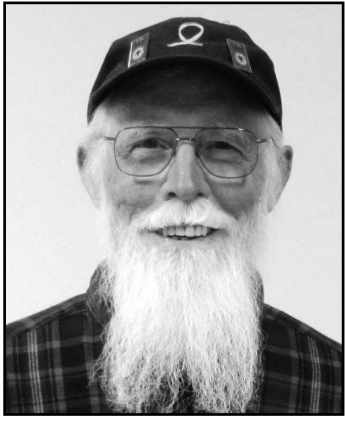


Us TOO Florence Behind the headlines



BY BOB HORNEY
CANCER SURVIVOR
US TOO CHAPTER LEADER

Dreamily: Oh, how I'd love to grow up and be a urologist specializing in the diagnosis and treatment of prostate cancer — man's most frequently diagnosed non-skin cancer and man's No. 2 cause of cancer death. Just think, I'd have access to the PSA blood test, one of the best early cancer screening tests available, giving me the potential to save lives and keep families together. Plus, I would be able to build on the PSA era's 40 percent reduction in mortality from prostate cancer with the use of today's advanced diagnostic tools

and treatment therapies. Early detection of this deadly disease received a big boost in 1991, when Dr. William Catalona published the results of his own study showing that the PSA test was the most accurate method of detecting prostate cancer.

Moreover, the PSA test could detect many prostate cancers that were missed by both the rectal exam (DRE) and ultrasonography.

Dr. Catalona's finding that PSA could be used as a first-line screening test for prostate cancer was a remarkable step forward in the early diagnosis of that life-robbing disease.

During the PSA era, the cooperation within the medical profession pursuing early detection of prostate cancer resulted in an efficient and effective process. Family/primary care physicians were screening with the PSA test and referring men with elevated or rising PSA results to the urologists.

Prior to the PSA test, referrals resulted primarily when men presented with symptoms or an abnormal DRE which is why, according to Patrick Walsh of Johns Hopkins, only 68 percent of newly diagnosed men had localized cancer and 21 percent were metastatic.

Thanks to the PSA test, men

were suddenly being referred 5-10 years before becoming symptomatic or having an abnormal DRE which, again according to Patrick Walsh, raised the diagnosis of localized disease to 91 percent with only 4 percent having metastases.

But all was not well. The prostate gland is located just below the bladder and right in front of the rectum, making it difficult to treat with either surgery or radiation. In addition to being in a difficult location, the urethra goes right through it. Early referrals and earlier diagnoses meant more life saving treatment, but...

The problem was those early treatments, surgery and radiation, were leaving many men with serious erectile, bladder and rectum damage. Removing the prostate meant the urethra had to be cut and stitched back together and the nerves controlling erections were removed as part of the surgery.

Radiation caused its own share of collateral damage.

I have a ton of respect and appreciation for those who went ahead of me and paved the way to the precision surgery and radiation treatments of today. Thanks to their sacrifices, the above side effects are now usually quite mini-

mal and largely correctable, when they do occur.

Fast forward to 2016 and we find, in spite of early detection and improved treatment resulting in saved lives, times have changed! In 2012 the PSA era came to a screeching halt, thanks to the U.S. Preventive Services Task Force (USPSTF) and its recommendation that healthy men should no longer receive PSA tests. As if that wasn't bad enough, the American Academy of Family Physicians (AAFP) agreed. With that move, the high level of cooperation within the medical profession ground to a halt.

All of a sudden, referrals to urologists were down sharply because PSA screening rates dropped. Naturally, as fewer men were screened, fewer men were found with elevated or rising PSAs, thus fewer referrals. At the same time, the detection of early-stage prostate cancer decreased and more men were presenting with higher PSAs, including a higher percent of symptomatic, advanced or metastatic disease, all within two years.

No surprise there. Ok, I'm rethinking what I said at the beginning; more to come next time...

St. Andrew's Episcopal Church begins Lent services today

Observing the time of repentance and renewal before Easter, the congregation of St. Andrew's Episcopal Church invites you to begin the observance of a Holy Lent on Ash Wednesday, Feb. 10.

At 11 a.m. and 5:30 p.m., solemn Holy Eucharists will be offered at the church, 2135 19th St. This is a time to reflect on the days before Easter and the things that need change or renewal in our lives.

As a sign of turning away from what is no longer useful or helpful in our lives, those who attend services may choose to receive the imposition of ashes on the forehead.

On Ash Wednesday, Mother Georgia DuBose and Deacon Steve Avery will also offer "Ashes to Go" at 1 p.m. at the Port of Siuslaw harbor, near the boardwalk at the end of Bay Street. Those who take

part in the practice will receive prayer cards, and the clergy will take their prayer requests for repentance, renewal and healing.

Continuing in Lent, Deacon Steve Avery will offer Bishop Nicholas Knisely's reflections, "Lent is not Rocket Science," in the church mission hall at 6 p.m. A soup, bread and salad supper will be served, and the evening will end with Compline, the contemplative prayers that complete the day.

Regular Sunday services will be focused on repentance and renewal, at 8 and 10 a.m., as will the Tuesday Morning Prayer service at 8:30 a.m., and the regular Holy Eucharist service on Wednesdays at 11 a.m.

Everyone is welcome for prayer and renewal at St. Andrew's.

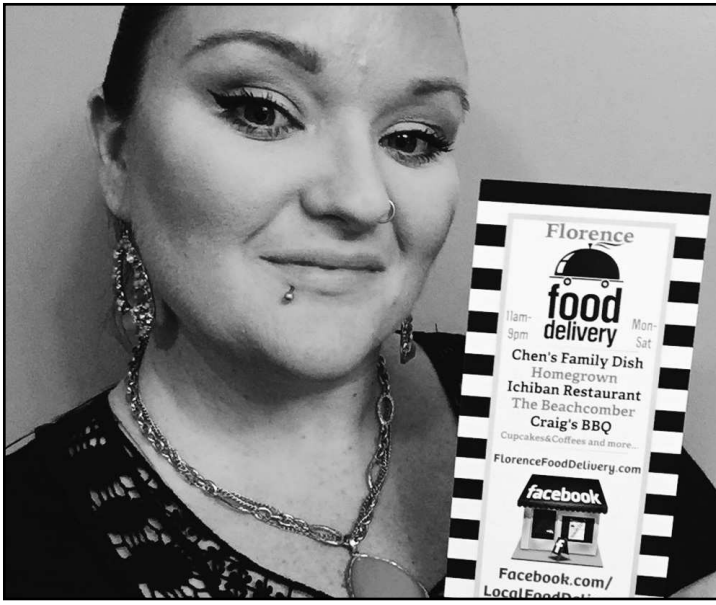
New local business promises to deliver — literally

Got a taste for a special dish from your favorite local restaurant without having to leave home?

Florence Food Delivery provides quality service and food from area restaurants to residents throughout Florence. Owner Harmony Kenney, a retired paralegal and entrepreneur, says she has a deep love for cooking on all levels.

"When my family and I moved here in 2011, I discovered there was a genuine need for home-delivered munchies," says Kenney. "After some time, I started on a plan to better serve the community."

While there are plenty of places in town to pick up a pizza or have one delivered, as the years passed Kenney says she still felt a strong desire for more fresh-made delivery



COURTESY PHOTO

Harmony Kenney's new business, Florence Food Delivery, brings Florence's restaurants to your door.

options. She realized that she wasn't the only resident who felt a food delivery service was a need within Florence.

In late 2015, Florence Food Delivery was established. Now, whether a local business person unable to leave work for lunch, a camper looking for a bite, a visitor staying at a hotel, or a resident who just isn't up for making a trip into town, Florence Food Delivery can deliver a multitude of tasty options from kitchens around town.

Order local restaurant food such as Craig's BBQ, The Beachcomber, Chen's Family Dish, A Taste of Hawaii, Homegrown Public House, Ichiban's Chinese and Japanese Restaurant, Los Amigos Burritos, Best Thai Cuisine, and more from online menus at FlorenceFoodDelivery.com, and have your favorite dishes delivered. Or call in your order at 541-991-8399.

Homegrown to host next 'Support Local' dinner

It is time for another Support Local dinner at Homegrown Pub, which will present its sixth family-style community dinner Monday, Feb. 22, at 5:30 p.m.

Support Local dinners provide the community with an opportunity to learn more about local farms and producers, as well as see what is available seasonally. The menu will include sausages from Deck Family Farm in Junction City, braised greens from Whiskey Creek Organics and Greenfield Farm, potatoes Anna from Wintergreen Family Farm in Noti, and a yacon wild green salad with a persimmon vinaigrette.

The Support Local Winter Jollification is also an opportunity for the community to learn more about the Siuslaw School Gardens. There will be a special dessert auction that will raise money to support the gardens and the School Garden Coordinator position.

The Siuslaw School Gardens are located at the Siuslaw Elementary School. There are currently 18 garden beds, some planted with overwintering crops. The gardens are a great way to incorporate academic studies as well as real life experiences during the school day.

Elementary students are currently composting the food waste from the cafeteria for the gardens. Soon they will be planting for the spring.

For more information about how to get involved in this unique project and ways to support local students in developing a different relationship with their food, contact Lyza at harvestyourbackyard@yahoo.com, or visit the Siuslaw School Garden facebook page.

Tickets for the Support

Local Winter Jollification are \$20 and are available at Homegrown Pub, 294 Laurel St. There are a limited number of tickets available.

For more information, call 541-997-4886.

Homegrown supports our local farms and producers by using their food, when avail-

able, to create fresh, made-from-scratch dinners.

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Wednesday 2/3	Brenda McDaniel Carolyn Tweedy	Westlake Florence	Grocery Outlet Big Dog Donuts & Deli
Thursday 2/4	Robert Brown Eli Korab	Florence Florence	Oceanside Veterinary Hospital Blue Dolphin Antiques
Friday 2/5	Elvin Slaugh Dave Gruesz	Florence Florence	Ixtapa Mexican Restaurant Safeway
Saturday 2/6	Judith Jones Bear McDaniel	Florence Westlake	Beachcomber Safeway
Sunday 2/7	Raymond Bray Tilman Hanson	Florence Florence	Safeway Three Rivers Casino Resort
Monday 2/8	Ron Klampe Betty Carruthers	Florence Florence	Safeway Rite Aid

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