

# Community News

## Learn to 'Live Smart, Be Well' at Wellspring Clinic's March 15 open house

The community is invited to Wellspring Clinic's free Community Open House, "Live Smart — Be Well," this Sunday, March 15, from 1:30 to 4:30 p.m. The clinic is located at 1845 Highway 126, in Park Place.

Come meet the clinic's new practitioners, who will share self-care tips through mini-classes and demonstrations. There will also be treats, product samples, special pricing and prize drawings.

Dr. Mark and Patricia Immel will kick off with a mini-class at 2 p.m. titled "Maintain Your Brain." People will learn simple and prov-

en ways to support brain function. Attendees will also hear about the research findings on acupuncture for patients with Alzheimer's and mild cognitive impairment.

Then, at 2:45 p.m., join Corey Burgess, LMT, as she discusses two of her passions: craniosacral therapy and massage for self-care.

Burgess is a local massage therapist certified in the craniosacral modality through Bastyr University. Craniosacral therapy encompasses treating the whole person



Wellspring Clinic staff and volunteers

— mind, body and spirit. Learn about this gentle, effective therapy appropriate for all ages.

At 3:15 p.m., people can watch a Tai Chi demonstration with Pa-

mela Zilavy, L.Ac. Zilavy is an acupuncturist who has practiced Tai Chi since 1976, and is an experienced teacher. Tai Chi is an ancient practice that promotes health and relaxation. It is a gentle form of exercise — a "moving meditation" that involves learning a series of slow, deliberate motions.

Tai Chi is suitable for people of all ages and fitness levels. For anyone who wants to improve posture and balance, gain leg strength, develop mindfulness and enhance overall health, come meet

Zilavy and watch her demonstration.

People can also learn about the benefits of good health from acupuncturist Patricia Immel, L.Ac., who will be hosting her presentation at 3:45 p.m. Come learn what this ancient medicine offers us today.

In addition, there will be clinic tours and product demonstrations with Sarah Butte of Rose & Crown Apothecary.

For more information, email Wellspring@bmi.net or call 541-902-8860. Find out more at TheWellspringClinic.com.

## Mapleton Lions Club postpones Bingo event

The Mapleton Lions Club has postponed the upcoming Leprechaun Bingo night that was scheduled for this Friday, March 13. The event will be rescheduled for a time in the future.

For more information, contact Kathy West at 541-268-4665.

## Anonymous donation benefits dogs at OCHS

In December, the Oregon Coast Humane Society (OCHS) received a generous financial gift that changed the lives of nearly 20 dogs and their new humans.

The donor, who wishes to remain anonymous, walked into OCHS and donated half of the adoption fees for all the dogs that were in the shelter at the time.

OCHS had 10 dogs housed at the shelter, but the contribution went much further. The shelter has since had several people who benefited from that

initial contribution make additional contributions, effectively continuing to pay it forward and improve the lives of more dogs and their new humans.

Since that generous contribution, 19 dogs have come in and 14 have been adopted out. Out of the 10 dogs that were in the shelter, six have been adopted and one is in a foster-to-adopt home. This leaves three sponsored dogs still available for adoption.

"We have all heard about people paying it forward in one way or another, and

now at the OCHS we have our own heartfelt pay-it-forward going on," said Pam Bailey, OCHS's shelter operational manager. "When the potential adopter finds out that half of their adoption fee has been paid for, they are so grateful, often paying it forward to help the next person get their forever dog."

Before a dog at the shelter is adopted, each gets a wellness check, are spayed or neutered, receive all their vaccines and are microchipped — all for a cost of

between \$400 and \$500.

"Our donors, members and volunteers are special people who have compassion for the animals in so many ways," Bailey said. "The staff and board members at OCHS thank each and every one of them."

Anyone interested in adopting, volunteering or making a financial contribution can call OCHS at 541-997-4277, stop by 2840 Rhododendron Dr., email info@oregoncoasthumane.org or visit OregonCoastHumaneSociety.org.

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*Lori is a long time Florence resident*

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## Rotary seeks contestants for high school speech contest

Siuslaw-area high school students, whether public, private or home-schooled in grades 9-12, and who care about ethical standards and behavior in today's world, are invited by the Rotary Club of Florence to participate in the 2020 Rotary International 4-WayTest Speech Contest.

The contest will be held on Tuesday, March 31, beginning at 4 p.m. at the Florence Events Center, 715 Quince St. The three finalists from this initial event will also compete with contestants from other coastal

Rotary clubs in Yachats on Thursday, April 2, at 5:30 p.m.

The first-place finisher at this second round will advance to a "Speak Off" at the Rotary District Conference in Eugene, Ore., on Saturday, May 2.

The top three finalists will also present their speeches to the Florence Rotary Club on Tuesday, April 28, at noon, when they will receive cash prizes totaling \$1,500. First prize for the local contest is \$750; second prize is \$500; and third prize is \$250.

There are additional cash prizes available at the district level.

All participants will be required to take the Rotary 4-Way Test and apply it to real life throughout their speeches. The 4-Way Test has four principles:

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendship?
4. Will it be beneficial to all concerned?

The choices for topics are endless. For example: Would the Super Bowl pass

the 4-Way Test? What about homework assignments or social networking?

All speeches must be original and your own, and may not be less than 5 minutes or more than 7 minutes. Speeches should also be memorized.

For information on participating, including an application and guidelines, visittheflorence Rotary.org and choose the tab "Club Youth Programs."

People can also contact Committee Chair Meg Spencer at meg@siuslawlibrary.org.

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## Siuslaw 8th-graders host family Bingo night Sunday

The Siuslaw eighth-grade parents are at it again as they host another family Bingo night. Wear green and get a chance to win a special prize!

After a fun and successful Valentines Bingo night, the eighth-grade parents are hosting the "I Feel Lucky" family Bingo night with a St. Patrick's Day theme on Sunday, March 15, from 4

to 6 p.m. at the Florence Senior Center. The venue was changed from the last Bingo night because more room was needed with such a great turn out.

There will be a minimum of 10 games played, with nice prizes for the winners of each game. Cost for the night is \$10 for adults and \$5 for children. Snacks will be provided and there will

be a bake sale.

This event is for all ages and is a family-friendly event.

It is a fundraiser for the Eighth Grade Graduation Party and hosted by Siuslaw eighth-grade parents.

The Florence Senior Center is located at 1570 Kingwood St. For more information, call Jennifer Waggoner at 541-520-1255.

## Applications due for ADA Grange memorial scholarship

Ada Grange #570 is offering scholarship applications for a Harley Huff Sr. Memorial Scholarship in the amount of \$500.

The scholarship is open

to Siuslaw, Mapleton or home-schooled seniors who wish to continue education in university, community college, vocational or trade school. It will be awarded

for involvement in community service and the applicant's financial need.

For more information, see school counselors or call 541-997-4254.

**CITY LIGHTS CINEMAS**

\$9.50 | \$8.50 Sen/Student/Military | \$8 Matinees Before 2 | \$7.50 Child | \$6.50 Members | Performing Arts: \$19/\$15/\$10

March 13 - 19	FRI 13	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19
<b>THE CALL OF THE WILD</b> - Harrison Ford PG 105 MIN - "A welcome adventure for a cold winter's night." The Film Stage	1:10 PM 3:50 PM 6:30 PM	12:30 PM 3:20 PM 5:50 PM	1:10 PM 3:50 PM 6:30 PM	1:30 PM 4:20 PM 7:00 PM	1:30 PM 4:20 PM	1:00 PM 3:50 PM	1:30 PM 4:00 PM
<b>I STILL BELIEVE</b> - PG 115 MIN - The true life story of Christian music mega star Jeremy Camp and his remarkable journey of love and loss that proves there is always hope in midst of tragedy.	1:20 PM 4:00 PM 6:20 PM 8:50 PM	1:45 PM 4:15 PM 6:35 PM 8:40 PM	1:20 PM 4:00 PM 6:20 PM	1:20 PM 4:10 PM 6:50 PM	1:20 PM 4:10 PM 6:50 PM	1:20 PM 4:10 PM 6:50 PM	1:20 PM 4:10 PM 6:50 PM
<b>THE INVISIBLE MAN</b> R 124 MIN - "It's elegant and diabolically poised, a familiar story expertly retooled for an era of tech-bro sociopathy and #MeToo outrage, but also graced with an insistently human pulse. Studio brand extensions rarely feel this intimate, this personally unnerving." Los Angeles Times	1:00 PM 3:30 PM 6:00 PM 8:30 PM	12:40 PM 3:10 PM 6:00 PM 8:20 PM	1:00 PM 3:30 PM 6:00 PM	1:10 PM 4:00 PM 6:40 PM	1:10 PM 4:00 PM 6:40 PM	1:10 PM 4:00 PM 6:40 PM	1:10 PM 4:00 PM 6:40 PM
<b>ONWARD</b> - Chris Pratt, Tom Holland PG 109 MIN - "In every way, it's pure, perfect Pixar - a film with such warmth, whip-smart humour and creative energy that it's a sheer joy to spend a few hours in its presence." Empire	1:10 PM 3:40 PM 6:10 PM 8:45 PM	11:30 AM 2:00 PM 4:20 PM 6:45 PM 9:10 PM	1:10 PM 3:40 PM 6:10 PM	1:00 PM 3:50 PM 6:30 PM	1:00 PM 3:20 PM 7:00 PM	1:00 PM 3:30 PM 6:30 PM	1:00 PM 4:30 PM 6:30 PM
<b>A QUIET PLACE PART II</b> - PG-13 96 MIN - "The film is just as tense and terrifying as the first one. There are some sequences in this film that are a masterclass in suspense." Erik Davis, Fandango							7:00 PM

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
MARCH 11	MARCH 12	MARCH 13	MARCH 14	MARCH 15	MARCH 16	MARCH 17
AM Clouds/ PM Sun	Sunny	Rain	Rain	Partly Cloudy	Sunny	Sunny
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Events & Performing Arts:	FRI 13	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19
<b>FRIDAY THE 13<sup>TH</sup></b> - City Lights: After Dark R 95 MIN - We return to Camp Crystal Lake to celebrate the film that sparked an entire subgenre that changed horror films forever.	9:00 PM	9:00 PM					
EXHIBITION ON SCREEN: <b>LUCIAN FREUD: A SELF PORTRAIT</b> - 80 MIN		12:00 PM					
<b>BOLSHOI BALLET: SWAN LAKE</b> NR 165 MIN						6:00 PM	

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