



Ned Hickson

For a few fleeting moments, I considered re-joining our local community softball team. Then I remembered what happened the last time I played a few years ago, and the trauma it caused.

Mostly for my teammates. [Insert gauzy dream sequence here and cue the harp music]...

As I mentioned, I recently joined a community softball team after not participating in anything athletic since — conservative estimate — the golden era of dodgeball in the early '70s. In response, I have received letters and emails from readers offering encour-

agement, support and, in an isolated incident, a lucky athletic cup from someone named "Derek."

Admittedly, I was curious as to what qualified this particular cup as "lucky." His response should be a lesson to us all regarding the dangers of continuous baseball usage.

"I used to get hit — there — almost every game," Derek explained his note. "Sometimes two or three times. But my [censored] never got hurt."

Though he didn't mention it, I suspect Derek also has a "lucky" batting helmet.

Regardless, many of you have expressed an interest in knowing how the season is going, whether I've had a hit yet, if jock itch has been an issue and how much time I'm

spending in right field. I think Patsy Sullivan from DeSoto, Texas, summed it up best when she asked:

Have you quit yet? As I told Patsy, I'm not a quitter. In fact, I expressed this to my teammates during a recent huddle, when we found ourselves down by two runs heading into our last at bat, which inspired me to throw my hand out and chant, "I WON'T QUIT YOU!"

After an uncomfortable moment in which all 13 of my teammates guzzled sodas simultaneously, we decided to stick with "RUNS!" as our chant. Afterward, we also decided I would be required to submit all chants on paper before any team huddles.

Craig Pearson of Lake Powell, Ariz., wanted to

know how we're doing in the league standings. Currently, we are 3-3 after losing to our local radio station's team.

I should mention that it is undefeated, thanks to a hard-hitting line-up, ironclad defense and a team of players committed to avoiding any mistakes that could send them back to Cuba.

To our credit, we did manage to keep things close, at least until their timely clutch hitting sparked a 12-run rally late in the bottom of the first inning.

Until then, it was pretty much anybody's game.

Nancy Smythe of Atlanta, Ga., asked how I'd rate my personal performance so far this season. I can answer that question in two words that, coincidentally, just happen to

be my official softball nickname:

"Rally Killer." That's right. When our team is tired of running bases during a two-out rally, I'm the man they turn to. In our last game, the outfielders actually left on a soda run when I came to bat.

I'm happy to say I made them regret that decision by connecting on a line drive that knocked over their beverage cooler.

To answer a question from Pete Schuster of Cleveland, Tenn.: We're not the best team; we're not the worst team. However, I'm pretty sure we're the only team with a certified horticulturalist in the line-up.

This is very helpful because, in addition to being

a good ballplayer, this individual also knows that chopped beach grass, distributed evenly within a beverage, can cause a person's throat to swell shut for as long as three to four inn...

I mean approximately an hour.

Hey, he only mentioned this so we could recognize the symptoms; just in case one or more of our opponents suddenly drop to the infield clutching their throats; possibly even during the play-offs.

Until then, I'll keep standing in right field with my glove held high. Who knows?

Something might even land in it.

Ned is a syndicated columnist with News Media Corporation. Write to him at nedhickson@icloud.com.

Yachats to host annual holistic, crafts fair

YACHATS — The 20th annual Pathways to Transformation Holistic Health, Psychic and Crafts Fair is set for Saturday, Aug. 6, from 10 a.m. to 6 p.m., and Sunday, Aug. 7, from 9 a.m. to 5 p.m., inside Yachats Commons, 441 N. Highway 101 at Fourth Street.

The \$3 weekend pass donation includes the 22 seminars

and demonstrations. This is a family-friendly event and there is free parking.

The Yachats Commons will be filled with nearly 75 exhibitors from the Pacific Northwest and beyond.

A bring-some, take-some Free Book Exchange featuring books on health, wellness and metaphysical topics is also featured. Food will also be offered in the on-site cafe.

For more information, visit www.chucklingcherubs.com or call 541-547-4664.

Call to artists for 'Artistic Visions'

Friends of the Florence Events Center (FEC) is offering artists the opportunity to participate in the second annual Artistic Visions awards show.

Artists' work will be shown in Galleries One and Five at the FEC during October and November, with awards presented at a special reception Oct. 15, from 3 to 5 p.m.

Three judges from outside the Florence area, each respected in their field of expertise, have been asked to

select award winners. There will be cash awards for first, second, and third place in each of three categories: 2-D, photography and 3-D.

There will also be a "People's Choice" award.

Each artist can submit up to three pieces of artwork, and due to space restraints, art will be accepted on a first-come, first-served basis.

A non-refundable fee of \$20 per work must be sent with the entry form. High school artist fees will be \$10 per work.

All artwork must be for sale, and content must be appropriate for the FEC. The artist will receive 75 percent of the price, and 25 percent will be retained by the Friends of FEC.

Entry forms and guidelines can be obtained from the FEC office, 715 Quince St., during regular business hours. They are also available on the FEC website www.eventcenter.org.

Artwork must be hand-delivered to the FEC on Tuesday, Sept. 27, between 9 a.m. and noon.

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Florence Food Share is your local community food pantry. We serve emergency food boxes to all those who qualify financially. Our hours are 9:30a.m.-1p.m., Monday through Friday. We reopen in the afternoons on Monday and Wednesday from 4-6p.m. We are also now open the first and third Saturday of each month, from 10a.m. – 1p.m. Please call us with any questions and/or for more information.

FLORENCE FOOD SHARE
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www.florencefoodshare.org
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Florence Food Share es su lacena de comida comunitaria. Servimos cajas de comida de emergencia a todos esos que califiquen financieramente. Nuestras horas son de 9:30a.m. – 1p.m., de lunes a vienes. Re-abrimos por la tarde del lunes y del miércoles de 4-6p.m. También, ahora abrimos el primer y tercer sábado de cada mes, de 10a.m. – 1p.m. Por favor llámenos con cualquier duda y/o para conseguir más información.

Power

from 1A

Florence Mayor Joe Henry said, "I felt so bad for people trying to play music and trying to keep their shops and restaurants open."

He said that people waited on the street while they waited for power to return.

Hospital

from 1A

According to Shearer, salary has not been an issue for the recent departures.

"Some people say, 'Oh, you aren't paying them enough.' Pay is not an issue. I can think of at least three providers that are taking a \$20,000 to \$40,000 cut in salary by going to other places," he said.

Peace Harbor actually retains physicians for a longer period than the national average at other hospitals, Shearer said.

"Physicians (in general) do move around a lot more than they used to in the past," he said.

Richard Bennett, vice president of operations for

"Once the power came back on, it was fine," Henry said.

Even Florence Events Center was affected, said manager Kevin Rhodes.

"On Saturday night we had a large party going on with a band. Fortunately, through a Homeland Security Grant, we have an emergency generator that allowed that show to go on

uninterrupted," he said.

The events center's generator has enough power to help most shows go on, but the large theater often requires more lighting than the generator can support.

City Manager Erin Reynolds said it is rare for Florence to have a power outage, so it was interesting that July had two. An animal caused a brief out-

age on July 16.

"It was ironic since that one happened on Power of Florence day," Henry said.

Central Lincoln has a Twitter page that responds to outages, twitter.com/CLPUD, as well as a hotline for customers to call, 1-866-484-3783. People can also go to clpud.org for more information.

PeaceHealth Medical Group, said, "This is a team effort at PeaceHealth. We have nurse practitioners, physician's assistants and RN care coordinators. We have primary care shortages all over the West. Whether it is PeaceHealth or other organizations, you want to take a thoughtful approach, so the team is important."

Penrose agreed with the team approach to health care, citing the growing national shortage of physicians.

"We will not be putting out enough primary care providers to cover the national need," he said. "Nationally, we are short thousands of physicians. The future, as we move forward, is to have nurse practitioners and physician's assistants integrated to make sure we are meeting

all the needs of the patient. If we can capture a nurse practitioner, that is as valuable to us as a physician at this point."

Peace Harbor has signed five new replacement doctors. Three will start by the end of the year, and the other two will arrive in mid 2017 and sometime in 2018, respectively.

"I would like to see it earlier, but we will probably turn the corner next spring," Penrose said.

Until that time, Peace Harbor plans to serve its patients who are without a primary care provider through a combined approach of team medicine, referrals to other primary care physicians for serious situations and utilizing the walk-in clinic.

"The walk-in clinic has been helpful," Shearer said. "They see about 60 patients a day. If we have a patient that has a need right now, we are going to have to go to one of the other primary physicians and say,

'Can you take another patient?'"

Penrose sees the doctor shortage in Florence as being reflective of what is happening across rural America, but he is confident that the aggressive recruitment strategy of PeaceHealth will prove effective in attracting new doctors to the area.

"PeaceHealth is fully committed to keeping the community fully staffed. Where they can feel some comfort is to know that this has been an ongoing process for the last nine months. For someone that hasn't had access, they can take comfort in knowing we have been proactive about it. We are fixing it and there are people on the way," he said.

Rick Yecny, chief administrative officer at Peace Harbor, concluded, "We need to focus on the providers that are here as well. There can be some coordination with the community to help retain them."

240 HOURS

Is your family prepared?

If an emergency happens in your community, it may take emergency workers some time to reach you. You should be prepared to take care of yourself and your family for a minimum of 240 hours.

Get your emergency first aid kit started with these essentials:

- ☐ First aid manual
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- ☐ Laxatives, diarrhea medicine
- ☐ Rubbing alcohol, petroleum jelly
- ☐ Soap, salt, baking soda
- ☐ Sanitary napkins, matches
- ☐ Triangular bandages
- ☐ Elastic bandages, pressure dressings
- ☐ Cotton balls, disposable diapers
- ☐ Scissors, needles, tweezers
- ☐ Popsicle sticks, splints, heavy string
- ☐ Thermometer, paper tape
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