

Immel to offer weekly group acupuncture

On Feb. 10, Patricia Immel, LAc, of Wellspring Clinic, will begin offering Points of Grace, a weekly community acupuncture program on Wednesday afternoons between noon and 3 p.m.

The treatment is acupuncture of the ears with 1-5 points treated in each ear, followed by 15 to 25 minutes of relaxation time with the needles in place.

This is a quiet group treatment which will be held in the Wellspring Clinic Garden Room.

Acupuncture of the ears is a very simple and effective therapy to relieve pain, calm and balance the nervous system, reduce anxiety and depressive feelings, promote restful sleep, increase mental clarity and provide an inner sense of wellbeing.

This treatment, known as 5NP or 5 needle protocol, is utilized internationally in integrated healthcare settings.

Walter Reed Medical Center in Washington, D.C., is currently researching the effectiveness of acupuncture



COURTESY PHOTO

Patricia Immel, LAc, will begin a weekly community acupuncture program in February.

to help veterans and returning military personnel with recovery from traumatic experiences.

Currently, acupuncture is being used in war zones for active duty soldiers to relieve pain, anxiety and insomnia.

Wellspring Clinic is now located at 1845 Highway 126

and Quince at Park Place, Suite H.

Allow 30 to 40 minutes for treatment.

Donations are appreciated and will help sustain Points of Grace.

For more information, contact Wellspring Clinic at 541-902-8860 or email wellspring@bmi.net.

Cubs get 'police escort'



COURTESY PHOTO

Florence Police Chief Tom Turner (above) and officer Gabe Glowacki taught 3rd-grade Cub Scouts from Pack 777 about gathering evidence by taking fingerprints. The scouts and their families were educated on the importance of forensic science and given a tour of the Florence Police station, courtroom, dispatch and juvenile detention area. The tour ended with a discussion and the chief presenting each scout with a challenge coin.

LRP announces cast for 'Anne Frank'

The story of Anne Frank, captured with heartbreaking eloquence in the pages of her diary, have been shared on stage, film and countless art forms over the decades.

Newly discovered writings from her diary, along with survivor accounts, have been interwoven into a contemporary and impassioned retelling of the lives of people persecuted under Nazi rule.

Written by Frances Goodrich and Albert Hackett, and adapted for the stage by Wendy Kesselman, "The Diary of Anne Frank" has been described by The Associated Press as "A powerful new version that moves the audience to gasps, then tears."

The play captures the claustrophobic realities of the families in hiding as they move through a daily existence mixed with fear, hope, laughter and grief during the

two dark years Anne Frank and her family managed to stay alive within the confines of a space that was both safe haven and prison.

Presented by The Last Resort Players and directed by Jennifer Connor and Cathy Dupont, auditions for "Diary of Anne Frank" were held last year, with the following cast members announced for the show's April run:

Otto Frank — Dana Rodet
Edith Frank — Kate Gibson

Margot Frank — Brooklyn Cahoon
Anne Frank — Memphis Glieve

Mr. Putti Van Daan — Jim Wellington
Mrs. Petronella Van Daan — Jackie Crave

Peter Van Daan — Kyle Hight
Jan Dussell — Grant Harmond

Miep — Trudie Cahoon

Mr. Kraler — to be determined

Nazi soldiers: Wayne Sharpe, Taylor Smith, Jamison Smith and James Bonisteel.

The show is scheduled to be performed in the end of April, with several presentations to be performed for area eighth grade and high school students.

More information is available online at www.lastresortplayers.org.

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Chili Cook-off, Dessert Auction, live music, cash bar, and more!

2016 Relay Theme: Lights! Camera! Action!

Florence Elks Lodge

Sat., Jan. 30th, 4:00- 7:00 pm



- LIVE music!
- Chili tasting (donations accepted) and bowls of chili for sale \$3
- Dessert Silent Auction~ Desserts welcome!
- Bring your family and friends for a fun evening!
- Learn more about Relay and register a FREE team at:

www.RelayForLife.org/FlorenceOR

For more information or to enter a chili or bring a dessert, please contact:
Bonnie Ell, #971.219.9949, bonnie.ell@cancer.org