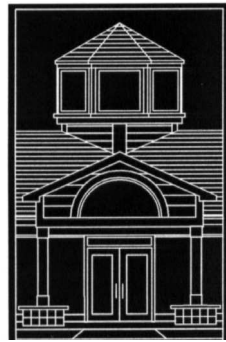


# GENERAL NEWS

## Lutheran Church to host Ash Wednesday service

All are welcome to attend New Life Lutheran's Ash Wednesday Worship today, March 1, beginning at 4 p.m. New Life is located at 21st and Spruce streets, between Food Share and ABC Preschool. Come together as worshippers are marked by ash and reminded that they are dust and to dust they shall return. Feel free to partake in the Community Supper that happens at 5:30 p.m. in the fellowship hall of New Life. Community Suppers happen each Wednesday and are hosted by a different church. The rotation is as follows: First Wednesday at New Life Lutheran; second Wednesday at Presbyterian of the Siuslaw, third Wednesday at United Methodist; and fourth Wednesday at St. Andrews Episcopal. All are welcome. For more information, call 541-997-8113.

## Library Tidings



### News about the Siuslaw Public Library

Library Tidings, a regular feature of the Siuslaw News, features news about upcoming Siuslaw Public Library programs for adults and children, new books and videos, and other library news of interest to the community. Library Tidings by Kevin Mittge

### The Case Against Sugar

By Gary Taubes  
Book Review

From the best-selling author of "Why We Get Fat," a groundbreaking expose that makes the convincing case that sugar is the tobacco of the new millennium: backed by powerful lobbies, entrenched in our lives, and making us very sick.

Among Americans, diabetes is more prevalent today than ever, obesity is at epidemic proportions, and nearly 10 percent of children are thought to have non-alcoholic fatty liver disease.

Here, Gary Taubes argues persuasively that sugar is at the root of these, and other critical society-wide, health-related problems.

With his signature command of both science and straight talk, Taubes delves into Americans' history with sugar: its uses as a preservative and as a key ingredient in cigarettes, its replacement by high-fructose corn syrup (and the marketing ploy that represents), and its unexpected inclusion in so much of what we eat and drink.

He explains what research has shown about our addition to sweets. He clarifies the arguments against sugar, corrects misconceptions about the relationship between sugar and weight loss, and provides the perspective necessary to make informed decisions about sugar as individuals and as a society.

Lucid, compelling, and urgent in its impact, this is a must-read for all who care about their health and the well-being of their families.

### Best Books to be presented

On Friday, March 10, at 1 p.m. in the library's Bromley Room, librarian Kevin Mittge will be presenting the "Best Books of 2016" as selected by patrons, staff and book critics.

This will be a fast-paced review of the year's best books in 60-minutes with a booklist of the reviewed titles available. A sneak preview: among the top books this past year are Truly Madly Guilty by Liane Moriarty and White Trash by Nancy Isenberg.

Hopefully all those who attend will get some ideas about wonderful new books to explore.

### Fish Tales: Traditions and challenges of seafood in Oregon

The library is pleased to present an Oregon Humanities Conversation Project program on Wednesday, March 15, at 1

p.m. in the Bromley Room, featuring Jennifer Burns Bright discussing "Fish Tales: Traditions and Challenges of Seafood in Oregon."

Oregonians love the wild beauty of our 363 miles of coastline but finding truly local seafood can be hard, even on the coast. The U.S. imports approximately 90 percent of its seafood and ships out nearly as much to the global market.

Why aren't we eating more local seafood?

Why do we consider seafood more a delicacy now than in the past?

In this conversation, food writer Jennifer Burns Bright helps participants explore our relationship with the products of the sea and culture traditions involving fishing, eating seafood and understanding the ocean's bounty and challenges.

Jennifer Burns Bright is a food and travel writer based in Port Orford. She recently retired from teaching at the University of Oregon, and holds a Ph.D. from the University of California Irvine and a Master Food Preserver Certification.

As a community organizer linking local producers and consumers, Bright often speaks and teaches at events.

IN HONOR OF THE 100TH ANNIVERSARY OF ROTARY FOUNDATION

**Florence Rotary Club's 100 Acts of Good**

- Rotary helps the Western Lane Boys & Girls Club stuff the bus with toys
- Rotary recognizes Siuslaw Middle School student Hector Garcia and SHS student Destinie Tatum as Students of the Quarter
- Rotary recognizes Lane Community College student Nicole Briggs as Student of the Quarter
- Florence Rotarians and Interact students volunteer their time to hand out Christmas baskets for the Florence Soroptimists
- Rotary Interact students donate \$300 to the Western Lane County Boys & Girls Club Stuff the Bus Program
- Rotarian Crystal Farnsworth's Heceta Self Storage loans their moving van to Soroptimists for the Christmas basket distribution

For more information Call President, Pat Riley: 541-991-6371  
[www.theflorencerotary.org](http://www.theflorencerotary.org)

**Free and Confidential HIV Testing**  
Happening in Florence NOW!

**What:** Due to a high number of new infections, HIV Alliance is offering free HIV testing to anyone.

**When:** 1st and 3rd Friday of every month.  
12:00 pm - 6:00 pm

**Where:** PeaceHealth Peace Harbor Hospital 400 9th St. Bldg 310

Call Anthony with any questions at 541-342-5088

## B&G Club success leads off KCST's 'Our Town' today

How did the Boys and Girls Club of Western Lane County make the turnaround from near bankruptcy in February 2015 to financial stability this month?

Chuck Trent will say it was because of the generosity of several donors and the community. Many of those around Trent will tell you it's because of the hard work of him, and others around him.

Trent has been the executive director of the club for the past two years. In the 10-months prior to that, he served on the board of directors and began realizing they were facing a challenge to their very existence. In debt more than \$300,000 with far less than that in assets, financial and legal advisors told the club they

would be better off to close the doors and walk away.

Fast forward to this year, and the club has eliminated nearly all of its debt and is on the verge of hiring a full time director who will receive more than the \$1 a year that Trent has been receiving.

Trent, along with former board member John Murphey, as well as Jean Murphey, will talk about the work and the fundraising they've done to make the organization financially stable and providing much-needed assistance to families and kids in the community.

Their appearance on this month's edition of Our Town will cap a two-hour show that will also feature conversations

with Florence Community PTA President Tiffany Holdahl and club spokesperson Natalie Lyda.

They have a couple of different activities coming up, including teacher and staff member appreciation in May.

In addition to kids, Our Town will check in with Adult Services Librarian Kevin Mittge. He'll talk about his "Best Books of 2016" program coming up March 10 at the library.

Mittge spends an hour going through the top 60 books of the year. At one book a minute, it's pretty fast paced and a lot of fun.

Also in the "arts" arena will be a conversation with David Lauria, the artistic director for

the Class Act Theater. He'll talk about the theater and the 2017 season of four productions they have planned; two of which will be local presentations of Tony Award winners.

The other segment on Our Town this month will be the rain. Florence received a record breaking amount of rain during February this year. As of the end of Monday, that total has broken 22 inches according to the City of Florence Public Works Department. They've been keeping records for 60 years and this amount is about 2 1/2 times the annual average for the month.

KVAL meteorologist Al Peterson will talk about why we've received so much rain.

## LCC president Spilde to receive life-time achievement award

EUGENE — Phi Theta Kappa, the national honor society for two-year colleges, today announced that Dr. Mary

Spilde, president of Lane Community College, is one of nine college presidents who will be honored with the Michael Bennett Lifetime Achievement Award during PTK Catalyst, Phi Theta Kappa's annual convention in Nashville, Tenn., April 6-8.

The award is the latest in a long list of national, regional, state and city awards presented to Spilde during her career.

Earlier this month, she accepted the national CASE (Council for Advancement and Support of Education) District VIII Leadership Award for promoting understanding and support for education.

Spilde will retire in June after 16 years as Lane's president, 21 years with the college overall, and 37 years in higher education.

Michael Bennett Lifetime

Achievement Awards are presented to retiring college presidents or campus CEOs and system directors at two-year institutions.

The awards recognize consistently outstanding support to Phi Theta Kappa.

They are named in honor of the late Dr. Michael Bennett, longtime president of St. Petersburg College in Florida.

**CITY LIGHTS CINEMAS**

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

MARCH 3 - 9	FRI 3	SAT 4	SUN 5	MON 6	TUE 7	WED 8	THU 9
<b>FENCES</b> - Best Supporting Actress PG-13 139 MIN	12:25 PM 5:55 PM	5:55 PM	5:10 PM	12:25 PM 5:55 PM	5:55 PM	12:25 PM 5:55 PM	5:55 PM
<b>JOHN WICK: CHAPTER TWO</b> R 122 MIN - "A more audacious film, bolder and more violent than its predecessor. It's also surprisingly hilarious, wringing humor from physical pratfalls and dry wit." Ebert.com - 3.5 *'s	12:50 PM 3:30 PM 6:30 PM 9:10 PM	12:50 PM 3:30 PM 6:30 PM 9:10 PM	12:10 PM 3:10 PM 5:50 PM 8:35 PM	12:50 PM 3:30 PM 6:30 PM 9:10 PM	12:50 PM 3:30 PM 6:30 PM 9:10 PM	12:50 PM 3:30 PM 6:30 PM 9:10 PM	12:50 PM 3:30 PM 6:30 PM
<b>KONG: SKULL ISLAND</b> PG-13 119 MIN Reimagines the origin of the mythic Kong story							7:30 PM
<b>KONG: SKULL ISLAND 3-D</b>							9:10 PM
<b>LA LA LAND</b> PG-13 126 MIN Winner of Seven Six Academy Awards Including Best Actress, Director, Cinematography, Production Design & Song!	12:30 PM 3:20 PM 6:00 PM 8:40 PM	12:30 PM 3:20 PM 6:00 PM 8:40 PM	12:00 PM 2:30 PM 5:25 PM 8:10 PM	12:30 PM 3:20 PM 6:00 PM 8:40 PM	12:30 PM 3:20 PM 6:10 PM 8:50 PM	12:30 PM 3:20 PM 6:10 PM 8:50 PM	12:30 PM 2:35 PM
<b>LION</b> - Final Week PG-13 129 MIN - Dev Patel in audience favorite	3:10 PM 8:50 PM	3:10 PM 8:50 PM	2:40 PM 8:05 PM	3:10 PM 8:50 PM	3:10 PM 8:50 PM	3:10 PM 8:50 PM	3:10 PM 8:50 PM
<b>LOGAN</b> - R 135 MIN - The final Wolverine "It's not just "great for a superhero movie," it's a great movie for any genre...the rare blockbuster that could be a game-changer." Ebert.com	12:35 PM 3:40 PM 6:10 PM 9:00 PM	12:35 PM 3:40 PM 6:10 PM 9:00 PM	12:20 PM 3:00 PM 5:45 PM 8:25 PM	12:35 PM 3:40 PM 6:10 PM 9:00 PM	12:35 PM 3:40 PM 6:10 PM 9:00 PM	12:35 PM 3:40 PM 6:10 PM 9:00 PM	12:35 PM 3:40 PM 6:10 PM 9:00 PM

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

<b>ROYAL OPERA HOUSE: IL TROVATORE</b> 189 MIN - Visually arresting staging of Verdi		11:00 AM					
<b>ROYAL SHAKESPEARE CO: THE TEMPEST</b> 178 MIN - "State of the art stagecraft."			11:00 AM				
<b>PAINTER'S SERIES: I, CLAUDE MONET</b> 90 MIN - Cinematic exploration of his work					1:00 PM 6:00 PM		
<b>ROYAL OPERA BALLET: WOOLF WORKS</b> 188 MIN - Triptych based on Virginia Woolf						6:00 PM	
<b>DYING LAUGHING</b> NR 89 MIN - Great comics talking about comedy							12:30 PM 5:30 PM

Box Office opens 30 min. prior to 1<sup>st</sup> Film | 1930 HWY 101 | [www.citylightscinemas.com](http://www.citylightscinemas.com) | Times: 541-305-0014

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
MARCH 1	MARCH 2	MARCH 3	MARCH 4	MARCH 5	MARCH 6	MARCH 7
Showers	Showers	Rain	Rain	Showers	Showers	Showers
50°F 41°F	49°F 44°F	50°F 43°F	46°F 39°F	47°F 39°F	50°F 44°F	56°F 44°F

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