

## Festive art at KB Gallery through December

Give the beauty of original art for the holidays.

Beginning today, Nov. 7, the Kenneth B Gallery in Old Town Florence will open its doors for the annual Art for the Holidays show.

This event will feature origi-

nal paintings, works on paper, monoprints, jewelry and hand-made postcards.

All featured artworks will be available for less than \$150.

Personalize your holiday gifts with creative flair, meet the artists and enjoy the diver-

sity of work presented for this exhibit.

The gallery will be open every Saturday from 11 a.m. to 8 p.m. through Dec. 19 for this event only.

Kenneth B Gallery recently converted its contemporary art

gallery and live entertainment venue located in a restored building on First Street to working art studios for six resident artists.

For more information, visit KennethBGallery.com, or call the gallery at 541-999-5875.

## Annual Autumn Festival celebrates harvest

On Monday, Nov. 16, come celebrate the second annual Autumn Festival with the community and support local farms and school gardens.

At the celebration, attendees will learn more about farms in the area, including Greenfields, Whiskey Creek Organics, Fiacre Acres, Round Barn Beef and Wintergreen.

Share a meal made at Homegrown using seasonal local produce and foods grown in Oregon. The menu will include beef bourguignon, wild mushroom pilaf, butternut squash kugel and more.

Hear from the local school garden coordinator and some of the kids who work in the garden. After the meal, there will be a dessert auction to

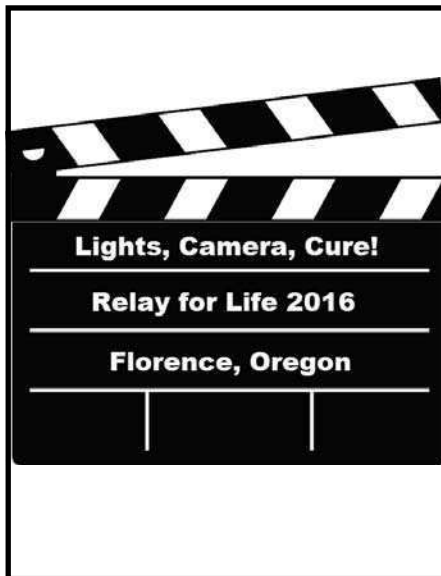
benefit the gardens.

Those interested in finding out more about the Siuslaw School Garden can email harvestyourbackyard@yahoo.com.

Tickets for the Autumn Festival are sold at Homegrown Public House, 249 Laurel St.

For more information, call Homegrown at 541-997-4886.

**"Gotta Love Cascades"** painting by Caroline Estill



Want to help out behind the scenes to help plan your 2016 Relay For Life of Florence?

Join us on...

**Monday, November 9**  
**Best Western Pier Point**  
**6-8 PM**

# american diabetes month

## Identify Your Risk for Diabetes

(TF) — "There are more than 16 million Americans living with diabetes and at least one-third of these people remain undiagnosed," says Robert Sherwin, M.D., president of the American Diabetes Association (ADA). "That is why diabetes is called the 'silent killer.'"

Diabetes is a serious disease that can lead to blindness, heart disease, strokes, kidney failure and amputations. It kills more than 193,000 people each year.

Many people have diabetes for years before they are diagnosed because symptoms can remain undetected. It is only after a person's eyes, nerves and kidneys fail, or they have a heart attack or stroke that they discover they have the disease. Diabetes is more common in American Indians, Latinos, African-

Americans, Asian-Americans and Pacific Islanders.

Test your knowledge about diabetes risk factors by taking the quiz below. If you suspect you have diabetes or know someone suffering from extreme thirst, frequent urination and unexplained weight loss, see a doctor immediately. For more information, call (800) DIABETES or visit [www.diabetes.org](http://www.diabetes.org).

### COULD YOU HAVE DIABETES AND NOT KNOW IT?

To find out if you are at risk, write in the points next to each statement that is *true* for you. If a statement is *not true*, put a zero. Add your total score.

1. My weight is equal to or above that listed in the chart. **Yes 5** \_\_\_\_\_
2. I am under 65 years of age **and** I get little or no exercise. **Yes 5** \_\_\_\_\_
3. I am between 45 and 64 years of age. **Yes 5** \_\_\_\_\_
4. I am 65 years old or older. **Yes 9** \_\_\_\_\_
5. I am a woman who has had a baby weighing more than nine pounds at birth. **Yes 1** \_\_\_\_\_
6. I have a sister or brother with diabetes. **Yes 1** \_\_\_\_\_
7. I have a parent with diabetes. **Yes 1** \_\_\_\_\_

**TOTAL** \_\_\_\_\_

### Scoring 3 to 9 points

You are probably at low risk for having diabetes now. But don't just forget about it — especially if your are Latino, American Indian, African-American, Asian-American, or Pacific Islander. You may be at a higher risk in the future. New guidelines recommend that adults age 45 and over should consider being tested for diabetes every three years. However, people at a high risk should consider beginning testing at a younger age.

### Scoring 10 points or more

You are at a high risk for having diabetes. Only your healthcare provider can determine if you have diabetes. If you or someone you know is experiencing frequent urination, extreme thirst and sudden, unexplained weight loss and you suspect diabetes, see your healthcare provider at once to find out for sure.

### AT-RISK WEIGHT CHART

Height	Weight
feet/inches without shoes	pounds without clothing
4' 10"	129
4' 11"	133
5' 0"	138
5' 1"	143
5' 2"	147
5' 3"	152
5' 4"	157
5' 5"	162
5' 6"	167
5' 7"	172
5' 8"	177
5' 9"	182
5' 10"	188
5' 11"	193
6' 0"	199
6' 1"	204
6' 2"	210
6' 3"	216
6' 4"	221

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes. This chart is based on a measure called the Body Mass Index (BMI). The chart shows unhealthy weights for men and women 35 or older at the listed heights. At-risk weights are lower for individuals under the age of 35.

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**D.A.V.**  
Disabled American Vets  
1715 21st St.,  
Florence, Oregon 97439  
541-997-1562



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Fresenius Medical Care North America  
2820 Kingwood Street  
Florence, Oregon 97439  
Main: 541-997-1136, Fax: 541-997-1316  
[clinic8365@fmc-na.com](mailto:clinic8365@fmc-na.com)

## REGENCY

1951 E. 21st St.  
Florence, OR 97439  
541-997-8436

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