

# Writing to heal your life

The Florence Regional Arts Alliance (FRAA) continues its series of creative writing workshops with "Writing to Heal Your Life: Memoir as Medicine" on Saturday, July 28, from 9 to 11 a.m. at 120 Maple Street in Old Town Florence.

Ongoing studies by psychologist Dr. James Pennebaker show that writing can heal pain, disease, grief, mental illness, loss, heartbreak, PTSD, emotional traumas and life upsets. Expressive writing through journaling, short stories and memoir allows us to redefine our struggles into greater meaning and purpose.

Taught by FRAA creative writing instructor Catherine J. Rourke, the program is designed for writers of all levels. Perfect for memoirists and those who journal, this workshop will show participants how writing can transform their health, hearts, minds,

bodies and souls.

According to Dr. Pennebaker, by writing out their stories in a safe, supportive setting, people can reframe old memories and even challenging life events to create a new screenplay that empowers their lives.

"By putting feelings onto paper and shaping them into art, we discover the mythic dimension of our challenges," Rourke said. "Expressive writing shows us that these stories contain our greatest wisdom, healing and seeds of redemption, not just for ourselves but for others as well."

Workshops fill up quickly; pre-registration is suggested. Cost: \$20 FRAA members / \$25 non-members, payable at the door. Call 541-708-2120 or e-mail CJReditor@gmail.com.

Rourke is an award-winning journalist, editor, author and writer educated at the City University of New York, the

University of Oxford/England and the Walter Cronkite School of Journalism.

With more than 30 years' experience as a staff editor and writer for newspapers and magazines, she has also worked as a professional book editor for Amazon and Random House in print and digital formats. The author of "Forgive Us Our Press Passes — Confessions of a Modern-Day Muckraker," she is the recipient of a 2017 national first-place press award for her columns in the Siuslaw News.

OCHS from page 1A

"The public will have access," said Robbers. "The revisions are for language only and won't change the AWC Policies and Procedures. The recent euthanasia of Dodger and Karma (two dogs) were not the result of anything new or any change in policy and what happened with them was all within long-standing OCHS policy guidelines."

Social media platforms and the ability of individuals to post information publicly — which may or may not be entirely accurate — has been problematic for the OCHS, said Robbers, who added that she wants the

public to know that the over-riding principals that have guided the OCHS since its inception are still in place.

"Nothing at all has changed about how OCHS handles animals with health problems. OCHS has utilized compassionate euthanasia for health reasons since its founding, and what happened with Dodger and Karma was sad and difficult, but from a policy standpoint, no different than what this organization has always


done, and will continue to do," Robbers said. "There was little uproar three years ago when OCHS euthanized Gramps, and his situation was very similar to Dodger's. That's because sometimes the difficult decisions are the right decisions to make."

OCHS Interim Director Barbara Butzer, who was hired through the Nonprofit Association of Oregon, did not respond to inquiries by press time Friday.

**Deadline for Press Releases is every Monday and Thursday by noon.**  
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# THIS WEEK ON THE COAST

## A WEEKLY LISTING OF COMMUNITY EVENTS IN THE FLORENCE AREA

SUBMIT ALL EVENTS INFORMATION VIA EMAIL TO [PRESSRELEASES@THESIUSLAWNEWS.COM](mailto:PRESSRELEASES@THESIUSLAWNEWS.COM)

### Tuesdays

**Yoga for Pain Management & Easeful Body**  
Sponsored by PeaceHealth Peace Harbor  
2:30 p.m. to 3:30 p.m.  
Free and drop-ins welcome  
Lane Community College Florence Center

**Florence Farmers Market**  
3 to 7 p.m.  
Open to public  
Kingwood and Bay streets

### Wednesdays

**Points of Grace Community Acupuncture**  
Experience relief from pain and stress  
11 a.m. to 1 p.m.  
Donations appreciated  
1845 Highway 126

### Weekends

**Florence Oregon Boardwalk Market Crafter's Market**  
Saturday — 10 a.m. to 5 p.m.  
Saturday — 10 a.m. to 5 p.m.  
Port of Siuslaw Boardwalk

### Weekly

**Yoga at the Yachats Commons**  
Therapeutic — Tuesday 9:30 to 11 a.m. & Friday 8 to 9:30 a.m.; gym  
Vinyasa Flow for beginners/intermediate — Thursday 3 to 4:30 p.m.; Room 8  
Bikram-Ease — Tuesday 4:20 to 6 p.m.; Room 8  
541-47-4139, altruh444@gmail.com

### Weekdays to Aug. 17

**Summer Meal Program**  
Free to youth 18 and under; no questions asked

Breakfast: 8 to 8:30 a.m., Siuslaw elementary and high schools  
Lunch:  
Elementary: 11:30 to 11:55 a.m.  
Miller Park: Noon to 12:15 p.m.  
Siuslaw Public Library: 12:20 to 12:35 p.m.  
High school: 12:40 to 12:55 p.m.  
[www.siuslaw.k12.or.us](http://www.siuslaw.k12.or.us); 541-997-2651

### July 21

**Free Pancake and Scrambled Egg Breakfast**  
7 to 10 a.m.  
Open to public  
United Methodist Church, at 333 Kingwood St

**Eighth Annual Power of Florence**  
9 a.m. to 3 p.m.  
9 a.m. — Power Walk begins at Florence Christian Church  
Open to public to volunteer, join events  
[www.powerofflorence.org](http://www.powerofflorence.org)

**Cavy Show**  
9 a.m. to 4 p.m.  
Open to public  
Florence Events Center, 715 Quince St.

**Northwest Reflections Live: Child Abuse & Domestic Violence Discussion**  
With Jennifer Stephens, FNP.  
9:30 to 10:30 a.m.  
Open to public to watch a Facebook Live video discussion  
Northwest Reflections at facebook.com/florenceprimarycare

**Costume & Props Garage Sale**  
10 a.m. to 2 p.m.  
Open to public  
CROW Center for the Performing Arts, 3120 Highway 101  
[Crowkids.com](http://Crowkids.com)

**Van Fans Ice Cream Social**  
1 to 3 p.m.  
Tickets are \$8  
Florence Events Center, 715 Quince St.

**Paint and Sip Class with Karyl Lynn Keppol**  
5:15 to 8:30 p.m.  
\$45 prepayment required  
Mindpower Gallery, 417 Fir Ave. in Reedsport

**Sand Master Jam**  
2 to 5 p.m.  
Open to public  
Sand Master Park, 5351 Highway 101

**Rob Wynia & the Sound**  
7 to 11 p.m.  
Open to public 21+  
Blue Bills Sports Bar  
Three Rivers Casino Resort, 5647 Highway 126

### July 22

**Habitat for Humanity Dedication of the Cobbs Home**  
1 to 2 p.m.  
Open to public  
1348 Nopal St.

**School Rocks Backpack Giveaway**  
1 to 4 p.m.  
Open to families with school kids present  
Verizon Wireless, 2775 Highway 101

### July 25

**Terra Nova Trio concert**  
"Libraries Rock" Summer Reading Program  
2 p.m.  
Open to public  
Siuslaw Public Library, 1460 Ninth St.

**Taste of South America**  
With the Friends of the Library  
3 p.m.  
Siuslaw Public Library

**Paint and Sip By The Ocean**  
With artist Emily Rosinbaum  
5:30 to 7:30 p.m.  
\$45 admission  
Surfside Restaurant at Driftwood Shores Resort  
RSVP to 541-590-9411 or [studios.epr@gmail.com](mailto:studios.epr@gmail.com)

**Caregivers Dealing with Dementia**  
6 p.m.  
Open to public  
Spruce Point Assisted Living & Memory Care, 375 Ninth St.

**Local Author Talk: Josephine Faulk**  
"WORTHY: A Personal Guide for Healing Your Childhood Trauma"  
6:30 p.m.  
Open to public  
Siuslaw Public Library

### July 26

**Pub Talks — Summer Stand-up Meeting**  
Oregon RAIN, Florence Area Chamber of Commerce, Lane Small Business Development Center  
5 to 7 p.m.  
\$10 for chamber members, \$15 for nonmembers  
Lane Community College Florence Center, 3149 Oak St.

### July 27

**City of Florence Block Party**  
5:30 to 9 p.m.  
Open to public  
Bay Street in Historic Old Town Florence  
541-590-4011, [ci.florence.or.us](http://ci.florence.or.us)

**Olem Alves & Inner Limits**  
7 to 11 p.m.  
Open to public 21+  
Blue Bills Sports Bar  
Three Rivers Casino Resort, 5647 Highway 126

### July 28

**Florence Senior Center third annual Garage Sale**  
7 a.m. to 4 p.m.  
Open to public  
To vend, contact 541-991-7977  
Florence Senior Center, 1570 Kingwood St.

**Vision Quest hosts "Yakking about Kayaks"**  
With Mary Nulty and Dick Mason  
4:30 to 7 p.m.  
Open to public; day-use fee required  
Honeyman State Park  
RiverCal.org


**Ada Grange Summer Bingo**  
5 p.m. — Kitchen opens  
6 p.m. — Bingo begins  
Open to public  
Located 10 miles out Canary Road

**Olem Alves & Inner Limits**  
7 to 11 p.m.  
Open to public 21+  
Blue Bills Sports Bar  
Three Rivers Casino Resort, 5647 Highway 126

**Visit rivercal.org for more calendar events.**

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