

GENERAL NEWS

Annual Wings and Wheels event takes shape

The annual Wings and Wheels Fly-In and Car Show held July 4th weekend at the Florence Municipal Airport is taking shape with two enhancements for 2016.

Three major sponsors — City of Florence, Three Rivers Casino and Resort, and Oregon Coast Military Museum — are sponsoring the appearance of a World War II warbird, a P-51 from the Erickson Air Museum out of Madras, Ore. The vintage aircraft will be offering rides throughout Saturday, July 2, the day of the annual event.

Rides can be purchased directly from the Erickson Air Museum staff the day of the event, or purchase a raffle ticket for one ride that will be given the day of the event.

A limited number of tickets are available at \$5 each, and are available at the Florence Area Chamber of Commerce or at R&R RC Hobby Shop in Old Town Florence.

The winner must be 18 or older and present the day of the drawing and flight to win.

"This is a great addition to our event. For a variety of rea-

sons, we cannot produce an actual air show, but the appearance of this beautiful aircraft will really enhance the air operation of our event," said committee chairman Mike Groshong of the Florence-Siuslaw Lions Club.

Another activity that will enhance the event is convoy rides around the airport in vintage military vehicles compliments of the Oregon Central Coast Military Vehicle Group club members.

"This is something I've wanted to happen for a lot of years and it's finally coming about," said committee member Cal Applebee. "Our hobby is really interested in sharing its mission with the public and getting more folks involved. This will be a great way of doing it."

The annual event, which includes 100 hot rods and vintage vehicles, emergency apparatus, radio-controlled aircraft demonstrations, food by Ada Grange and Florence-Siuslaw Lions Club, plus more, takes place Saturday, July 2, from 10 a.m. to 3 p.m.

'Clean Out Your Jewelry Box' results announced

The results of the spring "Clean Out Your Jewelry Box Event" sponsored by Coast Jewelers to benefit Florence Area Veterans Relief Agency (FAVRA) have been announced.

The check from the refinery, after recovering all precious metals donated, was \$1,132.99.

The refining check was presented to Rick Shores and Len Larson of FAVRA by Liz Breon, owner of Coast Jewelers.

While the event only lasted four days, those who donated did so very generously.

Proceeds will benefit veterans in the Florence area who have needs beyond what can be met by veterans' in the area.



COURTESY PHOTO

Liz Breon of Coast Jewelers presents a check to Rick Shores and Len Larson of FAVRA.

Free 'Yoga Awareness Day' event to be held April 23

StudioFlorence.com will host a free "Yoga Awareness Day" event, with the global happening being sponsored by Absolute Yoga Academy, which is an acclaimed international school of yoga.

Through their efforts, yoga studios from around the world will be participating in locations such as Finland, Netherlands, Spain, Thailand, and more.

StudioFlorence.com has been selected to represent the U.S. The purpose of the local

yoga event will be to provide the community with an opportunity to learn about this 5,000-year-old health practice, how it works and its amazing benefits.

There will be free classes Saturday, April 23, from 10 a.m. to 2 p.m. at StudioFlorence.com, 1845 Highway 126.

Yoga Awareness Day starts at 10 a.m. with 30 minutes of crystal bowls and harmonizing with Lili Hillis.

Following the bowls, a Hot Yoga session will commence at 10:30 a.m., co-taught by Allison Byrd, Bill Fleenor and Shannaray West.

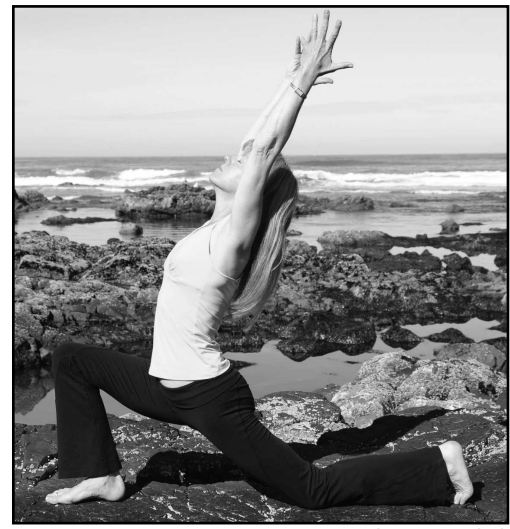
Byrd received her Registered Yoga Alliance 200-hour Yoga certification (RYT200) from the White Lotus and has been actively guiding students through a soft Hot Yoga practice. She will start the session with a breathing exercise followed by three standing asanas (poses).

Her philosophy is based on awakening the mind, body and spirit connection through a consistent wide-eye-opened meditation within the asana practice.

She feels practicing in a heated room (about 100 degrees F) allows the muscles to warm gently giving the practitioner the ability to move into poses with safety and ease.

Fleenor, a RYT500 certified teacher (Absolute Yoga Academy graduate), will then teach for the next 30 minutes and help guide students through a series of standing asanas that are both challenging and rewarding.

Fleenor's teaching philoso-



COURTESY PHOTO

Florence yogi Debbie Hunt will be part of Saturday's free Yoga Awareness Day celebration at StudioFlorence.com.

phy is based on being present through a choreographed mindful breathing and physical movement practice.

To finish off the Hot Yoga sequence, West will step in and step up the practice using her Pyro Yoga sequence, which is very cardio/respiratory intense and designed to build muscle and endurance.

Her teaching philosophy is based on teaching what you practice and practice what you teach. Around noon, there will be a rest period while letting the studio cool down for the room temperature yoga practices.

During this cool-down period, there will be more bowls and chanting while teachers answer questions and provide individualized assistance.

Beverages and healthy hors d'oeuvres will be provided.

Kicking off the afternoon session at about 12:30 p.m. will be Juels Larson, a certified RYT500 teacher (Yoga Pura graduate) who also completed a Yoga Nidra Facilitator training course.

She will guide the class commencing with chanting

followed with a healthy Ashtanga flow practice. Larson shares the love of yoga and teaches in the traditional disciplines of yoga descending from the Yoga Sutras.

She has also earned an E-RYT200 certification allowing her to conduct teacher training sessions, which will be available soon.

Around 1 p.m. will be Marc Norman, a Fitour certified Pilates instructor, who will demonstrate his gentle restorative approach to promoting good physical and mental health.

Pilates or Physical Mind method is a series of non-impact exercises designed to develop strength, flexibility, balance and inner awareness.

For the finale at around 1:30 p.m., well known local yogi Debbie Hunt will conduct a demonstration practice incorporating both specific alignment principles and vinyasa flow to encourage energetic movement through the body, and an increased sense of ease and freedom.

Hunt finds that through the practice of yoga she experiences deeper connection; a deeper understanding of her own patterns and a greater capacity to be present with others.

She feels this is where the practice of yoga comes off the mat and begins to affect the way we interact and how we view the world.

For those attending and wanting to practice, dress in comfortable athletic apparel and drink plenty of water with electrolytes, or if you wish to come for Q and A, listening to the bowls, dress casual.

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Spruce Point Assisted Living and Memory Care Community

Living, Loving, & Thriving

Caring for a loved one with Alzheimer's disease or other memory related illnesses can be very overwhelming. We're here to help. We are offering these FREE informative events to provide support and education.

Successful Communication Tips & Strategies to Communicate with Someone Affected by Memory Loss
Wednesday, April 13, 2:00pm

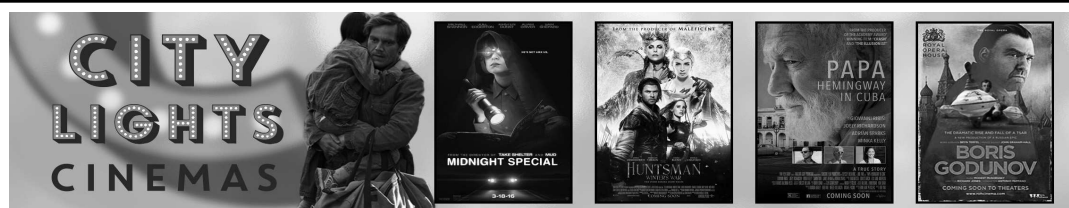
Nutritional Needs
Wednesday, May 11, 2:00pm

Making the Day Meaningful: Why are Activities so Important?
Wednesday, June 8, 2:00pm

Space is limited for these FREE educational events. For more information and to reserve your seat please call (541) 997-6111, or visit us today!

Spruce Point
an assisted living and memory care community

Managed by Prestige Senior Living, L.L.C.
(541) 997-6111
375 9th St
Florence, OR 97439
www.spruce-point.com



THIS WEEK'S FEATURES: \$9 | \$8 Senior/Student/Military | \$7.50 Matinees Before 3 | \$7 Child | \$6.50 Members

APRIL 22 - 28	FRI 22	SAT 23	SUN 24	MON 25	TUE 26	WED 27	THU 28
EYE IN THE SKY R 102 MIN - Stars Helen Mirren! "A rivetingly suspenseful drama that deftly intertwines elements of ticking-clock thriller and tragic farce." Variety	3:30 PM 8:10 PM	3:30 PM 8:10 PM	3:10 PM 7:55 PM	3:10 PM 7:55 PM	2:40 PM 7:15 PM	3:10 PM 7:55 PM	3:10 PM 7:55 PM
HELLO, MY NAME IS DORIS R 95 MIN - Comedy/Drama "As the goofily endearing Doris, Field is perfect. She makes this movie work."	1:10 PM 5:50 PM	1:10 PM 5:50 PM	12:50 PM 5:40 PM	5:40 PM	5:00 PM	12:50 PM 5:40 PM	12:50 PM 5:40 PM
MIDNIGHT SPECIAL PG-13 111 MIN - **** FOUR STARS**** "A bravura science-fiction thriller that explores emotional areas like parenthood and the nature of belief." Kenneth Turan	1:00 PM 3:30 PM 6:00 PM 8:30 PM	10:40 AM 3:30 PM 6:00 PM 8:30 PM	12:45 PM 3:15 PM 5:45 PM 8:15 PM	12:45 PM 3:15 PM 5:45 PM 8:15 PM	12:10 PM 3:00 PM 8:25 PM	12:45 PM 3:15 PM 5:45 PM 8:15 PM	12:45 PM 3:15 PM 5:45 PM 8:15 PM
THE HUNTSMAN: WINTER'S WAR PG-13 114 MIN Action - Adventure - Drama Stars Chris Hemsworth, Jessica Chastain, Charlize Theron, Emily Blunt	1:10 PM 3:40 PM 6:20 PM 8:50 PM	10:40 AM 1:10 PM 3:40 PM 6:20 PM 8:50 PM	12:30 PM 3:00 PM 5:30 PM 8:00 PM	12:30 PM 3:00 PM 5:30 PM 8:00 PM	12:30 PM 5:30 PM 8:00 PM	12:30 PM 3:00 PM 5:30 PM 8:00 PM	12:30 PM 3:00 PM 5:30 PM 8:00 PM
THE JUNGLE BOOK PG 111 MIN Smash hit featuring Bill Murray as Baloo (voice)	1:00 PM 3:30 PM 6:00 PM	10:30 AM 3:30 PM 6:00 PM	12:35 PM 3:05 PM 5:35 PM	12:35 PM 3:05 PM 5:35 PM	12:35 PM 3:05 PM 5:35 PM	12:35 PM 3:05 PM 5:35 PM	12:35 PM 3:05 PM 5:35 PM
THE JUNGLE BOOK 3D PG 111 MIN	8:30 PM	1:00 PM 8:30 PM	8:05 PM	8:05 PM	8:05 PM	8:05 PM	8:05 PM

THIS WEEK'S SPECIAL EVENTS: Films are regular prices | Performing Arts \$19/\$15 Member/\$10 Student

BORIS GODUNOV 180 MIN - Royal Opera House hit		11:00 AM					
BBC: TAMING OF THE SHREW (2005) 90 MIN - FREE SCREENING!				12:30 PM			
NYFCS PRESENTS PAPA HEMINGWAY IN CUBA 139 MIN - 1st feature shot in Cuba since 1959!					12:00 PM 5:30 PM		

Box Office opens 30 min. prior to 1st Film | 1930 HWY 101 | www.citylightscinemas.com | Times: 541-305-0014

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
APRIL 20	APRIL 21	APRIL 22	APRIL 23	APRIL 24	APRIL 25	APRIL 26
Possible Thunderstorms	Afternoon Showers	Cloudy with Showers	Cloudy with Showers	Perids of Rain	Showers Possible	Times of Clouds and Sun
63°F 49°F	63°F 53°F	62°F 50°F	58°F 48°F	56°F 42°F	57°F 43°F	59°F 38°F

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