

FRAA offers classes on selling online

Florence Regional Arts Alliance (FRAA) will offer informative online selling classes. Classes will take place at the FRAA Art Center, 4969 Highway 101, Munsell Lake Plaza No. 4.

The free introduction class is scheduled for Wednesday, July 15, from 2 to 3 p.m.

This session's topics will cover Online Selling: How do I start?

The instructor will guide participants through all the things needed to think about before you start, as well as what everyone should know in order to get sales. Topics will include staying legal, wearing both the artist and business "hats," how to start with little or no money, where to sell online and more.

Additional classes about online selling of handmade products are offered from 2 to 4 p.m. at the FRAA Art Center, with the fee for each class being \$15 for

FRAA members and \$20 for nonmembers.

Other sessions will cover: setting up and improving your Etsy storefront (Wednesday, July 22); the use of social media (Wednesday, July 29); and what to do after your first sale (Wednesday, Aug. 5)

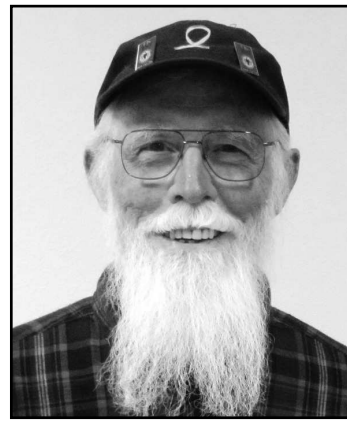
To register, contact instructor Brooke Shenson at 541-590-3163, or email her at brookeshenson@hotmail.com.

Shenson is a fabric artist whose passion is animal rescue. She is active in the greyhound and Spanish Galgo rescue community, and donates most of her art and specialized sighthound collars to these groups to raise funds.

She has been selling online for nine years, starting back when most people hadn't even heard of Twitter or Facebook or Etsy.

A retired teacher, Shenson says, "I have customers on every continent except Antarctica."

Us TOO Florence Behind the headlines



By BOB HORNEY
US TOO FLORENCE FACILITATOR
PROSTATE CANCER SURVIVOR

This month I share an anonymous local man's prostate cancer journey. His good fortune started with annual PSA tests and included an alert primary care physician.

His Journey:

I have had BPH (benign prostatic hyperplasia) since I was 40 years old. I am now 67. At age 40, it had crept up on me so slowly that I really couldn't figure out why I was having a difficult time trying to urinate.

A close friend of mine mentioned that he had the same problem and was taking Cardura for the problem.

I spoke to my doctor and he prescribed the same drug, but the generic version

Doxazosin. I have been taking Doxazosin for 25 years or more with no problems.

Every year in October, I would get a PSA test and have a doctor visit which included a DRE (digital rectal exam). The DRE would always be normal and the PSA test number would always be about the same.

During those 25 years, my PSA went from 0.5 to 1.5. If it moved at all, it was extremely small movements.

Fast forward now to 2014 ... I had my usual PSA test and went in to see the doctor and was told my PSA had jumped one full point to 2.5.

My doctor said the number was not a problem for my age BUT the amount of jump (1.0) was the problem.

He felt that I needed to see a urologist and see what he had to say.

In late November 2014, I met with Dr. Brady Walker of Oregon Urology Institute (OUI) and he reviewed the numbers and suggested that I have a 12-needle biopsy. He explained the procedure and I agreed.

It was scheduled for Dec. 17 at the OUI Springfield clinic. The procedure went smoothly and Dr. Walker said

he would contact me with the results.

On Dec. 26, I received a phone call from Dr. Walker that the pathologist had found cancer in three out of the 12 tissue samples.

Dr. Walker explained that my Gleason Score was 7, which is right in the middle of good and bad of prostate cancers. He asked that I buy the book "Prostate and Cancer" by Dr. Sheldon Marks.

This book really answered all of my questions.

I met again with Dr. Walker on Jan. 7, 2015. He explained my options and asked me what I wanted to do. I said "take it out," meaning the prostate and the cancer.

I felt it would not get better on its own and would only get worse.

I had a DaVinci Robotic Prostatectomy on Wednesday, Feb. 18, at McKenzie-Willamette Hospital.

My surgery took four hours followed by two hours in recovery. I was up walking the next day and never had any pain.

I was discharged on Friday.

I was very happy with the staff at the hospital and was treated very well.

My wife was able to stay with me as they have a fold

down chair in the room.

Since a catheter was inserted prior to surgery, I went home with a bag to hold the urine and was taught how to empty it and care for it.

I met Dr. Walker one week later and during this follow-up visit, he removed the catheter.

At that visit, Dr. Walker gave me the pathology results of the prostate gland that was removed.

It was worse than we first thought.

The pathologist raised my Gleason Score to an 8 after examining the entire prostate gland, having found an area of aggressive cancer where the needle biopsy could not sample.

Because it was about the size of a thumb print, Dr. Walker said I probably had only two years before it would have been inoperable.

I met with Dr. Walker on April 1, after giving blood for a follow-up PSA test, and he said it had dropped to 0.011.

That was great news.

He will check my PSA quarterly for two years and if all goes well change it to every six months for a year or two, and then annually from then on.

SOS building remodel, improvements completed

Siuslaw Outreach Services has completed its building remodel project.

"There were a number of compelling reasons to undertake the project on our 1950s-era building," said executive director David Wiegen. "The old donations room was very small and many donated items could not be put on display."

This also limited how many

donated items the facility could have onhand at any one time.

In addition, the roof had been leaking intermittently for years and was long overdue to be replaced. The windows were old, single-pane, and many were missing screens. The siding was very old, deteriorating, and was suspected of hiding dry rot.

Fundraising started in early 2013 with a "Buy A Brick" campaign, and more than \$13,000 in memorial bricks were purchased by more than 100 local businesses, churches, service clubs and individuals.

"These were used to demonstrate local support for the project, enabling us to receive foundation grants from Meyer Memorial Trust, Spirit Mountain Community Fund, The Collins Foundation, and Oregon Community Foundation," said Wiegen.

The target date for completion was June 30, 2015, with an overall budget of \$123,000. When the first bidding process resulted in bids well beyond the project's budget, SOS re-

structured the bids and started over.

"We have now completed the project just under budget, and were able to add a fairly substantial list of extra items to make the building even more functional and attractive," Wiegen said.

The building now has a new roof and gutters, new windows all around, new siding, an attractive and functional new entryway, a new front door which lets in more light for the lobby, four remodeled offices with more usable space in each, new paint in all four offices, reception area and the hallways, and new wiring for supplying the Internet to parts of the building.

Some additional interior wiring was relocated, and some exterior lighting was corrected. The donations room now has 330 percent more than its previous space by eliminating duplicated hallways and some unneeded cabinets. The donations room also added all new LED lighting, which will significantly reduce power

usage.

Lighted exit signs, which also serve as emergency lighting, were added. The new double-pane windows all around will save energy.

"We also added many new clothing and shoe racks to be able to display everything that is available," Wiegen said. "Last year, we served well over 2,000 persons and many of these were seniors, disabled, and low-income residents receiving aid in the form of clothing, footwear, household items or toiletries — always provided free.

"The expanded room also allows us to have a special area just for children."

During construction, a number of problems surfaced, which is common during remodels. Most were fairly minor, according to Wiegen, but considerable areas of dry rot underneath the siding were discovered. This required significant portions of the soffit and siding to be replaced.

"Needless to say, we are very pleased we were able to catch this problem while it was still able to be fixed at a reasonable cost," said Wiegen. "All of our contractors were local, and all did their respective work in craftsman style.

The remodel team included: masonry work by Shawn Prociw Masonry; architect Paul K. Jensen; interior remodel work by Rodet Construction Co., Inc.; plumbing by Chuck's Plumbing Inc.; windows replaced by Siuslaw Glass and Mirror; flooring by Goodman's Floor Covering, Inc.; painting by Brown Paint Co. Inc.; electrical work by Lighthouse Electrical Contractors, Inc.; siding and entryway by Gary Lee Construction; roofing by Skyline Roofing; and memorial bricks engraved by Stone Impressions of Milwaukie.

"There are a few finishing touches remaining, such as sealing and re-stripping the parking lot, but the project is essentially complete," Wiegen said. "Everyone at Siuslaw Outreach Services would like to thank the many people, businesses and organizations in our community for making this project such a success, as well as the foundations for their critical support.

"We now have a building that should serve well for many years in the future."

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