

Community Voices

NATURAL PERSPECTIVE — A WALK IN THE FEN



By EMILY J. UHRIG, PH.D.
Special to Siuslaw News

Summer is arriving and it's time for travel and outdoor adventures. While some folks

head to far-flung destinations in search of exotic surroundings, there is a place much closer to home that offers something of a tropical vibe: the Darlingtonia State Natural Site just north of Florence.

Saturated with slightly acidic groundwater, the boggy site is properly known as a fen. The highlight of this unusual habitat is its population of Darlingtonia californica pitcher plants, also called "cobra lilies" thanks to their snake-like shape.

Although they may

look more at home in a jungle than along Highway 101, they are native to our area. In fact, Darlingtonia is only found in northern California and southwestern Oregon.

Like other pitcher plants, Darlingtonia is carnivorous.

Digesting insects gives the plants a crucial nitrogen source within the otherwise nitrogen-poor environment of the fen.

The pitcher, which can be over 3 feet tall, is actually a leaf modified into a tubular structure with a curved hood hiding an

opening at the top. Attracted by nectar, unsuspecting insects enter the pitcher, but many find it impossible to exit.

Translucent window-like patches on the upper part of the pitcher confuse insects and obscure the only real exit. Insects trying to land for a rest, find they cannot get traction on the pitcher's waxy interior and slip into its base where downward-pointing hairs further impede their crawling out.

Eventually, the insects' day goes from bad to

worse as they fall into a pool of watery fluid that lies at the bottom of the pitcher. There, they are digested. While many carnivorous plants use digestive enzymes, Darlingtonia primarily relies on microbes within the fluid to take care of prey digestion.

Despite being a house of horrors for many insects, Darlingtonia's pitcher is not a death trap for all who enter.

There are, for instance, species of mites and fly larvae that live inside the pitcher and feed on the

decaying remains of the less fortunate insects.

So, should you fancy a tropical feel without the hassle of long-distance travel, drive up the highway and take a walk through the fen.

June is a good time to visit as the Darlingtonia are in bloom with purple and yellow flowers standing on tall stalks among the pitchers.

This site may not be such a fun destination for insects, but, for us, a visit showcases the unique plants that can be found right here on the coast.

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Jim Hoberg is a Florence native, and has been working in Real Estate since 1989. He has served as a Realtor for 30 years. He has obtained several designations that require continuing education, which keeps him on the cutting edge of the industry and he is constantly

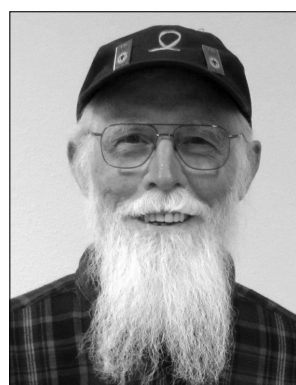
looking for ways to expand his areas of expertise. Recently he has earned the NAR Green designation and the Senior Real Estate Specialist designation. Jim enjoys helping people find solutions to their real estate needs and discovering why Florence is such a great place to live.

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Us TOO FLORENCE — BEHIND THE HEADLINES



By BOB HORNEY
Special to Siuslaw News

Recommendations! What would we do without them? They are often the deciding factors behind our decisions. They can set us in the right direction or lead us down a regretful pathway. Unfortunately, many men are finding the 2012 U.S. Preventive Services Task Force recommendation that men *not* get screened with a PSA test has turned into a regretful pathway.

Why? Because either they or their doctor followed it. As a result, their prostate cancer had time to grow undetected from early stage to metastatic (tumor cells have left the prostate).

As I mentioned last month, Oregon Urology Institute (OUI) has seen a tripling of men being diagnosed with metastatic disease at first visit. An increase in metastatic diagnosis was expected with reduced PSA screening.

A great opportunity to check out prostate cancer screening recommendations is right here in Florence at our Us TOO Florence meetings.

This is where the "rubber hits the road" with urologists joining us to help make sense of recommendations that are vying for our attention.

We have some men attending with no prostate cancer and others with diagnosed disease ranging from very low risk to very aggressive and all the points between. Hearing from our urologists that no two prostate cancers are alike drives home the point that there is much more to prostate cancer than the data that serve as the basis for most recommendations.

When it comes to prostate cancer, my confidence is in how OUI urologists consider each of us according to our own risks. Many of us have individual risks that must be considered when screening for prostate cancer...they can (and do) make the difference between life and death. For over 15 years, I have sat in our meetings and listened to Dr. Bryan Mehlhaff explain why simple recommendations without professional support don't cut it.

I want *my* urologist to interpret how *my* indi-

vidual risks play into *my* screening.

The PSA screening recommendation suggested by Dr. Mehlhaff and his partners at OUI makes sense to me because they are ready to give each man the professional support to make that recommendation work.

Here's their recommendation: Get a baseline PSA test during one's 40s and then start annual screening at age 50.

This is much more than just a blood test. Our urologists will conduct a thorough risk assessment which is now far more extensive than was the case just a few years ago. This helps them consider all our risk factors along with the results of the PSA blood test. We'll also get a digital rectal exam (DRE) just in case we happen to be one of the 25 percent of men who are diagnosed due to an abnormal prostate gland.

That baseline PSA test saves lives! First, it will catch men who may need further testing because of an elevated PSA or an abnormal DRE.

Further, if a man's PSA is normal for his age and his prostate is normal, those baseline results will serve as reference points for future tests.

What are these risk factors? From the 2019 up-

dated Prostate Cancer Patient Guide just published by the Prostate Cancer Foundation, we learn the risks include age, family history, genetic factors, race, lifestyle and dietary habits. This Guide is available to either download or order a copy at www.pcf.org/UsTOO.

It is 80 pages of information including the latest USPSTF screening guidelines; prostate cancer prevention; treatment options; new FDA treatment approvals for men with non-metastatic castration-resistant prostate cancer; genetic and family risk across cancers; nutrition and lifestyle changes checklist.

For comprehensive information on all the above, I highly recommend this Guide.

The Prostate Cancer Foundation expects to update the Guide every quarter because new information is developing so fast. So, here's the deal: Download the current edition at the above address and you will automatically receive the updates online.

Better yet, get monthly updates by simply attending our local Us TOO Florence meetings at Ichiban Restaurant, second Tuesday (5 to 7 p.m.) with Dr. Mehlhaff and 3rd Tuesday (noon to 1 p.m.) with Dr. McKimmy.

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Classes, Workshops & Events

Felting 4 with Ginny Kliever - Needle Felting/Facial Expressions

Friday, July 12th, 1:30-4:30 pm
Open to anyone who has taken Felting 3 - Needle Felting. Pre-registration req'd at FRAA or with Ginny. 541-521-3513

Painting with John Leasure

Saturdays 9 am - 12 pm
No painting experience required.
Contact: jleasure@hotmail.com or 541-991-2754 for details and fees.

Spirit of Summer Art Exhibit at the FEC

Deadline for Entry: June 20th, Art drop off June 25th, 9:30-11 am at the FEC.
Reception July 26th, 5-7 pm. Hope you can help make this a great show. Details and applications on our website.

Pacific Publishing Phone Book Cover Contest

Deadline for Entry is June 30th. Calling all 2D painters to submit their works showing a local theme. Details and links to enter on our website.

Next Art Change-Out Day

Monday, July 8, 2019, 9-11 am

Writers on the River - Creative Writing Workshop w/ Catherine Rourke

The Blank Page: How to Conquer and Master It
Sat., June 29, 2019 10 am - 12 noon
Surefire way to fill your pages
All writing levels and genres, Contact: CJReditor@gmail.com, 541-708-2120

Big Wave Poetry 1st Tuesday Open Mic

Tuesday, July 2, 2019 at 7:00 pm.
Admission is free and refreshments will be available.

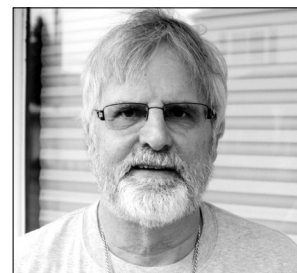
Poetry Workshop

Small group meeting of poets to enhance their written word.
Last Tuesday of each month, 6:30-8:30 pm
Write fraaoregon@gmail.com if you are interested in joining.

Writers Workshop

Writers discuss their current works and get inputs from other writers.
2nd Tuesday, Monthly, 1-4 pm
Write fraaoregon@gmail.com for more details.

LIFE WITH MS — FIVE STAGES



By LLOYD LITTLE
Special to Siuslaw News

In 1986, the neurologist informed me by phone that the spinal tap results confirmed a diagnosis of Muscular Sclerosis (MS). My initial reaction was relief. I finally, after eight long months, had a name for the physical discomfort and pain I was experiencing.

Individuals may respond differently than I did when given news of a life altering event. Elizabeth Kubler Ross studied how terminally ill patients reacted to their diagnosis. She published a book on these responses in 1969 titled "On Death and Dying."

In it, she discussed the five stages of grief: Denial, anger, bargaining, depression and acceptance.

The stages occur in no particular order and may occur off and on for someone's entire life.

I researched MS and, after everything I read, there was no denial stage for me.

The second stage is anger. I certainly was angry. That very night I vented my anger as a referee for city league basketball; I was an angry official, giving a good friend of mine a technical foul for no real reason.

One common thought in this stage is "Why me?" or "Life's not fair." Anger then can be redirected towards others for your situation.

My bargaining stage involved a change in my diet. The Dr. Swank diet was specifically targeted for MS patients. When I learned of the benefits of the diet, I thought by following it to the letter I might get better. One year into the diet and with another child on the way, the diet became difficult to continue; different food for

the family was costly. I then altered my regimen to be more family friendly.

I also made an effort to reduce the stressors in my life and alter my perception of otherwise stressful situations.

The fourth stage, depression, seldom entered my thoughts. With four children and the responsibilities of work and coaching, I did not have time to be depressed.

Did I sometimes wish things were different for me? Sure. Did I dwell on it? No. In fact, I made a promise to myself to maintain enough mobility to walk all my daughters down their wedding aisle. (One down, two to go.)

The last stage is acceptance. I progressed to this stage very quickly. I knew what I had and I knew I was going to attack it like the teams I played for and coached. I may not always be ahead but I will always be in the game of life.