

Greener Florence Award nominations due March 25

Are you or do you know a Florence-area business or service organization that is mindful of its impact on the environment?

Nominate yourself or another for the 2015 Greener Florence Award.

The City of Florence wants to support and recognize those businesses and organizations giving that little extra effort to reduce, reuse, recycle or compost.

The winning nominee will be announced in April 2015 and will receive:

- A certificate signed and presented by Florence mayor Joe Henry
- Promotion and recognition
- A plaque inscription on view in the Florence City Hall lobby.

Nomination forms are available under the Business Tab at www.ci.florence.or.us, by calling Wendy Farley-Campbell at 541-997-8237 or emailing hr@wendy.farleycampbell@ci.florence.or.us.

The completed nominations must be submitted to Wendy Farley-Campbell or the Planning Department by 5 p.m. on March 25.

Apply for Mapleton Community Foundation grant

The Mapleton Community Foundation is currently accepting grant applications from non-profit organizations for community projects within the Mapleton School District boundaries.

The applications should demonstrate how the funding would educationally, culturally, physically or civically improve the students or residents of the area.

Applicants must be a not-for-profit organization. Funds will not be awarded to individuals or for operating expenses.

Grant applications can be obtained at the Mapleton Post Office or by calling Kathy West at 541-268-4665.

Application deadline is April 3.

Us TOO Florence Behind the headlines



By **BOB HORNEY**
CANCER SURVIVOR
Us TOO CHAPTER LEADER

If you have followed the prostate cancer journeys told by the men taking them, you know that once these men sit down with a urologist at Oregon Urology Institute, there is no limit to the amount of time they get. Over and over we read that the urologist spent an hour or two explaining the diagnosis and then going over the treatment or non-treatments options.

And, unless the patient has already made up his mind to have surgery, when the urologist is finished with his/her discussion, it is off to see Dr. Forsythe, the OUI Radiation

Oncologist, with the same time commitment.

These are complex issues that deserve and require an abundance of time. There are no shortcuts to these discussions and they will continue over time and as long as it takes until the patient has decided what he wants to do.

Of course, “his” decision is usually a shared decision because spouses/significant others/loved ones are often very much involved in this process.

We read about urologists over-diagnosing and over-treating men and there are those who contend it is for the sake of dollars. Well, not at OUI! The OUI Urologists and Radiation Oncologist are not “telling” men what they need to do. Sure, each expresses the pros and cons of their particular specialty, whether it is open surgery, robotic surgery or external beam radiation therapy (IGRT), but the final decision is not made by the medical personnel; it is made by the patient.

There is a very good common sense reason for this. We, the patients, must assume responsibility for what happens to our body. There are treatment choices to be made and, in many cases, all of them could provide a cure.

However, each will come with the possibility of side effects and it is up to each man to determine the side effects he is willing to risk.

Nothing will happen until the patient names his treatment choice. The urologists and radiation oncologist wisely provide all the information they can and then wait for the patient to mull it over and make his choice. That’s exactly the way it is and exactly the way it needs to be.

We patients make the final decision and are prepared to live with it, having made our own choice.

That we get to spend this amount of time with our urologists upon receiving a prostate cancer diagnosis is great, but one doesn’t have to wait for that diagnosis to have an opportunity to spend time with these doctors. All one needs do is attend our Us TOO Florence meetings. Anyone who had been attending our evening meetings since 2004, when Dr. Bryan Mehlhaff began sharing his evenings with the group, would have more than 100 hours of expert urologist time.

Or, just attending our lunch meetings with Dr. Doug Hoff, would give that person around 30 hours of expert urologist

time.

Those hours are at no cost and free to attend.

I’m talking about bringing your own questions, being an active participant in the discussions and leaving with answers.

I like what Dr. Sheldon Marks says in the preface to his book, “Prostate and Cancer: A Family Guide to Diagnosis, Treatment, and Survival.” He says: “I believe the fear of the unknown is the most overwhelming and traumatic result of all the confusion about this disease. Unfortunately, short of spending an hour or two in personal consultation with a urologist, there is really no complete and accurate source of information available.”

Us TOO Florence provides the monthly resource of two urologists for anyone who wants complete and accurate information about prostate cancer. That is 2 to 2-1/2 hours nearly every month. That would remove much of the fear of the unknown that Dr. Marks mentioned above.

Meetings are held the second Tuesday of each month at the Presbyterian Church of the Siuslaw, from 5 to 7 p.m., and the third Tuesday of each month at the Kozy Kitchen, from noon to 1 p.m.

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KT SALON 180 Laurel Street
Old Town Florence 541-999-2801
www.kt-salon.com
Hours: Sunday, Saturday and Monday by appointment.

LRP to present ‘Our Town’

It’s all in the family in the Last Resort Players’ production of “Our Town.” Telling the story of family relationships in a small town, the Florence cast of this classic American drama doesn’t have to go far to bring personal experience to their character portrayals. Their role relationships are right there on stage to remind them.

There are father and daughter, Danny and Lyndsey Keppol; father and son, Shawn and Shiloh Penrod; husband and wife, Chris and Chris Campbell (try keeping that one straight); Kassy and Danny Keppol; mother and daughter, Kate Gibson and Memphis Gliewe; and mother and son, Linda and Jesse Reeves.

All that’s lacking are cousins by the dozens.



COURTESY PHOTO

Jesse Reeves and Lyndsey Keppol as George Gibbs and Emily Webb in the LRP production of “Our Town.”

In one intimate scene between Emily and George, she reprimands him, “I used to watch you as you did everything because we’d been friends so long and then you began spending all your time at baseball and you never stopped to speak to anybody anymore.”

Emily’s real life father, Danny Keppol, had a similar thing happen to him. Before they were married, Kassy let him know in no uncertain terms that he was spending way too much time on baseball.

George gets his priorities straightened out just as Danny did in real life.

That’s the kind of situation that makes Thornton Wilder’s

“Our Town” still speak to audiences today.

Grover’s Corners, N.H., may be the stretch of a continent and 100 years away, but it’s got Florence, Ore., 2015 written all over it. Newspaper boys delivering the morning edition, horse-drawn milk wagons and ice cream sodas may be long gone, but the truths of small town life are eternal.

“Our Town” opens at the Florence Events Center on March 20 and runs Friday through Sunday for two weeks.

Tickets are available at the box office, by calling 541-997-1994 or online at www.eventcenter.org.

DONUTS

Cake, Old Fashioned, Raised Rings	\$0.95	
Maple or Chocolate Bar, Buttermilk, Filled	\$1.25	
Mixed Dozen of Above	\$9.95	
Bear Claw, Cinnamon Roll, Apple Fritter *	\$1.50	
Add \$1.00 for each of above * added to dozen		
Turnovers/Scones.....	\$1.75	
Bagels	\$2.50 w/cream cheese	\$3.50

MORE SWEETS

Cheesecakes	4" \$4.50	6" \$9.00.....	10" \$24.00
Order ahead			
Cupcakes by Chris	\$2.00		

DRINKS

Soda/Ice Tea/Lemonade	\$1.75	
Coffee	Sm \$1.25 ... Lg \$1.50	
Cappuccino/Hot Chocolate ...	Sm \$1.50 ... Lg \$1.75	
Juice 10 oz.	\$1.50	
Milk, 2%, chocolate.....	1/2 Pint \$1.00.....	Pint \$1.50

SOUPS

Daily when Available

Cup	\$2.95	Bowl.....	\$3.95
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Chowder when available add \$1.00

Special Events - ask about our sandwich platters or large orders

Big Dog Donuts & Deli
1136 Hwy 101, Florence, OR 97439 - Dirk Anderson, Owner
Open 5:00 am - 3:00 pm Mon-Sat and 5:00 am - 12 noon Sun

SANDWICHES

Whole \$8.45 Half \$5.45
Includes French Fries or Potato Salad & Chips

Build Your Own

Bread: White, Wheat, Rye, Sourdough, Hoagie
Cheese: Cheddar, Provolone, Pepper Jack, Swiss
Meat: Turkey, Ham, Roast Beef, Pastrami
Condiments: Mayo, Mustard, Dijon, Lettuce, Tomato, Onion, Pickles, Horseradish, Jalapeños, Pepperoncini

Specialty Sandwiches

BLT: Bacon, Lettuce, Tomato, Mayo
Club: Turkey, Ham, Bacon, Lettuce, Tomato, Mayo
Philly: Beef, Grilled Onions & Peppers, Provolone
French Dip: Beef, Swiss on Hoagie served w/ Au Jus
Reuben: Pastrami, Kraut, Cheese, Dressing on Rye
Grilled Ham & Cheese choice of bread & cheese

Grilled Cheese & Chips	\$4.95
PB&J & Chips	\$3.95

Ala Carte

Fries	\$2.00	
Potato Salad	\$2.00	
Chips	\$1.00	
Biscuits & Gravy	Sm \$2.50	Lg \$4.00

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