

GENERAL NEWS

Learn more about Medicare during workshop at LCC

Get your Medicare questions answered and prepare for annual enrollment during a free information session from 11 a.m. to noon Oct. 25 at Lane Community College Florence Center.

The session is part of Peace Harbor Home Health and Hospice Community Program's monthly "Aging Well" series at Lane Florence Center.

Cynthia Hylton, a field officer with the Senior Health

Insurance Benefits Assistance program, will review basic information and discuss the transition from other health plans and qualifying for financial assistance when Medicare eligibility starts.

The class is free, but registration is required to allow the instructor to prepare materials.

For more information or to register, call 541-997-8444 or visit lanec.edu/florence/florence-classes.

Club to host card party in Nov.

The Friendship Club card party will be Saturday, Nov. 12, at the Elks RV Park, 05607 Mercer Lake Rd.

It will begin at 11:30 a.m. and the cost is \$15, which includes lunch of Lasagna, garlic bread and dessert.

Reserve a table by calling Janet Van Kleek at 503-708-5038 with the number of attendees, their names and what game they will be playing.

All profits go to local charities.

'Great ShakeOut' to be held next week

It's time to practice your "Drop, Cover and Hold On" as part of the annual Great ShakeOut! This annual earthquake preparedness drill began in California in November 2008. It was the largest earthquake drill in U.S. history up until that time, and involved 5.3 million participants.

The Great ShakeOut gained great acclaim and is now held across the country and around the world each year on the third Thursday of October. In 2015, approximately 600,000 people in Oregon participated.

This year's Great ShakeOut will take place at 10:20 a.m. on Oct. 20. Register to participate at www.shakeout.org/oregon.

keep the cover object from moving away from you and to steady yourself.

"Earthquakes may happen anywhere you live, work or travel," said Althea Rizzo, geologic hazards program coordinator for Oregon's Office of Emergency Management. "It's important to practice 'Drop, Cover and Hold On' often so that you can respond quickly when an earthquake occurs."

"You may only have seconds to protect yourself before strong shaking knocks you down or something falls on you."

Oregon's Office of Emergency Management is launching its "2 Weeks Ready" campaign, which recommends having enough food, water and other supplies to keep you and your family self-sufficient for two weeks.

This lessens the strain on emergency responders who need to focus limited resources on injured and other vulnerable populations immediately following a disaster.

"For many years, we talked about the importance of being prepared for 72 hours," said Rizzo. "This is a good start, and helpful in the event of short-term power outages or temporary evacuation. But a large earthquake and tsunami will leave much of the area's transportation routes destroyed."

"Oregonians will have to count on each other in the com-

munity, in the workplace and at home in order to be safe until responders can reach them."

Being prepared to be self-sufficient for two weeks is an achievable goal. Many of the standard preparedness kit items such as flashlights, gloves, hand-crank radios, trash bags and a first-aid kit are already included in a 72-hour kit.

Food and water are priorities. Plan for one gallon of water per person/pet per day. If you are a family of three, four or more members, that's a lot of water. You need to think about how to store it, where to put it, and making sure it's accessible when you need it.

Consider large (5-gallon or more) containers, supplemented with smaller containers and what you have stored in ice cube trays and your water heater. Collapsible water containers and water purifiers are also an option; there are many varieties on the market.

Food is the other significant component when increasing your preparedness kit from 72 hours to two weeks. You might not be eating three meals each day but even at two meals per day, a family of four will need to have food to cover more than 100 meals over two weeks.

Your refrigerator contains many items that can sustain you and your family for several days. Then supplement or turn to items in your kit such as

grains, beans, canned tuna and bulk nuts to provide protein and calories.

Be sure to consider dried fruit, canned fruits and vegetables and other items that are easily stored over long periods of time. A weekly calendar of ways to become 2 Weeks Ready will be updated regularly at www.facebook.com/2WeeksReady.

Think about it.

Talk about it.

Being prepared is not just having two weeks of food and water, but thinking about the many things you already do to make you better able to bounce back after a disaster.

- Have a home evacuation plan and practice it with your family. Be familiar with evacuation routes out of work, school or other buildings you frequent.
- Do you have backup transportation methods and routes?
- Who will care for the kids, grandparents and pets if you are unable to get home for several hours?
- Where will you meet your family? At school, at the local park, at the corner of the neighborhood?
- Do you have an out of state contact? Have a conversation with your family and friends and have one person designated to be the main contact for your group.
- Know when how and when to shut off utilities, and basic elements of first aid and CPR.



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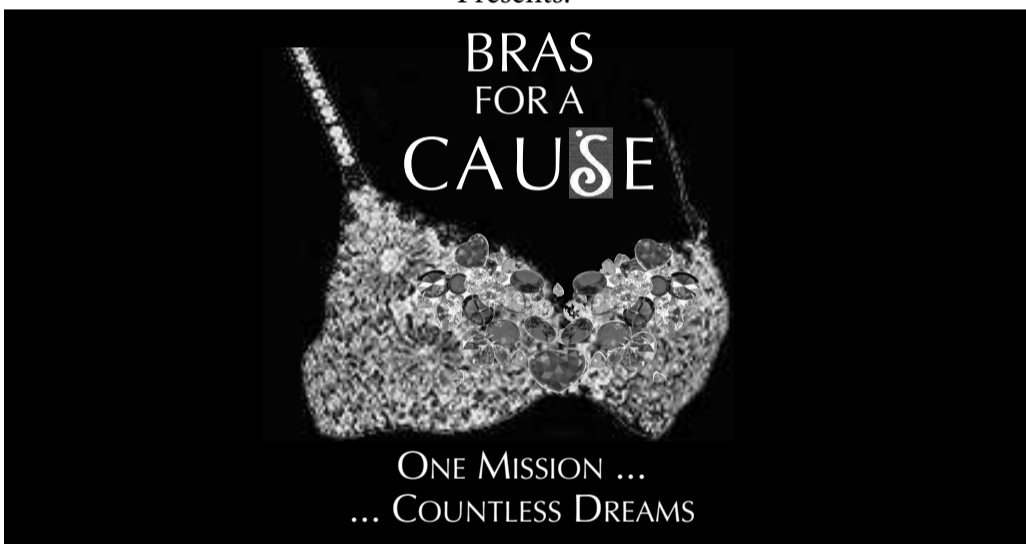


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Soroptimist International of Florence is a nonprofit organization with 501(c)3 status and sponsorship donations are tax deductible as allowable by law. Tax ID 23-7173303

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

OCTOBER 14 - 20	FRI 14	SAT 15	SUN 16	MON 17	TUE 18	WED 19	THU 20
<p>DEEPWATER HORIZON PG-13 107 MIN</p> <p>"What works almost disturbingly well is the way Berg calibrates his delivery of the disaster while still holding on to the human scale of it." EW</p>	12:50 PM 4:40 PM 6:10 PM 8:25 PM	11:00 AM 1:20 PM 4:05 PM 9:30 PM	11:50 AM 2:15 PM 4:20 PM 7:25 PM	12:50 PM 4:40 PM 6:10 PM 8:25 PM	12:50 PM 4:40 PM 6:10 PM 8:25 PM	12:50 PM 4:40 PM 6:10 PM 8:30 PM	12:50 PM 4:40 PM 6:10 PM 8:25 PM
<p>THE GIRL ON THE TRAIN R 112 MIN - THRILLER</p> <p>"Defly translates the bleak, raw-boned menace and tricky time signatures of Train's intertwined plotlines, and draws remarkably vivid performances from his cast, particularly his two female leads." EW</p>	12:20 PM 2:15 PM 6:00 PM 9:10 PM	11:00 AM 1:45 PM 4:45 PM 7:00 PM 9:25 PM	11:30 AM 1:50 PM 4:50 PM 6:40 PM	12:20 PM 2:15 PM 6:00 PM 9:10 PM	12:20 PM 2:15 PM 6:00 PM 9:10 PM	12:20 PM 2:15 PM 6:00 PM 9:10 PM	12:20 PM 2:15 PM 6:00 PM 9:10 PM
<p>THE MAGNIFICENT SEVEN PG-13 133 MIN</p> <p>"Fuqua's best since 'Training Day' and a rare remake that actually delivers." Total Film</p>	3:00 PM 8:30 PM	11:00 AM 8:50 PM	5:00 PM	8:30 PM	3:00 PM 8:30 PM	3:00 PM	3:00 PM 8:30 PM
<p>MISS PEREGRINE'S HOME FOR PECULIAR CHILDREN PG-13 127 MIN - Adv/Fan/Family</p> <p>"Tim Burton's best (non-musical) live-action movie for 20 years." The Guardian</p>	12:30 PM 3:15 PM 6:00 PM 8:45 PM	1:25 PM 6:25 PM 9:05 PM	11:35 AM 4:35 PM 7:20 PM	12:30 PM 3:15 PM 6:00 PM 8:45 PM	12:30 PM 3:15 PM 6:00 PM 8:45 PM	12:30 PM 3:15 PM 8:25 PM	12:30 PM 3:15 PM 6:00 PM 8:45 PM
<p>SNOWDEN R 134 MIN - BIOGRAPHY</p>	3:20 PM	4:10 PM	2:10 PM	3:20 PM	3:20 PM	3:20 PM	3:20 PM
<p>SULLY PG-13 96 MIN - BIOGRAPHY</p>	12:00 PM 7:00 PM	2:35 PM 6:30 PM	11:40 AM 7:50 PM	12:00 PM 7:00 PM	12:00 PM 7:00 PM	12:00 PM 7:00 PM	12:00 PM 7:00 PM

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

<p>NT Live - THE DEEP BLUE SEA 180 MIN - "Helen McCrory brings steel and gusto to the role of Terence Rattigan's scorned 1950s lover." The Guardian</p>	11:00 AM						
<p>THE BEATLES: EIGHT DAYS A WEEK NR 137 MIN - ENCORE SCREENINGS!</p>		3:40 PM	1:55 PM				
<p>ROYAL OPERA HOUSE: NORMA 180 MIN</p>						6:00 PM	

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

OCCO offering free concert series

The Oregon Coast Chamber Orchestra (OCCO), under the direction of John Monks of Port Orford, opens its 2016-17 fall concert series along the coast.

The program will be presenting a festival of music spanning the ages from the mid 1700s, with Haydn's Sinfonia No. 2, to contemporary times with Carlos Jobim's "The Girl from Ipanema."

Members of the orchestra come from coastal communities and the Eugene/Springfield area. Students are invited to join the orchestra ranks.

Currently, Newport violin students Sophie Goodwin-Rice and Cole Theodore, and Florence student Emily Nance, are playing with OCCO.

Performances of the fall series will begin in Reedsport on Sunday, Oct. 16, at the Reedsport Church of God. Next, the OCCO will perform






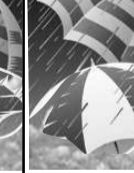



COURTESY PHOTO

Student musicians in the Oregon Coast Chamber Orchestra include (from left) Newport's Sophie Goodwin-Rice and Cole Theodore, and Florence's Emily Nance.

in Yachats at the Community Presbyterian Church on Friday, Oct. 21, then in Florence at Community Baptist Church on Sunday, Oct. 23.

Admission is \$10 for adults. Students get in free.

Visit www.occorchestra.org for more information.

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
OCTOBER 12	OCTOBER 13	OCTOBER 14	OCTOBER 15	OCTOBER 16	OCTOBER 17	OCTOBER 18
						
Partly Sunny	Heavy Rain at Times, Breezy	Breezy, Periods of Rain	Breezy with Rain	Rain	Showers Possible	Windy, Chance of Rain
63°F 56°F	61°F 56°F	60°F 56°F	60°F 55°F	60°F 53°F	61°F 50°F	60°F 43°F

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