



BY BETTY KAISER
For the Sentinel

Prepare the umbrella before it rains
Life is full of surprises!
— Author unknown

In addition to protection from the rain, there are many other kinds of umbrellas. And as I count my blessings going into this New Year, I would like to share with you an umbrella procedure that may have saved my life. It was a mammogram that launched me on an unexpected medical journey for the last 14 months.

On Nov. 5, 2014, I blithely zipped into our local mammography lab for my annual mammogram. I was feeling fine and never dreamed that anything was wrong. I have had one of these every year since I turned 40 with nary a problem. The machinery for this procedure is state-of-the-art and only momentarily uncomfortable. I chat with the technician, get smashed, dressed and leave.

At home I waited for the report that says: "Everything is normal. See you next year." It didn't happen. Instead, I received a report that said a small mass had been detected and additional evaluation was recommended. That included diagnostic mammography, spot compression films and ultrasonography.

I was shocked. Blindsided. I couldn't believe it. One minute I was fine. The next minute I wasn't. What had gone wrong? I'd like to tell you that my Pollyanna side was preaching "Don't worry, you're okay," but it wasn't. Deep down, I just knew that a little cell had gone haywire.

My husband and I were leaving town the following week and I didn't want to go without knowing more about this small mass. Was it malignant or benign? I needed to know. As more appointments were piled on, my heart would pound and I felt light-headed. I was overwhelmed by endless information and procedures. This was really happening to me, and it was scary.

More mammograms and ultra-

The Chatterbox

My mammogram surprise

sounds were performed, and I could tell by the quiet in the room that something wasn't right. After I got dressed, the radiologist put two sets of images up to compare. The previous mammograms were clear. This time there was a small glowing spot in the tissue. Cancer? A biopsy was the next step. Another umbrella.

I was given a tour of the room and the machine that would do the recommended stereo-tactical biopsy. Then, the machine had a time-out (break down) and the procedure was cancelled. Next I was informed that the radiologists had "a difference of opinion." They were now recommending an ultrasound guided biopsy and the insertion of a clip in my tissue—right after another couple of mammograms.

"Cancer" and how to treat it became the word of the day. By then my vocabulary had expanded. Pathology reports used words and phrases like "a DCIS Solid with comedo necrosis (plugged by cancer cells); intermediate grade with estrogen receptor possibility." I added more vocabulary after I saw the surgeon! He was another umbrella.

Finally, after all the bad news, there was good news. Definitive surgical management was recommended but only a partial mastectomy. Among other things, the mass was "in situ" (confined to the breast duct) and hadn't spread itself around. That was good. But unfortunately, even with the clip in place the small mass wasn't easily found. Later a metal hook had to be attached to mark the spot for the surgeon to find. Ouch!

As word of my diagnosis got around, friends, neighbors and perfect strangers started calling me with their stories. That was both helpful and overwhelming. But by the time I got to the hospital I had an idea of what was going to happen from the female perspective. One of my friends told me about the search for the Sentinel Node in Nuclear Medicine in such detail that I actually knew what was going on when I got there.

Prior to that I had (again!) been

squished by mammography, injected with anesthetic, squirted, the mass located and the previously mentioned guide injected for the surgeon. I will tell you that it was the most painful part of the process. Tears ran down my cheeks as a sweet nurse rubbed my back. Covered with marks and bandages, I was wheeled into surgery and came home that night.

In my case, follow-up treatment was a little dicey. Tissue samples revealed that although the cancer was contained, its nuclear grade was Intermediate/High. That made a recurrence more likely. A decision was made to treat it with an anti-estrogen drug and a medication to strengthen my bones.

I am happy to report that as of Dec. 18, 2015 my one-year diagnostic mammogram was clear. I'm on a five-year treatment plan like many other breast cancer survivors. The medication is tolerable but not pleasant. However, I have one year down with only four more years to go. Another umbrella. I'm a grateful woman.

Now here's the bottom line and the reason why age-appropriate women must get a mammogram every year—a mass the size of mine cannot be seen or felt. It can only be detected by mammography. And the mass is always cancer at 70 years old! Think about that. If I had waited another year or two the mass would have grown and spread. Timing is everything.

My advice to you is simple: if you are a 40, 60 or 70-plus-year old female, make an appointment for a mammogram! Stop procrastinating. Get your mammogram scheduled and done. Do it this year and every year. I don't care what the so-called experts say — you're never too old for this procedure. I'm a good example.

Have a happy, healthy New Year!

Betty Kaiser's Chatterbox is about people, places, family, and other matters of the heart. Contact her at 942-1317 or via e-mail — bjchatty@bettykaiser.com

COMMUNITY BRIEFS

Flashbak in Drain

The North Douglas Performing Arts Council will present the music of Flashbak on Friday, Jan. 22 at the Drain Civic Center, 205 West A Street in Drain, from 7-9 p.m. Admission is \$5 per person.

The band, which includes keys, two guitars, bass and drums, formed in 2007 and showcases classic rock and music from the 50s, 60s and 70s.

Spiritual discussions

Rev. Bobby Lee of the Center for Spiritual Living in Cottage Grove will be holding informal gatherings 2-3 times per month to meet Cottage Grove residents and lead spirited discussions on a wide range of subjects of a spiritual nature.

The first "Coffee and Conversation" will be held Monday, Jan. 11 at the Backstage Bakery from 10 to 11:30 a.m. The topic will be "What is the Science of Mind and Spirit and What Can It Do for Me?" There is no charge, and everyone is welcome.

Those seeking more information can call Rev. Lee at (907) 230-5070 or check the Center's Facebook page at "CSLCottageGrove".

The Center for Spiritual Living — Cottage Grove is one of the newest churches in town and has been meeting for the past 1 1/2 years at the Cottage Grove Community Center at 3 p.m. on Sundays.

Open mic

Habitat for Humanity of Cottage Grove will host an open mic night at the Axe & Fiddle Pub on Tuesday, Jan. 12 beginning at 6:30 p.m.

Librarians sought

The Cottage Grove Historical Society is seeking members to be future volunteer librarians. Those who can commit to one week of training and at least two days a month could be useful to the Society as a research librarian. Current coverage needs will begin in spring and are needed for Friday and Saturday shifts from 1-4 p.m. No library experience is required and friends are encouraged to sign up together. Training will take place in March and April for spring library re-opening. Those interested can email cghistoricalsoc@gmail.com and their name will be put on a list.

Commercial crab price set, excellent quality expected

Oregon Dungeness crab fishermen and seafood processor representatives participating in state-supervised crab price negotiations have agreed on an opening price of \$2.90 per pound for the 2016 Dungeness crab season along the Oregon coast, which began this week. The agreement has been reviewed and approved by Oregon Department of Agriculture Director Katy Coba.

The state-supervised negotiations, which involved representatives from six seafood processors and five marketing associations from Brookings to Astoria, came to a successful conclusion last week at a meeting in Newport.

Pre-season "meat fill" tests used by the Oregon Department of Fish and Wildlife to ensure that quality and condition standards for the crab are met indicate that the quality of the crab this year will be excellent, according to an announcement from the Oregon Depart-

ment of Agriculture.

In addition, testing of crab samples conducted by the Oregon Department of Agriculture show that any detections of the marine toxin domoic acid are below the level of concern. Dungeness crab harvested from the Oregon Coast and sold in retail markets and restaurants are safe and wholesome for consumers.

Crabbers began placing their pots on Friday, Jan. 1 in preparation for the Jan. 4 opening.

Dungeness crab is the most valuable commercial fishery on the Oregon coast. Last season's harvest produced landings of 8.3 million pounds and an 'ex-vessel' value of \$33 million dollars. This year's harvest of Oregon Dungeness crab is expected to be good, which will once again allow consumers locally and nationwide to enjoy the official "State Crustacean" of Oregon.

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350 Washington, Cottage Grove (behind Better Bodies)
541.942.7934

Worship Directory

6th & Gibbs Church of Christ
195 N. 6th St. • 541-942-3822
Pastor: Aaron Earlywine
Youth & Families Pastor: Seth Bailey
Services: 9am and 10:30am
Christian Education
Nursery for pre-k - 3rd Grade
www.6thandgibbs.com

Calvary Baptist Church
77873 S 6th St • 541-942-4290
Pastor: Riley Hendricks
Sunday School: 9:45am
Worship: 11:00am
The Journey: Sunday 5:00pm
Praying Thru Life: Wednesday 6:00pm

Calvary Chapel Cottage Grove
1447 Hwy 99 (Village Plaza)
541-942-6842
Pastor: Jeff Smith
Two Services on Sun: 9am & 10:45am
Wednesday Service 6:45 pm
Child Care 10:45am Service Only
Youth Group Bible Study:
Wed. 6:45 pm & Sat. 6 pm
www.cgcalvary.org

Center for Spiritual Living Cottage Grove
700 Gibbs Ave (Community Center)
Rev. Bobby Lee
Meets Sunday 3:00 p.m.
(907) 230-5070
www.facebook.com/CSLCottageGrove

Church of Christ
420 Monroe St • 541-942-8565
Sunday Service: 10:30am

Cottage Grove Bible Church
1200 East Quincy Avenue
541-942-4771
Pastor: Bob Singer
Worship 11am
Sunday School: 9:45am
AWANA age 3-8th Grade,
Wednesdays Sept-May, 6:30pm
www.cgbible.org

Cottage Grove Faith Center
33761 Row River Rd. • 541-942-4851
Lead Pastor: Isaac Hovet
www.cg4.tv
Dec. 24th - Candlelight Services 4 & 8pm
Dec. 27 - 10am service only

Covered Bridge Nazarene Church
152 S. M St.
541-942-4422
Pastor: Cindy Slaymaker
Sunday School: 9:30am
Worship 10:30am

Delight Valley Church of Christ
33087 Saginaw Rd. East
541-942-7711
Pastor: Bob Friend
Two Services:
9am - Classic in the Chapel
10:30am - Contemporary in the Auditorium

First Baptist Church
301 S 6th St 541-942-8242
Pastor: Steve Johnson
Sunday School: 9:30am
Worship: 11:00am
Come Worship with us

First Presbyterian Church
3rd and Adams St • 541-942-4479
Pastor: Karen Hill
Worship: 10:00am
Sunday School: 10:00am
www.cgpresbynews.com

Grove Community Church
77820 Mosby Creek Rd.
Cottage Grove, OR 97424
541-942-0123
Pastor: Bryan Parsons
Worship: 10:30 a.m.
Nursery: Infant - Pre-K
Kid's Church: K to 5th grade

Hope Fellowship
United Pentecostal Church
100 S. Gateway Blvd. • 541-942-2061
Pastor: Dave Bragg
Worship: 11:00am Sunday
Bible Study: 7:00pm Wednesday
www.hopefellowshipupc.com
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Living Faith Assembly
Church of Christ
3010 10th St. • 541-942-2612
Pastor Rulon Combs
Sunday School All Ages 9am
Worship & Children's
Church 10:30 am
"The Bridge" Sat Evening Service 6:00pm
Youth 180 Mondays 5:30-8pm
Children's Breakout Class: Wed. 6:30pm

Non-Denominational Church of Christ
1041 Pennoyer Ave • 541-767-0447
Preachers: Tony Martin & Robert Evans
Sunday Bible Study: 10:00am
Sunday Worship: 10:50am & 5:30pm
www.pennoyeravvecoc.com

Old Time Gospel Fellowship
103 S. 5th Street • 541-942-4999
Pastor: Herb Carson
Sunday Service: 10:00am
Sunday Bible Study: 6:00pm
We sing the old time hymns.

Our Lady of Perpetual Help and St. Philip Benizi
Catholic Churches
1025 N. 19th St.
541-942-3420 / 541-942-4712
Pastor: Roy L. Antunez, S.J.
Euch. Liturgies; Sat. 5:30pm
Sun. 10:30am
St. Philip Benizi, Creswell:
552 Holbrook Lane • 541-895-8686
Sunday: 8:30am

St. Andrews Episcopal Church
1301 W. Main • 541-767-9050
Rev. Lawrence Crumb
"Church with the flags."
Worship: Sunday 10:30am
All Welcome

Seventh-day Adventist Church
820 South 10th Street
541-942-5213
Pastor: Kevin Miller
Bible Study: Saturday, 9:15 am
Worship Service: Saturday, 10:40 am
Mid-week Service: Wednesday, 1:00 pm

Trinity Lutheran Church
6th & Quincy • 541-942-2373
Pastor: James L. Markus
Sunday School & Adult Education 9:15am
Sunday Worship 10:30 am
Comm. Kitchen Free Meal Tue & Thur 5:00pm TLC Groups
tlccg.com

United Methodist Church
334 Washington • 541-942-3033
Pastor: Lura Kidner-Miesen
Worship: 10:30am
Adult Sunday School: 9:30am
Comm. Dinner (Adults \$5, Kids Free)
2nd & 3rd Monday 5-6:00pm
cottagegroveumc.org

"VICTORY" Country Church
913 S. 6th Street • 541-942-5913
Pastor: Barbara Dockery
Worship Service: 10:00am
Message: 11:00am
"WE BELIEVE IN MIRACLES"

Our Worship Directory is a weekly feature in the newspaper. If your congregation would like to be a part of this directory, please contact the Cottage Grove Sentinel at 541-942-3325.