

## Write characters at free workshop

A free writing workshop will be held in the Bromley Room of the Siuslaw Public Library on Saturday, Sept. 19, from 2 to 4 p.m.

This activity-based class will focus on how to begin a short story or novel by creating the character and setting before discovering the plot.

All are invited to attend and learn tips for bringing characters to life, developing the setting, and expanding the storyline.

This workshop is aimed at anyone who is working on a story or novel or would like strategies to begin.

Barbara Giles, a retired educator, is presenting the workshop. She is the author of "The Crow's Nest," a mystery set on the Oregon coast.

Giles has taught memoir

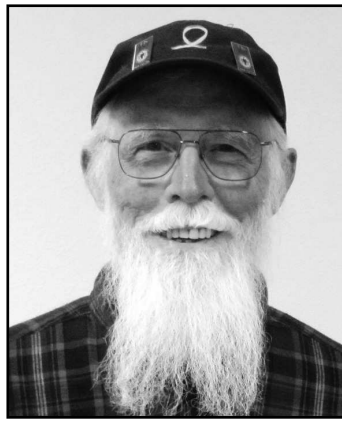
writing as well as a variety of credit writing classes through Lane Community College. She also taught four memoir class series held at the Unitarian Universalist Fellowship.

Serving as the co-director of the Oregon Writing Project at the University of Oregon for one summer and the California Writing Project at the University of California-Riverside for three summers, has added to her teaching repertoire.

Her colleagues in the local writing group, CC Writers, will be participating in the presentation of this workshop.

Although this class is free, it is limited to 16 participants. Preregistration is required by signing up at the library. Participants are asked to bring a pen and paper.

## Us TOO Florence Behind the headlines



BY BOB HORNEY  
US TOO FLORENCE FACILITATOR  
PROSTATE CANCER SURVIVOR

September means it is National Prostate Cancer Awareness Month, as Proclaimed by the President of the United States.

It is the one month devoted to raising awareness of the most frequently diagnosed non-skin cancer in American males today and the second leading cause of cancer death in the United States.

Prostate cancer is certainly worthy of this attention with an estimated 220,800 men in the U.S. being diagnosed with it in 2015, and approximately 27,540 losing their lives to the disease. The numbers for Oregon are approximately 3,110 and 420, respectively.

As critical as the national campaign is, Us TOO Florence tries to make prostate cancer awareness a never ending, month after month campaign in Florence.

We know from experience that prostate cancer never sleeps.

One or more newly diagnosed men attend nearly every meeting with over 170 men with prostate cancer having sought information and support from our group during our 14 year existence.

Unfortunately, more than 30 of those men were diagnosed too late and have succumbed to the disease.

We wholeheartedly carry out the mission of Us TOO International, which is to provide hope and improve the lives of those affected by prostate cancer through support, education, advocacy and awareness.

We want men and their spouses and loved ones to see us for the information, personal experiences and support we offer — unconditionally, with no strings attached.

We are a very welcoming, supportive and non-judgmental group, understanding totally that whatever a man decides

to do is the right decision for him.

For those who reach out to us by attending an Us TOO Florence meeting, first there will be time before the meeting starts to visit with survivors and their spouses. This time offers a great chance to find out how these men responded to their diagnosis of prostate cancer, as in "active surveillance" or "active treatment."

If the men choose treatment, find out their chosen course, why they chose it and the results. Since these are personal choices, there will be different treatments chosen, for different reasons and with differing results. All this for the same disease: prostate cancer.

Men attending an Us TOO Florence meeting will not find anyone telling them what to do. We survivors share our experiences, the urologists share the pros and cons of the individual's viable options (based on his disease stage at diagnosis) and the individual then takes all that information and decides what he wants to do.

Every man must make that decision for himself. Every one of us who has been diag-

nosed with prostate cancer has followed the same path of information gathering leading to a decision. It is a tough road to traverse, but it can be made considerably easier using the resources of Us TOO Florence.

We stand ready to help.

Now, for the men who have chosen to forgo the prostate cancer screening PSA blood test, Us TOO Florence does have a recommendation: Get at least one test to establish a baseline at age 40 or ASAP thereafter.

A PSA at that age is very likely a "true" PSA — that is, unaffected by conditions related to older age. One advantage of the baseline PSA is that if problems or symptoms arise later, there will be a PSA in your records to measure the new results against.

Of course, the baseline does on occasion identify a man who is already at risk of having prostate cancer and needs to proceed to a biopsy for that determination — a potentially life-saving advantage.

Us TOO Florence will be celebrating Prostate Cancer Awareness Month with a booth at the Boardwalk Market in Old Town each Saturday and Sunday during September.

## Florida folk singer to perform at library

Florence's community radio station KXCR FM 90.7 will present Florida folk singer and songwriter Rod MacDonald to round out its Summer Folk Series.

MacDonald is scheduled to perform in the Bromley Room at the Siuslaw Public Library on Thursday, Sept. 17, at 7 p.m.

Born in Connecticut, MacDonald rose to prominence in NYC's Greenwich Village clubs in the 1980s, where he co-founded the Greenwich Village Folk Festival.

With 11 CDs and 150 performances annually throughout North America and Europe, MacDonald continues to daz-

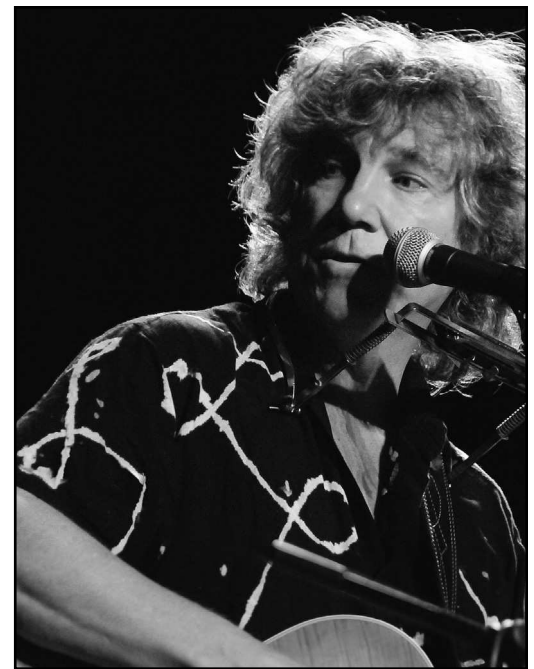
zle audiences with his passionate singing and thought-provoking writing.

His songs have been recorded by Shawn Colvin, Jonathan Edwards, Dave Van Ronk, Happy Traum, Bok-Trickett-Muir, Four Bitchin' Babes, Garnet Rogers and numerous other singers.

His latest CD, "Later That Night," reached No. 3 nationally on the Roots Music Folk charts in February 2015, with the song "Raven" at No.1.

In December 2014, he published his first novel, "The Open Mike," described by Jonathan Widran of Music Connection Magazine as "A music-driven novel for the ages and a great extension of MacDonald's already prolific creative output."

Now living in south Florida, MacDonald has been named one of "Ten Greatest South Florida Folksingers Of



COURTESY PHOTO

**Singer Rod MacDonald plays Thursday, Sept. 17, as part of KXCR's Summer Folk Series.**

All Time" by New Times.

The Sept. 17 concert at the library has no cover charge, although attendees will pass the hat for a collection.

To find out more about MacDonald, watch "The Last American Worker" at [www.youtube.com/watch?v=6lcOPqKPjws](http://www.youtube.com/watch?v=6lcOPqKPjws).

For more information about the concert, call 541-997-2997.

This program is neither sponsored nor endorsed by the Siuslaw Public Library District.

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