

HONEYMAN TRAIL CROSSING TO BE DISCUSSED AT PUBLIC MEETING TOMORROW

Safe pedestrian crossing of Highway 101 at Honeyman State Park will be discussed at a public meeting set for Thursday, June 18, from 5:30 to 7:30 p.m., at Siuslaw Valley Fire and Rescue, 2625 Highway 101 N., in the upstairs meeting room.

The meeting is a follow-up to the May 27 meeting on the same topic.

Planners will share findings

from the first meeting, summarized at www.honeymanstatepark.com. Alternatives for trail development and management, including alternatives for crossing Highway 101, will also be discussed.

Highway 101 bisects the park, with trails on both sides of the highway and a pedestrian overpass connecting them. Hikers and runners also use an unofficial trail that crosses the

highway at road level.

Planners are in the process of reviewing the entire trail system and how best to connect the two sides of the park. The meetings are an opportunity for

trail users to share ideas on safely crossing the highway, best routes, trailheads, destinations and recreation needs.

Comments will be used to update and refine the concepts

laid out for the trail system in the 2009 master plan. The public is also invited to comment online and participate in a short survey at www.honeymanstatepark.com.

Comments can be emailed to jaime.english@oregon.gov; by phone at 503-986-0723; or by mail to Jaime English, OPRD, 725 Summer St. NE, Suite C, Salem, OR 97301.

Beachgoers reminded to avoid sea lions, pups

Pacific harbor seal pupping season is in full swing on the Oregon coast.

The Oregon Department of Fish and Wildlife advises

beachgoers to stay away from seals and sea lions resting on rocks or beaches.

It's important to keep dogs away as well.

Buying or Selling? I can help.




Melody Beaudro
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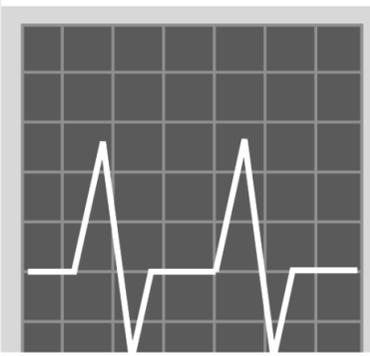
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HEALTH FACTS

FROM THE CDC:

Men die at significantly higher rates than women from the top 10 causes of death, plus, men are the victims in over 92% of all workplace deaths. In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost six years earlier than women.



national MEN'S HEALTH

MEN'S HEALTH CHECKLIST

CHECKUPS AND SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
PHYSICAL EXAM: Review overall health status, perform a thorough physical exam and discuss health related topics.	Every 3 years Every 2 years Every year	✓	✓	✓
BLOOD PRESSURE: High blood pressure (Hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓
TB SKIN TEST: Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.	Every 5 years	✓	✓	✓
BLOOD TESTS & URINALYSIS: Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	✓	✓	✓
EKG: Electrocardiogram screens for heart abnormalities.	Baseline Every 4 years Every 3 years	Age 30	✓	✓
TETANUS BOOSTER: Prevents lockjaw.	Every 10 years	✓	✓	✓
RECTAL EXAM: Screens for hemorrhoids, lower rectal problems, colon and prostate cancer.	Every year	✓	✓	✓
PSA BLOOD TEST: Prostate Specific Antigen is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your physician.	Every year		*	✓

CHECKUPS AND SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
HEMOCCULT: Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every year		✓	✓
COLORECTAL HEALTH: A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 years			✓
CHEST X-RAY: Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician		✓	✓
SELF-EXAMS: Testicle: To find lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.	Monthly by self	✓	✓	✓
BONE HEALTH: Bone mineral density test. Testing is best done under the supervision of your physician.	Discuss with a physician			Age 60
TESTOSTERONE SCREENING: Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.	Discuss with a physician		✓	✓
SEXUALLY TRANSMITTED DISEASES (STDs): Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia and other STDs.	Under physician supervision	✓		Discuss

*African-American men and men with a family history of prostate cancer may wish to begin prostate screening at age 40, or earlier.

Florence, Oregon

Us TOO Florence

Prostate Cancer Education/Support on the Oregon Coast

www.ustooflorence.org

BOB HORNEY,

CHAPTER LEADER/FACILITATOR

Us TOO Florence has two monthly meetings for your convenience:

• **Tuesday Evening Group (2nd Tuesday)**

5-7 p.m. - Presbyterian Church of the Siuslaw
Urologist Dr. Bryan Mehlhaff attends.

• **Tuesday Lunch Group (3rd Tuesday)**

12 noon - 1:00 p.m. - Kozy Kitchen
Urologist Dr. Douglas Hoff attends.

Contact Bob for more information:

(H) 541-997-6626 (C) 541-999-4239

maribob@oregonfast.net

- Check out our Personal Prostate Cancer Journeys, slideshows and other information on our website.
 - A prostate cancer diagnosis is not needed to attend.
 - Spouses/family members are encouraged to attend.
 - Bring questions/records - get answers
 - Someone to talk to - who understands.
- www.ustooflorence.org

MEN... GET IT CHECKED!

(Refer to the checklist on this side.)

The Men's Health Network provides this maintenance schedule for men as a reminder of your need to take responsibility for safeguarding your health. Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability. You should consult your health care provider about the benefits of earlier screenings, especially if you are a member of a high risk group or have a family history of disease.