

## Dave Braley to speak at Garden Club today

The Florence Garden Club will host Dave Braley as the guest speaker June 10. Braley is known for his beautiful garden of roses, irises, rhododendrons and other plants.

Braley will present a slide show of his garden flowers and hold a discussion.

The business portion of the meeting will include the instal-

lation of officers for the coming year.

Meetings are held at the Presbyterian Church of the Siuslaw, 3996 Highway 101, beginning with social hour at 12:30 p.m., followed by the speaker at 1 p.m., and the meeting at 2 p.m.

The public is welcome and new members can join.

## Free cooking class to feature picnic foods

The organizers of the annual Community Health Fair, held each April at the Florence Events Center, are hosting another in a series of free cooking classes for the community.

"Summer is almost here, so we're inviting everyone for a fun evening of cooking and sampling some of our favorite picnic dishes," says organizer Linda Lydick. "We will feature tasty meatless burgers, summer salads and delicious

desserts.

"Our recipes will be heart-healthy, diabetic-friendly and cholesterol-free."

The event is Sunday, June 14, from 6 to 8 p.m., at the Florence Seventh-day Adventist Church, 4445 Highway 101.

Seating will be limited.

For more information, or to pre-register with a friend or small group, call Lydick at 541-999-2052 or email her at lindasveggies@gmail.com.

## Us TOO Florence

## BEHIND THE HEADLINES



By **BOB HORNEY**  
CANCER SURVIVOR

**W**ith Father's Day just around the corner, I want to use that occasion to encourage men to make sure they are taking advantage of screening for the second most frequent cause of cancer death among men — namely, prostate cancer.

As so many of us know, the latest "word" on prostate cancer screening came from the U.S. Preventive Services Task Force (USPSTF) in 2012, and that word is: "The USPSTF now recommends against PSA-based screening for prostate cancer in all age groups."

That was music to the ears of

vast numbers of men ("See, I don't need that test") as evidenced by the fact that referrals to urologists are already down 25-35 percent.

This doesn't mean fewer men are getting prostate cancer, it means fewer men are being screened by their primary care physicians. As a result of fewer men being screened or being screened less often, preliminary data for 2012 and 2013 suggests that more men are now being diagnosed with higher-risk prostate cancer (PSA of 10 or more).

This increase reverses a trend leading up to 2011, when there had been a steady decline in the percentage of men diagnosed with a PSA of 10 or more.

By scaring men that they will lose their ability to have sex and will dribble urine (forever) if they should undergo treatment, the USPSTF has convinced many men to follow its recommendation and forgo the PSA test entirely.

Unfortunately, for that 1 man in 6 who will ultimately be diagnosed with prostate cancer (due mainly to symptoms if not being screened), the diagnosis will reflect a more advanced cancer with a much lower cure rate.

One thing most of us come to grips with at diagnosis is that this

is not "my" cancer, but "our" cancer. At the least, that includes a spouse/significant other, but we know it also involves the immediate and extended family.

Everyone, in one way or another, shares the burden of this disease and hopes the burden will be as small as possible...just be a "bump" on the road of life, not the end of the road with no turnaround.

In 2003, Alan Burns, then Florence Mayor, proclaimed September as Prostate Cancer Awareness Month in Florence and included two important statements:

"Whereas, at any age prostate cancer devastates families, through loss of income, partnership and support, and whereas, prostate cancer leaves too many parents, women, children and other family members without a man they love."

Those two statements have remained in the Proclamation with mayors Phil Brubaker and Nola Xavier for good reason; they are the heartbreaking consequences of an advanced or metastatic prostate cancer diagnosis.

Unlike most cancers, we men have the screening tools to usually avoid that diagnosis of advanced disease. But, first we have to use

them, as in getting ourselves to a doctor (I'd even suggest a urologist) for a baseline PSA test and digital rectal exam (DRE).

The oft-spoken, "I feel fine," doesn't cut it with prostate cancer.

Early, curable prostate cancer rarely has symptoms and by the time it becomes symptomatic, it is nearly always too late for curative treatment. Those are just the plain facts of this disease.

For this Father's Day, I propose dads "turn the tables" and do something special for their kids — like making sure they have a baseline PSA and DRE in their records.

And, in particular, any dad who is at least age 40 (or 35 if prostate cancer is in your family), should get that baseline PSA/DRE for their kids. Don't let a "screenable" disease like prostate cancer spoil future Father's Day celebrations.

Not a dad? The same advice applies — do it for someone else, even for yourself...just do it.

If you need those screening tests, see your primary care physician or arrange to have them here in Florence with a urologist by calling Oregon Urology Institute at 541-334-3350.

## MILITARY HERITAGE CHRONICLES —

### Kilroy is here



By **CAL APPLEBEE**  
Special to the Siuslaw News

Several years ago when we began the effort to build the Oregon Coast Military Museum, the board elected at that time to designate our original, early donors as a special group by calling them the Kilroy Corps.

That was because like the legendary "Kilroy Was Here" of WWII, those donors were there before all others, just as that legend purports.

I thought it might be appropriate as we approach the grand opening of the museum next month on July Fourth to revisit that legend as a reminder.

For those of you who aren't familiar with Kilroy, the legend appears to have started back during WWII.

There are numerous explanations about the actual origins of Kilroy and some of them are pretty amazing. Among them are stories dealing with famed author Isaac Asimov, as well as one that ties it to the book and movie "Catch 22."

Another one derives from an Irish legend, and yet another comes from a story about a war-time factory worker, perhaps Rosie the Riveter?

But the most prevalent of all

the legends seems to have its roots in a shipyard inspector back east named James Kilroy. Even it has variations, but they all point to him leaving proof on his inspection points that in fact it was inspected, hence "Kilroy Was Here."

Some of those inspection points (such as ship bulkheads) were never painted over, so by the time the ship or equipment made it to the battle front, it still bore the evidence that "Kilroy Was Here."

It caught on with the GIs as the image spread through the various theaters of battle, and some GIs even helped propagate the legend by adding their own version on pill boxes and train cars. Eventually it took off with a life of its own and today we have the famous character Kilroy that you see; it became a real morale booster for the troops!

While the museum's Kilroy Corps program started designating someone as such for a meager donation of \$20, those original donors numbered in the hundreds and soon we had the financial capability to start construction.

After that initial effort, any-

one who donated \$100 or more became members of the Century Corps, and that effort generated more funding to keep things progressing, as well as major donors over the entire timeline that contributed the substantial funding to fully accomplish the mission — in addition to all of the volunteer hours as well!

Soon, once the museum is open and operational, a conventional membership program will be started, again mimicking military jargon with the designation of The Kilroy Company.

But until then, there is no doubt that this endeavor would not have been accomplished without those brave early Kilroy Corps members — and soon they can see their name on the wall recognizing their contributions.

When the Oregon Coast Military Museum holds its Grand Opening on July 4, be sure to watch for that iconic symbol of the little face peeping over the wall, and take time to read through the hundreds of names of Kilroy Corps members who made it possible.

Kilroy is here!

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### Lisa's Avant Gardener Tips of the Week



- Celebrate Father's Day by planting a tree for dad, or planting herbs such as rosemary and thyme for summer barbecues
- Be sure to water new landscape plants and raised beds to keep the roots happy and growing
- Lime and add additional slow release phosphorous such as greensand or bone meal to lilacs and daphne for better blooms next spring

**"We're glad to get you growing!"**

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