 41°F

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