

Season of Caring gives 'call to artists'

The Florence Events Center and Friends of Florence Gallery Committee are presenting a themed exhibit during the months of November and December in Gallery One, titled "A Season of Caring."

The all to artists invites artists and photographers to rent-a-rod for up to three pieces of artwork for \$20, or up to three items for the case.

Artists will receive the proceeds from any of their artworks that are sold, minus FEC commission of 25 percent.

To follow the theme, artwork can show social needs (children, elderly, homeless, veterans, etc.), and ways to care (service animals, health professionals, volunteers, etc.); foods of the harvest season; themes involving Thanksgiving, Christmas and family.

Artists can get an application for the show at the FEC office, or online at www.eventcenter.org. The deadline to submit

applications is Friday, Oct. 23.

For more information, email cignatieff@live.com, or call the FEC office at 541-997-1994.

On Nov. 14, from 10 a.m. to 3 p.m., there will be a reception that will benefit the Florence Food Share and Siuslaw Outreach Services (SOS) nonprofit organizations.

There will be a bin for food donations, and one for donations of warm coats and blankets to help those in need in our community.

From 11 a.m. to 1 p.m. there will be a "soup kitchen" style lunch with live music offered to gallery visitors. For \$1, attendees will be served soup and bread, coffee and water. There will also be an Art Raffle to benefit Food Share and SOS, with local artists donating artworks and jewelry for the raffle.

All proceeds from the art raffle and soup kitchen lunch will be donated to Food Share and SOS.

Food Share hours will expand to include Saturdays

In order to better serve its clients, beginning Saturday, Oct. 17, Food Share will be open from 10 a.m. to 1 p.m.

Many of its clients are working families unable to utilize the pantry during the normal work week. Thanks to an

anonymous donation specifically for this purpose, Food Share will now be open on Saturdays. The pantry will initially be open the first and third Saturday of each month, and will soon expand to being open each Saturday.

Us TOO Florence My Prostate Cancer Journey



By CLINT SHERBURNE
PROSTATE CANCER SURVIVOR

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.

Following is an informative update on Clint Sherburne's 2005 prostate cancer journey. Clint was diagnosed following a PSA of 14 which, after 30 days on antibiotics, only came down to 12.7.

Those two high PSA figures called for a biopsy of the prostate and two of 12 biopsy cores showed cancer, one with a Gleason of 3+3=6 and one of 3+4=7.

The 6 would have been a consideration for Active Surveillance, but the presence of that 4 in the Gleason 7 took Active Surveillance out of consideration.

Clint, at age 78, ended up choosing High Dose Radiation (HDR). Following 25 days of external beam radiation, he underwent two HDR treatments consisting of placing 19 small flexible needles into his

prostate gland and delivering two, high doses of radiation separated by a night's sleep (while the needles remained in place).

Fast forward to Dec. 7, 2014: Clint fell while in Southern California, fracturing his left hip and requiring a partial hip replacement.

During that process, a catheter was inserted, irritated the interior of the bladder and the bleeding began. Having returned home, he fell again on Jan. 22, 2015, fracturing his right hip. Life with the catheter continued and the bleeding got worse.

Even though the bleeding started about nine years following the end of his radiation, it is highly likely that the radiation made his bladder susceptible to the bleeding which occurred.

Clint and Dr. Brian Mehlhaff tried several interventions to get the bleeding to stop, but nothing near a permanent solution was found and Clint ended up in the emergency room several times due to blood clots blocking urine from leaving the bladder through the catheter.

Even cauterizing the area in the bladder was ruled out because Clint's body (he is now 88 years of age) wasn't getting enough oxygen to the bladder for it to heal underneath the scab from the cauterization.

At this point, Dr. Mehlhaff recommended checking out the McKenzie Wound Center in Eugene which uses Hyperbaric Oxygen Therapy (HBOT) to help wounds heal.

The McKenzie Willamette Medical Center in Springfield initiated the use of HBOT in

2009 upon opening its Advanced Wound Healing Center.

It then opened the Eugene location at 3154 West 11th Ave. in January 2014 for the convenience of patients living in western Lane County.

Both wound centers, under the direction of John Mackey, M.D., are fully equipped and staffed for HBOT.

Clint's radiation cystitis met the criteria for treatment and he was initially signed up for a typical course of treatment — five days per week for eight weeks, with each session lasting 2 hours.

Dr. John Mackey shares the following information about HBOT: While red-blood cells are full of oxygen, the plasma that carries them through the body is relatively devoid of oxygen. During the treatments, the patient breathes 100 percent oxygen inside a pressurized chamber, quickly increasing the oxygen concentration in the blood plasma to complete saturation — and increasing delivery of oxygen to damaged tissues by eight to 10 times.

This saturation promotes the body's natural immune system and healing responses, allowing wounds to heal more easily, from the inside out.

Those elevated oxygen levels promote optimum healing and stimulate formation of new microscopic blood vessels (capillaries) in damaged tissue. By comparison, the air we breathe is typically about 20 percent oxygen.

The chambers are transparent so that patients can see and be seen and offer a TV/DVD

and CD player along with phone communications for visitors to help patients feel at ease. Even though patients are under 2-3 times the normal air pressure of the atmosphere, the only pressure sensation one experiences is the need to "clear" the ears like going up a mountain or in an airplane.

Clint's HBOT started on May 11, 2015. After four weeks, a sophisticated urine test was done and finding no trace of blood, he was declared healed and finished with treatments.

Clint was told they have never had a patient return to the wound center after being treated for a bladder problem such as his.

By breathing and circulating 100 percent oxygen throughout his entire body, he was also extending its healing properties to his two fractured hips.

Although HBOT does not include hip fracture among its 13 approved specific conditions, this treatment is whole-body by nature and extends to any part of the body needing extra oxygen.

Clint is now catheter free and uses only a cane when out-and-about.

In spite of the recent significant advances in radiation technology, radiation cystitis remains between 1 and 2.5 percent. Anyone receiving radiation therapy 10 plus years ago, with less focused technology, was more likely subjected to bladder or bowel problems.

The good news is, as Dr. Mackey states, HBOT can fix that.

Simplify your financial life. Let's talk.

Andy Baber, AAMS®
Financial Advisor

1010 Highway 101
Florence, OR 97439
541-997-8755
www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING

Member SIPC

Central Lincoln sponsoring October food drive

October is national Public Power Month, highlighting the value of community-owned utilities throughout the United States. Community-owned utilities, which are often referred to as "public power," are often credited with the electrification of rural America.

In honor of Public Power Month, Central Lincoln PUD is holding a food drive for both Florence Food Share and Mapleton Food Share. Both nonprofits distribute needed food to families and seniors suffering from lack of employment, medical costs, and other difficult life circumstances.

"Our employees discussed

ways to especially support the communities we serve during Public Power Month, and felt that donating food and collecting food donations for people in need was an excellent way to help out," said general manager Debra Smith. "As unemployment on the coast tends to climb in the winter, we knew assistance with food would meet real needs."

Foods pantry organizers say are especially helpful include: peanut butter, macaroni and cheese, canned meat products (like stew or chili), flour, coffee, baby formula, Rice-a-Roni, Hamburger Helper, canned fruit, canned soups (except tomato), canned veg-

etables, canned beans such as great northern beans, lima beans, pinto beans, baked beans, and pork and beans.

Those wishing to donate these and other canned and other nonperishable foods to feed the hungry are encouraged to bring donations to Central Lincoln's office in Florence, at 966 Highway 101, anytime from 8 a.m. to 5 p.m., Monday through Friday.

Central Lincoln is also sponsoring a Public Power Month "Know My Central Lincoln" contest for customers. Those who answer seven or more of 11 questions correctly on entry forms will be entered in a drawing for an iPad mini.

Customers can enter the contest at www.clpud.org/ipad drawing, or entry forms can be found in Central Lincoln billing envelopes during the month of October.

The drawing will be held in the Florence office early in November.

The Central Lincoln People's Utility District is Oregon's second-largest public power utility, serving some 700 square miles and approximately 55,000 people in portions of Coos, Douglas, Lane and Lincoln counties.

Central Lincoln is not-for-profit, and is publicly owned, meaning it was created by voters to serve the public.

Denture Services, Inc. COMPLETE DENTURE SERVICE



William A. Foster, L.D.
Denture wearer

Sherry
Office Manager

FREE CONSULTATIONS

- Dentures
- Relines
- Partials
- Repairs
- Implant Retained Dentures

William A. Foster, L.D.

"Locally Owned and Operated"
Serving the Central Oregon Coast
Emergency Appointments Available

Denture Services, Inc.
524 Laurel Street, Florence

541-997-6054

Care to hear a little secret?

Not all hearing aids sound the same.

Gail Leslie, Au. D.

Sandi Ybarra, Au. D.,
Doctors of Audiology

Call to schedule a consultation.
You'll find we're expert listeners.

FLORENCE: 541-997-7617
1525 12th Street, Suite 2

EUGENE: 541-686-3505 VOICE / TTD
401 East 10th Avenue, Suite 110

www.hearingassociates.net

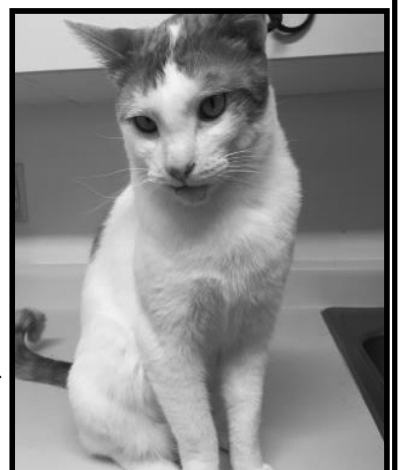


HEARING ASSOCIATES
Hearing is believing

...need a friend?

Meet Caspian

Prince CASPIAN is my name and I'm looking for my Narnia. A place of joyous wonder, where all my needs will be fulfilled. I'm uniquely handsome with a bit of a snaggle tooth, it gives me character. Like a boundless journey...I'm daydreaming of my voyage home.



If you would like to meet Caspian any of his friends, please visit us at:

FLORENCE HUMANE SOCIETY
2840 Rhododendron Drive • Florence • 541-997-4277

www.florencehumane.org
This message brought to you by:

A&W

1690 HIGHWAY 101

FLORENCE

(541) 997-8124