

## Friends pack in the books at Siuslaw Public Library



PHOTOS BY CHANTELE MEYER/SIUSLAW NEWS

Friends of the Siuslaw Public Library (FOL) sponsored a two-day book sale last weekend, Feb. 6 and 7, at the Florence branch of the library. Community members spent more than \$2,200 on fiction, nonfiction, young adult, children's and vintage books. Patrons could also buy FOL book bags filled with books for only \$10. FOL volunteers set up thousands of books and staffed the sale, even during "some minor little football game" that played Super Bowl Sunday, said one volunteer.

## Alissa Clark Clayworks offers ceramics, classes

Alissa Clark Clayworks, 180 Laurel St. in Florence, is now open for business and holding clay classes for the community.

The restored Kyle house is now a combination community education space, gallery and personal studio for Alissa Clark.

Clark has been a professional ceramist and artist for more than 15 years, following the completion of her MFA from the University of Arizona in Tucson. Most recently, Clark

was the ceramics-studio manager at the Ashland Art Center for more than five years. She has now brought her years of educational and artistic experience to the Florence.

Partnering with the Florence Regional Arts Alliance (FRAA), the classes are scheduled from 3 to 5 p.m. on Wednesday afternoons, with the studio remaining open from 5 to 7 p.m. for those wishing to extend creative time.

Class is \$15 for FRAA mem-

bers and \$20 for community members.

Registration is through FRAA or by simply showing up to class.

Cost includes most materials with an extra nominal firing charge.

"We are starting with one class and hope to expand through the season and offer children's classes in the summer," says Clark. "The gallery is small now but will expand as we grow. Currently it features

solely my work. I hope to expand the gallery and offer community works for sale, as well.

"We feel so privileged to be working with the fabulous arts community in Florence."

Call Alissa Clark at 503-957-5222 for more information, or just stop the studio on Laurel Street.

Winter hours are currently Tuesday through Saturday, 11 a.m. to 4 p.m., or by appointment.

## Immel guest speaker at 'Heart to Heart'

Patricia Immel, licensed acupuncturist, will speak at PeaceHealth's "Heart to Heart" women's health event. This community event will take place Saturday, Feb. 20, from 10 a.m. to 1 p.m., at the Florence Events Center.

Understanding the relationship between heart and brain is an important aspect of preventing heart disease and managing stress. We know that 60 to 80 percent of doctor visits are related to stress. Modern research also tells us that over one-half of heart disease cases are not explained by the standard risk factors, such as high cholesterol, smoking or sedentary lifestyle.

"Clearly, it is time to broaden our understanding of heart health, and fully embrace the multi-dimensional aspects of our heart," said Immel. "It is exciting to see ancient understanding and modern research come together to create an empowering new perspective of heart health and self-care."

Research shows the human heart emits an electromagnetic field that can be measured well



COURTESY PHOTO

Patricia Immel

beyond the body. The quality of the heart's electromagnetic field is significantly influenced by emotions and heart rate variability.

Immel will teach attendees a simple breathing method that creates a healthy state of heart-mind coherence.

Immel can be reached at Wellspring Clinic, 541-902-8860, or email Wellspring@bmi.net.

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## Pioneer Museum announces new board members

The Siuslaw Pioneer Museum recently welcomed two new members to its board of directors, Terri Pennington and Nancy Sobottka.

Pennington's background is in nursing, including time as a U.S. Army nurse in Korea. Since moving to Florence in 2000, she has been involved in many community activities. Currently, she serves on the hospice board, patient liaison board and on the PEO board.

She has diverse recreational interests, including golfing, hiking and camping.

Sobottka has been in Florence for 25 years after a business career ending at the University of St. Catherine in St. Paul, Minn. After moving

to Florence, she began volunteering at what was then the Siuslaw Area Women's Center (now SOS) and worked there for eight years as executive director.

Sobottka also helped guide the Florence Area Coordinating Council for several years.

An original member of the Dark Horse Readers book group, she enjoys reading, gardening and raising chickens in her spare time.

Both new members say they look forward to being a part of museum activities and future growth while working to preserve local history for future generations.

For more information, contact Sobottka at 541-997-1249.

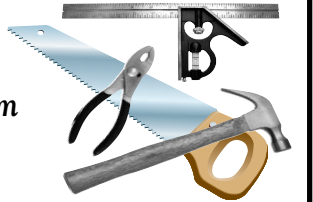
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