

Last day to enroll in health plan is Feb. 15

Oregonians have just two more weeks to enroll in health coverage for 2015.

The open enrollment period for health insurance ends Feb. 15. This is the only opportunity for Oregonians to get health coverage for 2015 or change their health plans.

Oregonians can go to HealthCare.gov to access financial help, compare plans from multiple insurers, and enroll. They also can enroll with the help of an insurance agent or community partner. More than 92,000 Oregonians have already enrolled in a plan through HealthCare.gov.

Oregonians have to pay

their first month's premium in order for their coverage to be effective.

The membership packets enrollees receive from their insurance companies will provide instructions on making these monthly payments.

Oregonians can continue to get help enrolling over the next two weeks.

Visit CoverOregon.com to find an insurance agent or community partner. Cover Oregon also is holding 11 enrollment open houses in 8 cities before the deadline. Find the schedule at bit.ly/CO-enroll.

Learn more about the Federal Title V program

A Federal Title V training program will be in Florence on Feb. 17, at the Siuslaw Public Library in the Bromley Room.

The program will take place from 10 a.m. to 1 p.m. and will answer questions and hopefully find a few people wanting to become participants, earn some extra money and become employed again.

Participants must be age 55 or older, unemployed and meet

the Federal Poverty Guidelines of the Federal Government.

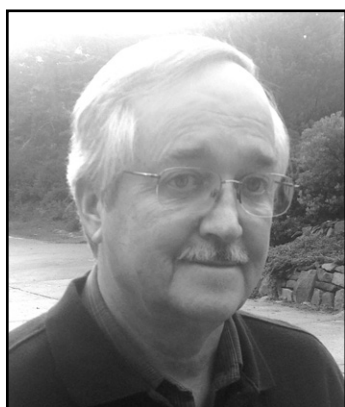
That means a single person can earn \$14,713 and still be a participant.

Training is 20 hours a week at \$9.25 an hour.

Come to learn more about the Title V program.

For more information, contact Bonnie Payne ETC at 541-687-7305.

Us TOO Florence My Prostate Cancer Journey — Part 2



By **TOM WILSON**
CANCER PATIENT

Following is part of a series of true personal stories about men's experience with prostate cancer. These men tell their stories with the hope that they will help someone else traveling the same road.

On Oct. 16, 2014, Karen and I met with Dr. Walker from OUI to discuss my CT and bone scan results. In his opinion my cancer was probably clinical stage T2c, which meant it was in both lobes (sides) of my prostate, but still contained within it.

We then discussed my treatment options based on the clinical stage and the seven positive biopsy cores which showed Gleason Scores of 3+4=7 and two cores of a more

aggressive 4+3=7. After some discussion we felt that my options were surgery or external beam radiation (IGRT).

Dr. Walker recommended a second opinion with Dr. Mehlhaff at OUI in Springfield and with Dr. Forsythe, Radiation Oncologist at the OUI Radiation Center.

On Oct. 21, 2014, we attended the Us TOO lunch meeting with Dr. Hoff in attendance. I was able to ask some educated questions based on the information provided to me by Dr. Walker.

The comments from Dr. Hoff and other attendees were very helpful in narrowing down the decision that we had to make.

On Oct. 22, 2014, we met with Dr. Mehlhaff at OUI. He spent over an hour with us going over my results and discussing my preferred options of surgery or external beam radiation. He agreed with Dr. Walker that my clinical stage was probably T2c, but that it could be T3a since one side of the prostate was so full of cancer.

The T3a clinical stage would mean that the cancer had spread beyond the outer layer of the prostate on that one side. Dr. Mehlhaff felt that surgery or radiation would be appropri-

ate for me and concurred with Dr. Walker's referral to Dr. Forsythe.

On Oct. 28, 2014 we met with Dr. Forsythe at the OUI Radiation Center. Dr. Forsythe gave me a complete exam and spent over an hour discussing my options, both surgical and radiation. In his opinion there is a high likelihood that my clinical stage is T3a. He feels that even though the cancer may have escaped the prostate, it is probably just outside the wall of the prostate and not in the seminal vesicles or the lymph nodes.

The advantage of radiation in this situation is that the treatment area can be expanded to include the area just outside the prostate which could not be done with surgery. It would preclude having surgery and then coming back for radiation, thus possibly doubling the side effects that I would have to deal with.

He recommended radiation therapy and a clinical study for a new hormone deprivation treatment that would involve pills instead of an injection. Hormone therapy is used routinely prior to radiation treatment to shrink the prostate and lower testosterone levels.

Testosterone feeds prostate cancer, so lower levels would


slow the spread of the disease. The pills would allow for more precise dosage of medication and adjustment of the dosage if necessary. It also would preclude returning to the doctor for a hormone injection every 28 days.

I have elected to proceed with radiation therapy and, having qualified for participation, I have been randomized into the hormone treatment clinical study. I will take the medication for nine months and will begin nine weeks of radiation treatments after my PSA and testosterone levels have dropped to acceptable levels.

The study requires frequent blood tests, EKGs and general physical exams to ensure that my health is not deteriorating and that the drug is doing what is expected.

I started taking the medication on Dec. 16, 2014, and at that time my PSA had risen to 13.4 and my testosterone level was over 500.

As of Dec. 22, 2014, my PSA was down to 8.5 and testosterone 36. The medication will continue to lower my PSA and testosterone levels before the radiation treatments start.



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Before Valentine's Day, 'Share Your Heart' with CROW

CROW (Children's Repertory of Oregon Workshops) presents an opportunity for the Florence community to become personally involved in building the dreams of local kids.

On Friday, Feb. 13, at 7 p.m., CROW invites the public to

"Share Your Heart."

Held at the Florence Events Center (FEC), this fundraising party is like nothing you've ever attended.

The evening will feature the vocal talents of local performers Marty Adams, Mary Beers, Michael Jacobson, Sheena



COURTESY PHOTO

Members of Children's Repertory of Oregon Workshops (CROW) invite the public to join them on Friday, Feb. 13, for a night of catered hors d'oeuvres, a silent auction and musical and theatrical entertainment.

Moore, Erin Reinke, Jacob Steinberger and Jason Wood.

There also will be a silent auction filled with unique products and services from local businesses.

Perhaps the most heartwarming portion of the evening will be when several of CROW's talented, hard-working performers entertain the audience.

"These kids are amazing, and they are the reason that we are doing any of this," said CROW director and founder Melanie Heard.

The evening will culminate

with a "Raise Your Paddle" donation opportunity.

Reservations are required for this event.

Single tickets are \$39 for adults and \$25 for youth, ages 12 and under. A full table of 8 can also be purchased for \$285.

Tickets include wine (adults only) and hot hors d'oeuvres, as well as a chance to bid on the amazing baskets, prizes, and desserts up for grabs.

For tickets, call the FEC at 541-997-1994, or visit www.eventcenter.org.

CROW is currently in production for "Once Upon A Mattress," which will take the stage April 10-12 at the FEC and will feature more than 50 onstage and behind the scenes roles for young people ages 5-22.

"Share Your Heart" is designed to raise funds for the 501 (c)3's biggest and most important dream to date.

CROW is planning to purchase and renovate a building in Florence to create a permanent performing arts facility for youth.

The facility will house ongoing education with classes in dance, theatre, voice, and other fine and performing arts genres, as well as provide desperately needed space for rehearsals, small performances, set construction, artistry and proper costume and prop storage.

This facility will allow CROW to grow its already thriving youth arts program, which has a four year successful track record.

For more information about the CROW program, including photos, videos, and testimonials, visit www.crowkids.com or contact Melanie Heard at 541-999-8641.

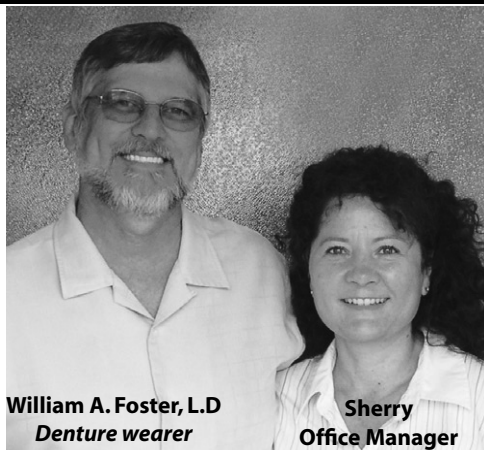
Ask Dr. Rincker, the Podiatrist

Q: What is a Neuroma?

A: A painful condition that affects the ball of your foot as if you are standing on a pebble. This can cause sharp, burning pain in the ball of your foot & into your toes.

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FRESH CRAB



ESCALLOPED OYSTERS

INGREDIENTS:
1/2 cup butter or margarine
1/2 cup all purpose flour
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon paprika
1 medium onion, minced
1 teaspoon freshly squeezed lemon juice
1 tablespoon Worcestershire sauce
1 quarter oysters
1/4 cup cracker crumbs

DIRECTIONS:
Melt butter; add flour and cook for 5 minutes, or until light brown. Add salt, pepper, paprika; cook for 3 minutes. Add minced onion and green pepper. Cook slowly for 5 minutes. Remove from heat; add lemon juice, Worcestershire sauce, and oysters which have been heated in their own liquid. Pour in baking dish and sprinkle with crumbs. Bake at 400° for 30 minutes. Yield: 8 to 10 servings

Recipe from: Southern Living Fish and Shellfish Cookbook

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Crab, Oysters, Shrimp, Clams

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