

EDITORIALS

No-Shave November brings awareness

It's that time of year again. The leaves have turned bright orange and yellow, clinging to their trees in spite of heavy rains and winds over the weekend.

Facebook posts have turned to counting down Days of Thankfulness in anticipation of Thanksgiving, just three weeks away. Christmas tree trucks drive up and down highways and county roads filled with the perfect places for Santa to put presents under come December.

And No-Shave November makes its presence known as some decide to put down the razor and let beards and moustaches grow.

No-Shave November is not just about giving a man — or woman, in fact — an excuse to skip a step in grooming. It is designed to raise awareness about cancer by highlighting people's hair, something many cancer patients lose during treatment.

The idea is to donate the money saved on razors and waxing appointments to cancer research organizations, such as the American Cancer Society directly or through ACS Relay for Life of Polk County.

Or just set up a fundraising account on No-Shave November's website. The organization donates to ACS, Prevent Cancer Foundation, Fight Colorectal Cancer and St. Jude Children's Research Hospital.

The appearance of hair growing in places you're not used to seeing it — dad never had a moustache before! — is a good way to start talking more about cancer prevention and pre-screening, both of which can save lives.

Cancer is a terrible thing. While strides have been made in both treating the disease and earlier diagnosis, much work remains.

We all know the things we can do to prevent cancer in ourselves: stop smoking (or just don't start in the first place), eat healthy foods, exercise regularly, maintain a healthy weight, wear sunscreen and get regular medical care.

But even healthy people can get cancer. Children get cancer. Athletes get it.

When someone gets cancer, life changes, not only for the person who has the disease, but for everyone around him or her. Cancer can change an entire community.

Donating to organizations dedicated to finding a cure also means helping survivors and caregivers get through the experience, either by helping with bills or providing emotional support.

So whether you decide to let it grow for No-Shave November, or notice someone else who is, remember the root cause behind that new 'stache isn't necessarily to compete in the next moustache competition.

Remember those who are fighting, or who will fight someday, this disease that has been around much longer than we've been talking about it, and join the dreamers who look forward to the day when cancer has been eradicated.

PUBLIC AGENDA

Public Agenda is a listing of upcoming meetings for governmental and nongovernmental agencies in Polk County. To submit a meeting, send it at least two weeks before the actual meeting date to the *Itemizer-Observer* via fax (503-623-2395) or email (ionews@polkio.com).

WEDNESDAY, NOV. 4

- **Polk County Board of Commissioners** — 9 a.m., Polk County Courthouse, 850 Main St., Dallas. 503-623-8173.
- **Monmouth Historic Commission** — 6 p.m., Volunteer Hall, 144 S. Warren St., Monmouth. 503-838-0722.
- **Monmouth Planning Commission** — 7 p.m., Volunteer Hall, 144 S. Warren St., Monmouth. 503-838-0722.

THURSDAY, NOV. 5

- **Mid-Valley Care Network Executive Committee Meeting** — 3 p.m., MCBN Office, 2965 Ryan Dr. SE Suite 150, Salem. 503-585-4935.

FRIDAY, NOV. 6

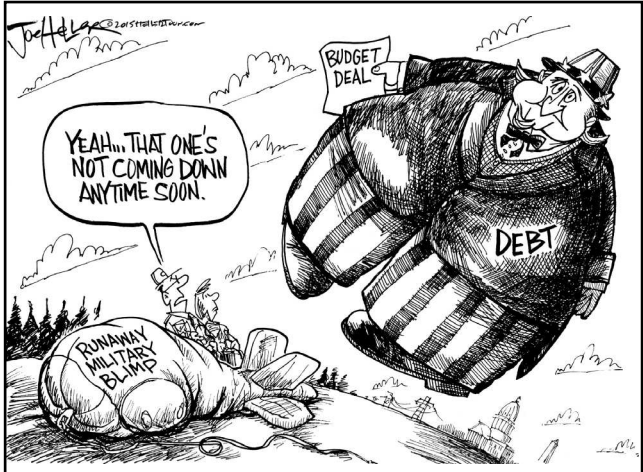
- **Mid-Valley Workforce Board & Mid-Willamette Jobs Council Workforce Strategic Plan workshop** — 7:30 a.m., Keizer Civic Center, 930 Chemawa Road NE, Keizer. 503-581-1002.

MONDAY, NOV. 9

- **Dallas School Board** — 2:30 p.m., Oakdale Heights Elementary School, 1375 SE Maple St., Dallas. 503-623-5594.

TUESDAY, NOV. 10

- **Polk County Board of Commissioners** — 9 a.m., Polk County Courthouse, 850 Main St., Dallas. 503-623-8173.
- **Independence City Council** — 7:30 p.m., Independence Civic Center, 555 S. Main St., Independence. 503-838-1212.



LETTERS TO THE EDITOR

Many thanks to dog rescuer

I would like to send Bob Pell a huge thank you for rescuing my dog that accidentally got locked in my daughter's car along with her car keys, with all the car windows shut on a sunny afternoon on Oct. 24. She had driven up from Eugene to meet us at the city park with my dog, Bismarck, who had spent a few days with her. When she realized what she had done, I immediately called roadside assistance who connected me to the local police station because an animal was involved.

They said the best they could do was to break a window. At this point, I was pretty distraught. The car was in the sun and time was quickly passing. I ran to the Monmouth Hardware store and Bob immediately said he thought he could help. He grabbed a few items out of his truck, worked on the car door and after a while, the door was unlocked! I offered to pay Bob but he declined. He said he believes we are here to help each other and asked that I just come shop at his store. I am urging everybody to visit Monmouth Hardware.

Thanks again, Bob, you are a great human being!

Kathleen Boyarski
Monmouth

Dallas volleyball hosts "Pink Out"

Oct. 13, the Lady Dragons volleyball team had a "Pink Out" night to support breast cancer awareness. Even

though varsity fell short against Corvallis, the real winners are the Salem Health Women's Imagery department. The program was able to raise over \$300! Head coach Shana Lavier said, "We couldn't have done it without all the parents and grandparents who baked, crafted, and worked together to raise money for such an important event. I am so proud to be a part of such a wonderful program and community." Dragon Pride.

Megan Beyer
Dallas

Battle Buddies presents to county

On Oct. 27, the Battle Buddies team with the help of Beth Jones presented the need for a Veteran Service Officer (VSO) in Polk County. Polk County is unique in that the veterans are not served by their own VSO. We were given ample time to explain the need and benefits of having a local VSO here in Polk County. A county VSO assists veterans in navigating the VA Benefits, Compensation and Medical services as well as being trained and certified in the system, including the appeals process. A VSO also connects with local resources to assist Veterans with more than VA related issues.

Funding is priority in everyone's view and the reality requires an agreement with the state, county and local partners. To make this work the whole community has to step up and be

counted. We asked the commission to take into account that the VSO is an investment in our local veterans and the return is hope restored and knowing the benefits received here are often spent in Polk County.

If you are interested in getting involved, feel free to contact Wayne Crowder at wayjacrowder@yahoo.com or 503-510-1015.

Wayne Crowder
Dallas

Footbridge repairs done quickly

A shout out to the crew that keeps the Dallas City Park footbridge serviced. I was concerned about a plank that had become loose and an elevated bolt on another plank. I was very happy to walk the bridge the other day and find these repaired. Great work!

Ann Richmond
Dallas

Thank you for a great event

We want to thank all of you who came out to help with the Kings Valley Charter School Trunk or Treat/Harvest Carnival on Friday night. We had a fantastic turnout. Thanks go out to so many people that I can't name you each individually. We appreciate each and every volunteer and could not have make the night the success it was without our volunteers.

Thank you!

Alicia Warren
KVCS PTO President

WANT TO WRITE A LETTER?

Letters to the editor are limited to 300 words. Longer letters will be edited.

Election-related letters of all types are limited to 100 words. Writers are limited to one election-related letter per election season. Election letters from writers outside of Polk County are not accepted.

Each writer is restricted to one letter per 30-day period.

Letters that are libelous, obscene or in bad taste will not be printed. Attacks by name on businesses or individuals will not be printed.

Letters to the editor that are obvious promotions for a business, products or services will not be printed.

The *Itemizer-Observer* does not guarantee the accuracy of facts presented by letter writers; dissenters are welcome to respond. Letter writers who disagree with other published letter writers should maintain a civil discourse and address the subject, not the author.

Letters, like all editorial material submitted to the newspaper, are edited for length, grammar and content.

Letters must include the author's name, address and telephone number. This includes letters submitted via the *I-O's* website. Names and cities of residence are published; street addresses and telephone numbers are used for verification purposes only.

Letters must be submitted from individuals, not organizations, and must be original submissions to the *I-O*, not copies of letters sent to other media.

Letters of thanks to businesses, individuals and organizations are limited to 10 names.

The deadline for letters to the editor is 10 a.m. Monday. Letters submitted may not be retractable after this deadline.

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