

Ada Grange honors School Food Service Manager



Ada Grange recently honored Siuslaw School District Food Service Manager David Bitner with the annual School Staff Appreciation Certificate and gift card. Bitner has been in the food service industry for 35 years and manager for the school district for five years. Bitner and his staff serve approximately 22,440 meals a month to Siuslaw elementary, middle and high school students. Ada Grange appreciates the service Bitner gives to the Florence community.

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The new machine also has a compression plate that's tailored to fit the shape of a breast for increased comfort and less pain during the exam. "We used to have to compress the breast as much as possible to get the image, but now it's only compressed enough to hold it in place," Hunt said.

She went on to describe the optimum compression that is a new feature of the machine. "When the plate comes down to compress, as it touches the women's skin, it slows down and analyzes the composition of the women's breasts and figures out the type of breast, solid or more fatty," Hunt said. "It flashes to hit the optimum compression for that individual breast and this helps with the right amount of compression."

This results in less pain for the patient.

However, the real advantages of the machine is its cancer detection rates.

Hunt uses the analogy of a forest to explain how much better 3D mammograms are than 2D.

"If we were standing back and looking at a forest of trees, you can tell they're trees. You can see individual trees on the tree line, but if I asked you to pick out a tree 10 feet back that has your initials on it, it

would be almost impossible. That's like the dense breasts. You can see the density, but if there is something back a ways, it's really hard to see it," she said. "But with the 3D it's like you're standing in the forest and there's a tree in front of you, beside you, and behind you that all have your initials. It's that much more detailed. It's as if the radiologist is right there."

Catching breast cancer at the earliest possible stage results in the highest survival rate. This is why PeaceHealth staff recommend annual exams for women starting at the age of 40 and continuing on through the end of one's life; for women with a family history of breast cancer, they recommend starting at age 35. Medicare, Medicaid and most insurances cover annual mammograms starting at age 40.

"Early detection is the most critical thing you can do for your health. If you know it early on, a lot more can be done and less invasive things can be taken care of," Bupp said — which is why she encourages her friends to go every year as well. "It's really nice to be responsible for yourself and make sure your health is taken care of."

Breast cancer is the most commonly diagnosed cancer for American women, according to the American Cancer

Society, and a woman's risk only rises as she ages. This is why Peace Harbor has tried to make it as easy as possible for women to get their annual mammograms.

PeaceHealth uniquely does not require a referral from a patient's provider in order to perform a mammogram. As long as patients aren't experiencing any symptoms prompting them to get a mammogram, patients can simply call and schedule their annual appointment at Peace Harbor directly at 541-222-8765.

According to Hunt, they have practically no wait times to see patients for a mammogram appointment.

The office is open Monday through Saturday from 8 a.m. to 5 p.m., and evening appointments can be made upon request.

"We don't want there to be any excuses for you not to get your mammogram," Goldblatt added.

Peace Harbor's 3D mammograms still require compressing the breast, and even though the new machine is more comfortable and faster, the most important part is that it provides far better results, which can ultimately save lives.

"The long-term consequences really do outweigh the short exam discomfort," Goldblatt said.

City of Florence
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2019 COMMUNITY BLOCK PARTY



guys named moe



FRIDAY, JULY 19, 2019
5:30 PM-10 PM
LIVE MUSIC BEGINS AT 6 PM

OLD TOWN FLORENCE
BETWEEN LAUREL STREET & THE SIUSLAW RIVER BRIDGE

MUSIC, FUN, & GAMES FOR THE ENTIRE FAMILY!

THANK YOU TO OUR PREMIER SPONSORS!



City of Florence
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2019 COMMUNITY BLOCK PARTY



FLORENCE COMMUNITY SCAVENGER HUNT

JULY 17TH - 31ST

COMPLETE MISSIONS | EARN POINTS | HAVE FUN!

HOW TO PLAY:

1. Download the **goosechase** iOS or Android app.
2. Register for a personal account with a username & password.
3. Find the "Florence Community Scavenger Hunt" game.
4. Complete as many missions as possible.
5. Game ends Wednesday, July 31st at midnight.
6. Players with the most points will be entered into the prize drawing!



THE POWER OF FLORENCE

EACH ONE, ONE DAY, MAKING A DIFFERENCE, TOGETHER

SATURDAY, JULY 20

Thank you for supporting the Power of Florence!

2019 SERVICE PROJECTS AROUND TOWN

- 5:00am - 10pm **Dutch Brothers will donate \$1 for every drink sold** to the Florence Community PTA.
- 7:00 - 2:00 pm **Little Brown Hen will donate half of their coffee sales** to the Florence Community PTA.
- 7:00 - 10:00 am **FREE pancake and scrambled egg breakfast** at the United Methodist Church at 333 Kingwood St.
- 8:00 am The Bark in the Park Fundraising Group will be **cleaning and beautifying Singing Pines Dog Park** at 1342 Kingwood St.
- 8:00 - 2:00 pm Oregon BoxLunch will be serving up delicious lunch with proceeds going to the **Bark in the Park fundraiser** at 1930 Highway 101.
- 9:00 am The Florence Garden Club and the Siuslaw Chapter of the American Rhododendron Society will be **weeding and beautifying Gallagher's Park**.
- 9:00 am Delta Gamma will be **cleaning and beautifying the tennis courts and surrounding park area at 35th Street**.
- 9:00 - 1:00 pm Oregon Pacific Bank will host a **donation drive for school supplies for the Siuslaw**

- School District and for pet supplies for the Oregon Coast Humane Society.**
- 10:00 - 12:00 pm **Scotch broom removal**: Help remove invasive Scotch Broom at Heceta Dunes (corner of Joshua Lane and Nautilus). Bring water, gloves, sunscreen and tools (such as loppers, hand pruners and small hand saws). Dogs are welcomed. Sponsored by the Oregon Dunes Restoration Collaborative.
- 10:00 - 12:00 pm Banner Bank will be **weeding and beautifying the Oregon Coast Military Museum** at 2145 Kingwood St.
- 10:00 - 2:00 pm The Friends of the Florence Events Center will be **beautifying and adding bark dust to the front of the Events Center**.
- 11:00 - 1:00 pm Dragon Art will **paint faces for Summer Art Camp vouchers** at 949 Highway 101.
- 11:00 - 2:00 pm Habitat for Humanity will be **building huge adirondack chairs to place in parks throughout Florence**. Join in the fun in front of ReStore at 2004 Highway 101.
- 1:00 - 4:00 pm **Van Fans Ice Cream Social** at the Florence Events Center. Serving homemade pie & ice cream with live music and entertainment tickets \$5 each.

PARTY IN THE PARKING LOT EVENTS AT GROCERY OUTLET

- 11:00 -2:00 pm **Party in the Parking Lot**: With Mike Bones as your MC and **live music and entertainment** by the C.R.O.W Song and Dance Camp kids and the Tavish Sextet!
- 11:00 - 2:00 pm **Hamburger & hotdog BBQ** benefiting Helping Hands Coalition.
- 11:00 - 2:00 pm **Public Works Department vehicles on display** for kids and adults to explore and learn more about.
- 11:00 - 2:00 pm **Florence Police Department vehicles on display** for kids and adults to explore and learn more about.
- 11:00 - 2:00 pm **Western Lane Ambulance District ambulance on display** for kids and adults to explore and learn more about.
- 11:00 - 2:00 pm Florence Food Share: **Beavers vs. Ducks food collecting contest**. Collecting food for the Florence Food Share.
- 11:00 - 2:00 pm **"Stuff the Van"- Pet food drive** for Oregon Coast Humane Society.
- 11:00 - 2:00 pm **Power of Florence T-shirt, sweatshirt, and hat sale**- Get yours while they last! Hosted by the Siuslaw Kindness Club. Wear your Power of Florence shirt! Shirts are \$10 each, hats are \$15 and sweatshirts are \$25.
- 11:00 - 2:00 pm **Food Backpacks for Kids** will be have an informational booth about their mission to erase weekend hunger for students in Florence and Mapleton.
- 11:00 - 2:00 pm **Lemonade stand and delicious brownies** to support Food Backpacks for Kids hosted by Kindness Club members Melody and Talia!
- 11:00 - 2:00 pm **Florence Community P.T.A.** is having a rummage sale! They will also host an informational booth with games, hold a membership drive, and sell Viking stadium seats.
- 11:00 - 2:00 pm Students with EF Educational Tours will be **selling Italian sodas and cookies** with half of proceeds benefiting the Florence Community PTA.
- 11:00 - 2:00 pm Come buy fresh crabs from **Crabs for a Cause!** Proceeds to benefit SOS, Delta Gamma and the Florence Community PTA.
- 11:00 - 2:00 pm Florence/Siuslaw Lion's Club will be **collecting used eyeglasses and hearing aids**; will have applications for eye exams and new glasses.
- 11:00 - 2:00 pm Oregon Coast Military Museum - **T-shirts for sale** to raise money to support the museum.
- 11:00 - 2:00 pm **West Lane 90 by 30** will have an informational booth about reducing child abuse in

- Lane County.
- 11:00 - 2:00 pm The **Siuslaw Youth Soccer Association** will have an informational booth to register new soccer players. Come sign your child up for a Fall team!
- 11:00 - 2:00 pm **Bark in the Park Fundraisers will have a Dog Kissing Booth** & brick campaign to raise funds for the Singing Pines Dog Restoration to include new landscaping and fencing.
- 11:00 - 2:00 pm **Pregnancy & Parenting Center** will have an informational booth about their pregnancy & parenting support, life skills classes, and their 0-5 year old weekly playgroup.
- 11:00 - 2:00 pm **Siuslaw Vision** will have an informational booth to let the community know they "put people at the center"!
- 11:00 - 2:00 pm **KXCR** will have an informational booth about their local non-profit radio station, 90.7 FM.
- 11:00 - 2:00pm The **Oregon Dunes Restoration Collaborative** will have an informational booth on their efforts to save the dunes from the invasive Scotch Broom.
- 11:00 - 2:00pm **EMAC (Environmental Action Committee)** will have information about how to reduce the amount of litter in our community as well as the new "Adopt a Highway and Adopt a Street" program.
- 11:00 -2:00 pm **Florence Master Recyclers** will be on hand to discuss their program and free dish ware (for loan) program.
- 11:00 - 2:00 pm **Precious Plastics Florence** will have an informational booth about fundraising for a machine to take the plastic we can no longer recycle.
- 11:00 - 2:00pm The **Florence Climate Alliance** will have an informational booth to help educate and encourage citizens to understand how climate change is affecting the local area.
- 11:00 - 2:00 pm **Florence Senior Center** will have an informational booth about their robust activity schedule as well as a volunteer sign up.
- 11:00 - 2:00 pm **Memory Care Respite** will have an informational booth about their efforts to give respite to caregivers and socialization time for seniors.
- 10:00 - 5:00 pm Habitat for Humanity ReStore: Come **shop and make a difference**. Habitat ReStore is a nonprofit home improvement store and donation center: clean out your own garage and bring in donations of used fixtures, sinks, faucets, windows, doors, etc.