

Upcoming Classes Highlight Senior Program Diversity

By BOB PURSCELLEY

Following careful planning by our Senior Program Coordinator Carol Unser and in collaboration with the advisory board, I would like to highlight three classes being offered by LCC.

These classes illustrate the direction your senior program will be headed in the next several years.

A little of the old ... over the last 20 years LCC at Florence has tried to provide personal enrichment trips to various venues in Eugene that many of our seniors cannot attend, on their own, due to travel constraints. On June 12

we'll be taking a group of seniors to Mister Roberts at the Actors' Cabaret Theater in Eugene. We hope to offer each term opportunities for Florence residents to experience a little culture afforded people living in Eugene. Both Carol and the senior advisory board feel it's important to keep these options available. We still have room left for you to register.

Exploring the central Oregon Coast, living in such a rich natural environment, we want to continue accessing parts of our area that new residents may not yet have discovered. On April 24 we will visit one of the truly beautiful locations near Yachats, Cape Perpetua. On this particular trip we will focus on wood-carving with the panoramic view of the Pacific as a backdrop. Don Burnett, Camp Host, Naturalist and

Interpreter at the Cape Interpretive Center will be the instructor for this special event. Don will also talk about rock and agate hunting and polishing. As of this writing we have seven spots open for registration. We are committed to continuing this type of activity as a part of our Outward Ventures program.

Another area of expansion in our Outward Ventures program is Outdoor Education. LCC is fortunate to have a resource like Carol Unser. Carol is both a gifted coordinator of senior programs as well as an expert in natural science. Each term you'll continue to see more and more outdoor education programs. We started this emphasis in the fall of 2003 and enrollment has just exploded. This spring we will be offering a one-day look into wildflowers: columbine,

irises, lilies and lupines are just a few examples.

Our coastal rainforest and productive estuaries are home to so many learning labs for students to explore that it just makes sense to take advantage of our resources. Also, programs exploring tide pools are offered this season with great instructors with us in the field.

It's important that your community college builds on what it does best; stays in touch with its patrons needs, and looks to the future to take advantage of its resources.

For more information please contact our office at 997-8444.

Hospital offers new equipment, services

Peace Harbor Hospital in Florence has committed more than \$400,000 to update its services to better serve its patients.

Two new state-of-the-art x-ray rooms have been installed. These units have better reliability, image quality, and lower radiation, according to spokesperson. The fluoroscopy room is ideally suited for pediatric patients.

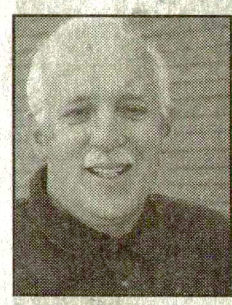
A new portable x-ray improves bedside x-ray to be performed.

Cardiologists located at Sacred Heart Medical Center in Eugene can view and interpret heart scans (echocardiograms) performed at Peace Harbor Hospital instantly using recently installed high-speed computers.

The Peace Harbor Hospital's newest edition is DEXA bone densitometry. This equipment is considered the gold standard for determining bone mineral loss that occurs with osteoporosis. Also, Dr. Trako Zlatev has been certified as a clinical densitometrist to ensure consistent high-quality diagnosis.

Osteoporosis is the gradual thinning and weakening of bones, which can lead to fractures. More than 28 million Americans, 80 percent of whom are women, have or are at risk of developing this condition. Since osteoporosis is a "silent disease," many do not find out they have the disease until they suffer a painful bone fracture.

Through continued community support, Peace Harbor Hospital is transforming into a state-of-the-art facility, the spokesperson said. "Using our services helps us help you. When your doctor refers you for medical care, consider Peace Harbor Hospital first!"



Bob Purscelley

Cancer program aids low-income women

With all the publicity about the importance of regular mammograms for women after age 40, some women who are at low income may feel resigned to neglecting this very important tool for early breast cancer discovery. But, some may qualify for a free women's exam and mammogram through Lane County's Breast and Cervical Cancer program.

The program's staff would like to make sure that women who qualify for the program are aware of how to access the service. "It's a free service

for those who qualify," said Elizabeth Migliorino, program manager. "We are especially targeting women who have not had an annual exam for more than three years, as well as women who have never had a mammogram. We've definitely got room in the program for them. We urge women who may qualify to contact us for more information."

To qualify, women must be age 40 to 65, must not have insurance or qualify for the Oregon Health Plan, and must have a gross household

income at 250 percent of the poverty level (\$1,800 per month for a single woman). The eligibility changes depending on the size of household (children, spouse) and incomes in the household.

For more information, call the Lane County Public Health Breast and Cervical Cancer program at (541) 682-6682 Mondays through Fridays between 8 a.m. and noon and 1 and 5 p.m.

Women's Guild to meet Wednesday

St. Mary's Women's Guild will hold its regular monthly meeting on Wednesday, April 14, in the Parish Center after the noon mass.

The Nominating Committee will report on its slate of officers. Members of the Rhododendron Quilt Guild will present their just completed fund-raising "quilt of the year."

The River City Rascals will entertain with a variety of music.

Those attending are asked to bring a sack lunch. Cookies and beverages will be provided.

For more information, call Judy Johnson, guild president, at 997-4203.

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Not an easy Easter message

By Rev. Jon West of Unity Christ Church

Last year, I had a tough time preparing my Easter sermon. The more I pondered the meaning of Jesus' sacrifice on the cross, the less qualified I felt to offer insight. I ended up asking the congregation some controversial questions:

"Is the message of Easter that we are purified of sin simply by accepting Jesus as our savior?" One woman emphatically nodded yes. I continued.

"Or are we purified by lovingly surrendering to God's will in every aspect of our lives—thoughts, feelings and actions?"

I saw the same woman's husband emphatically nodding yes. You could hear the lid fall off the can of worms I had just opened.

A year later, I wonder if I've gained any clearer insight on salvation. When I talk with people about their daily lives, one thing seems clear: God moves in wondrous and mysterious ways, not easily boxed into one set of dogma.

Yet, the power of simple faith is undeniable. As an atheist for the first 20 years of my life, it was unbelievably exciting to find myself opening to a Higher Power. But with that opening came an excruciating longing for divine wholeness—to know "the peace that passeth understanding."

The world offers us many easy paths to that peace. But I took to heart St. Paul's words in Romans 12: "Be not conformed to this world, but be transformed by the renewing of your mind."


An honest self-appraisal confirmed it: My mind was a mess. Through prayer, meditation, and daily sacrificing my impure thoughts and actions, a tangible sense of heaven began rising up within me.

Don't get me wrong—I'm only at the beginning. The first impact of a higher point of view is seeing how vast and mysterious this universe it—that we know a million times less than we assumed! I surely have miles to go and plenty of things to work on.

As anyone who's heard my Easter sermons can testify to.

Rev. Jon West of Eugene is the spiritual director of Unity Christ Church of Florence. He can be reached at (541) 683-7664 or by e-mailing jondonna@efn.org.

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Siuslaw Valley SENIOR NEWS

WEDNESDAY

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PUTTING OUT THE CITY WELCOME MAT



Wilbur Ternyik (above) arranges plants within one of the main gardens at the intersection of Highways 101 and 126. Joyce Ternyik (left) rests on her Valentine rock.

Lifting rocks, and city pride on a corner in Florence

STORY AND PHOTOS BY ERIN PAYNE
Siuslaw News

The intersection of Highway 126 and 101, better known as one of the main entrances to Florence, has been looking a lot more inviting lately. Maybe you've noticed the progress. There are sugary pink colored rhododendrons, crimson azaleas and stocky green pines, and most importantly there are rocks.

"You can probably tell I like rocks," says Wilbur Ternyik. The driving force behind the corner transformation, Ternyik and his wife, Joyce Ann, have been donating their time and knowledge of landscaping to the project for the past month.

There are sharp dramatic rocks, smooth river rocks, wide flat rocks and a one-ton purple rock. Ternyik says he gave Joyce Ann the purple rock for Valentine's Day.

"She's the only woman in the United States to ever get that kind of a rock for a present," Ternyik says.

"Too bad it wasn't a one karat rock," Joyce Ann quips.

Seventy-eight-year-old Ternyik and Joyce Ann, his "crew," became involved with rehabilitating the corner after deciding the entrance to the city should be more welcoming. Local landscaper Mike Bones agreed, and the three spearheaded what would become a project funded completely by donated time and money.

Retired Florence resident Aroff Salo has paid for all the foliage for the project. In memory of his wife, who

loved flowers, Salo has donated hundreds of dollars worth of trees, shrubs, plants and flowers.

"If I need something Mr. Salo just gets it," Ternyik says. "He's just a super nice man."

Salo and his son have also helped the Ternyiks by delivering rocks in the back of their two-wheel-drive pick-up. The back of the small truck nearly touching the ground, the Ternyiks and the Salos lift each stone out, one by one. There must be hundreds.

"My arms are longer, from all the rocks," says Ternyik.

The Rhododendron Club sent over a few retired folks to help, and another landscaping group is supposed to send some "youngsters" over soon, Joyce Ann says.

The Ternyiks however, have certainly spent the most time on the project. Planting, arranging, weeding — all in their spare time, since they also own a business specializing in wetlands, and a recent offshoot landscaping business. The two businesses were combined, but they were forced to separate them for tax purposes.

According to Ternyik, who has owned the two businesses for 50 years, "we're here everyday we don't have to work somewhere else."

They hope to have the corner done in time for Rhododendron Days in mid-May. They are also working on a strip in the same parking lot, which could take a little longer.

The Ternyiks say they had to plant shrubs and

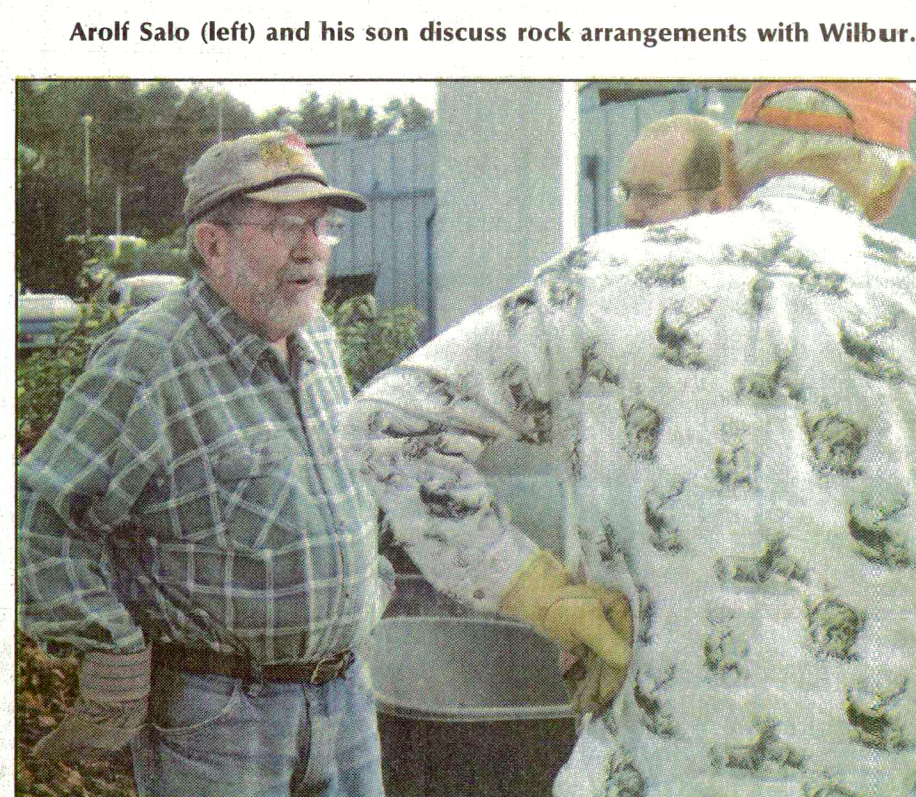
plants that would never be more than three feet tall, since it's a traffic intersection and the businesses need to be visible to people driving by. But that wasn't a downside to the project, it just forced them to be more creative.

"When they asked me what I wanted to do, I said, 'I'm going to plant it like it's my own yard, and you're going to like it,'" Ternyik says.

A former Florence mayor for six years, and a City Council member for 10 years prior to that, Ternyik is dedicated to his community. He says the entrance on Highway 126 should show visitors just what Florence is all about.

"It's fun and it's going to look sharp," he says. "We'll have as good an entrance as any city on the coast."

Although there are spaces where rainbow colored rocks and river stones still have to be carefully placed, the hard work that the Ternyiks and other members of the community have put into this project is already evident. They've given the River City a welcome mat, built with rock-hard spirit and community pride.



Aroff Salo (left) and his son discuss rock arrangements with Wilbur.