PROSTATE CANCER SPOKEN HERE

"Although the celebration continues throughout the year, Dancing with Sea Lions is certainly the pinnacle event. Jennifer and the whole committee has done a fantastic job," Rhodes said.

Each Dancing with Sea Lions sculpture was sponsored by an area business or organization. The project was underwritten by City of Florence, Friends of the FEC, Sea Lion Caves and Three Rivers Casino Resort.

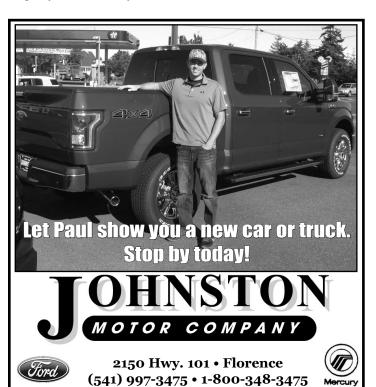
City Councilor Joshua Greene, who is also active in the Public Arts Committee and Florence Urban Renewal Agency, said, "When you think

about the FEC and all that Jennifer and her team have done to get this done and get it out there from Newport to Reedsport, this is really terrific. You come in here and you see this unbelievable expression of creativity, fun and excitement, and all by these artists in our community. See the dunes? No, you've got to see the art!"

Florence Mayor Joe Henry led the reception attendees in a

"Now let's dance," Connor said.

City of Florence Public Works is installing the sea lions at their locations this week. For a full map and information on the artists, go to www.dancing withsealions.com.



Yard Debris Disposal Next Date is April 16th 9am to 2pm

at the Kingwood entrance to the airport, located at Kingwood & 27th St.

COST

Pickup load

Small Utility Trailer (Single Axle)

\$10

Medium Utility Trailer (10-12 ft)

Large Utility Trailer (12-18ft) \$20

Greater than 20 cubic yards

\$20 +\$5/yard over

2016 Collection Dates:

April 16 **May 14** June 18 July 16

Bring your: August 20

Household waste Animal Waste

Bring:

DO NOT

Tree Clippings

 Leaves Grass Clippings

Weeds

Brush

Prunings

September 17 Plastics October 15 Construction

Debris Hazardous Waste

For questions, please contact the City of Florence Public Works Department at 541-997-4106

Us TOO introduces Man Plan to program

The Man Plan has come to the men in Us TOO Florence. What is The Man Plan? It is an exercise program sponsored by AbbVie Pharmaceuticals to counter the side effects which many men endure when receiving hormone therapy for prostate cancer.

In this case, the hormone therapy is Lupron, which is manufactured and distributed by AbbVie. Lupron is used with men having incurable advanced prostate cancer as well as men receiving external beam radiation for curable prostate cancer.

Side effects tend to vary with each patient but can be vicious in nature. Generally, men can count on loss of libido (energy), tiredness, hot flashes, increased sweating, night sweats, weight gain and impotence, among others.

The Man Plan is a 12-week health and wellness program that has been specially created for men living with prostate cancer and needing Lupron. It is designed to get men moving

Us TOO Florence members (from left) Dennis Hamilton, Duke Best and Ray Barba demonstrate three of the resistance exercises used with The Man Plan.

It consists of three levels of resistance exercises: Starter. Intermediate and Advanced.

while strengthening their mus-

cles and improving their bal-

Each level consists of a warm-up, a set of exercises, and cool-down stretches, all guided by a certified exercise physiologist. Each participant works at his own pace and has a coach to support him.

This program is available to all prostate cancer survivors who are using or have used Lupron. This means attending Us TOO Florence meetings is not a requirement.

Men can sign up online to receive their free packet with directions and resistance band.

Call Bob Horney at 541-999-4239 for a verification code or pick up the information at the Oregon Urology Institute office in Florence.

Siuslaw High alumnus joins local law office

The Law Office of Jane Hanawalt has announced the addition of an associate attorney to the firm, Laurel Ferguson, JD.

Ferguson grew up in Florence, the daughter of Rick and Jane Yeeny, and graduated from Siuslaw High School in 2004. After graduating maxima cum laude from the University of Portland, Ferguson attended the Gonzaga University School of Law, as one of only five Thomas Moor Scholars, earning her Juris Doctor in 2012.

Ferguson was admitted to the Washington State Bar in 2012 and earned admission to



Laurel Ferguson

the Oregon Bar earlier this

"Laurel worked for me briefly after finishing law her Bar exam results," Hanawalt explains. "It was then the idea of bringing her back to Florence came up and I am very happy that we have worked out a way to make that happen." Hanawalt went on to express

people here is necessary to maintain a balanced and thriving economy. Ferguson is very clear in her

the belief that finding a way to

keep more of Florence's young

desire to make Florence her permanent home.

"I lived in Seattle for more three years," than

school and while waiting for Ferguson. "It is a beautiful city, and I loved having restaurants and grocery stores at my doorstep. But my time in Seattle also helped me realize that I am a small town girl at heart, and I couldn't imagine a better community than the one in which I was born and raised."

> Ferguson is joined in her move by her husband of three years, Alex Ferguson.

> "When the opportunity to move back presented itself, I knew I had to take it. I am so thrilled to be back and put down roots here in Florence," said Laurel Ferguson.

LRP's new production of 'Anne Frank' takes stage

The latest production of "The reflections she wrote about Diary of Anne Frank," being produced by Florence's Last Resort Players, is a retelling of the well-known play based on Anne Frank's diary, which was reclaimed by her father, Otto ings and survivor accounts have Frank, when he returned to the been interwoven into a power-Annex following the end of World War II.

Otto Frank was the final survivor of the families that had hidden there. He released some but not all of the writings in the diary, as he thought some of the might offend the tenants of the annex, particularly Anne's opposition to her mother, which he felt didn't honor their memory.

Those newly released writ-

ful, intimate adaptation of Anne Frank's story. Audience members find themselves going back in time as cast members enter an era

where human moral is shattered by horrific changes. But, somewhere in a small annex a little girl finds the courage to survive. During two years of hiding, ence to witness what life may have been like for the Frank family — living a claustrophobic existence together, with eight people trying to contain their fear of what is to come, as well as grief for what was lost. And, to return to their ordinary lives.

History plays out in front of the audience in this adaptation for those who know the story well, and for a new generation that has yet to understand the gift of what Anne Frank gave to humanity through her diary.

LRP is introducing three young actors to the stage for the

Gliewe is also actively involved in Indian Education, and plays the trumpet in band. Her character in Anne Frank explores deep, intimate emotions throughout the play, and she is said to capture those hope for a peace that allows them moments with maturity and

> Brooklyn Cahoon is taking on the role of Margot Frank, Anne's older sister. Cahoon is also an eighth grader at Siuslaw Middle School and in her first role for LRP. Cahoon spends her extra time volunteering in her local church to help teach children. The young actress also loves playing guitar and singing all genres of music.

> Cahoon says she enjoys the learning process of theater and the opportunity to stretch herself beyond her shy comfort zone.

> Kyle Hight plays Peter Van Daan. His character in "Anne Frank" is shy, quiet and clumsy, but Hight couldn't be further from those traits off stage.

A freshman at Siuslaw High School, Hight is an active, wellspoken and sure-footed student. He is active in his community and loves hanging out with friends, listening to music and playing video games. Like Cahoon, this is his first LRP play, and he has reached above and beyond to relate with his character.

These three young actors are in the midst of many talented performers, who have offered mentorship on and off the stage.

Additional cast members include: Otto Frank (Dana Rodet); Edith Frank (Kate Gibson); Mr. Van Daan (Jim Wellington); Mrs. Van Daan (Jackie Crave); Mr. Dussel (Grant Harmond); Miep Gies (Trudie Cahoon); Mr. Kraler (Paul Deemer); and Nazi Officers (James Bonisteel and Jamison Smith).

"The Diary of Anne Frank" will be performed April 22, 23, 28 and 29 at 7 p.m., and April 24 and 30 at 2 p.m. at the Florence Events Center.

Tickets are available at the FEC, 715 Quince St., online at www.eventcenter.org, or call 541-997-1994.



