

Humane society's Garden Tour set for June 26

This year's Oregon Coast Humane Society's Garden Tour will feature five beautiful and creative gardens on Sunday, June 26, from 10 a.m. to 4 p.m.

All proceeds from this tour will benefit the Oregon Coast Humane Society (formerly known as the Florence Area Humane Society), the local no-kill animal shelter.

The gardens feature delightful plantings, detailed landscaping and one even has a magnificent view of the ocean. All five gardens will delight visitors.

Tickets for the Garden Tour are \$15 per person and are available at Mary Ann's Natural Pet at 1541 Highway 101, Raining Cats and Dogs and On Your Feet With a Splash on Bay Street and at the Oregon Coast Humane Society's shelter, 2840



Rhododendron Drive, and at each garden on the day of the tour.

In addition, a raffle will be held for a Ginkgo garden chair. Tickets for the drawings are available at each garden. This chair may be seen at the Humane Society Thrift Store on Bay Street. One ticket costs \$5, five tickets are \$20, or purchase 30 tickets for \$100.



COURTESY PHOTOS

This year's Garden Tour features five local gardens. Raffle tickets for a Ginkgo garden chair (at left) will be available at each stop along the tour, with all proceeds benefiting the Oregon Coast Humane Society.

The drawing will be on Thursday, June 30, and winners will be notified with directions for pickup.

Library presents latest endowment books Tuesday

Siuslaw Public Library will be presenting new books purchased this year with proceeds from its endowment fund on Tuesday, June 21, at 2 p.m. in the Bromley Room.

Siuslaw Library Endowment Fund, administered by the Western Lane Community Foundation, was founded in 1994 for the purchase of books. It was started by an initial donation from the Friends of the Library, which has been added to with yearly donations from the Friends and the community.

Bookplates are placed in the books acknowledging individual and group donors.

Each year, the library receives a certain amount of the interest accrued for the purchase of books. As the fund increases, the amount spent on

children's, young adult and adult books has increased.

Some of the books purchased are special, more expensive books, that wouldn't fit within the library's regular book-purchasing budget.

They range from large coffee-table art and photography books, reference books, science and health, cook books, classic and contemporary fiction and much more.

Each year, these books are presented at a public program and made available for checkout on that day. In addition, many of the books are prominently displayed in the library for some weeks after the presentation.

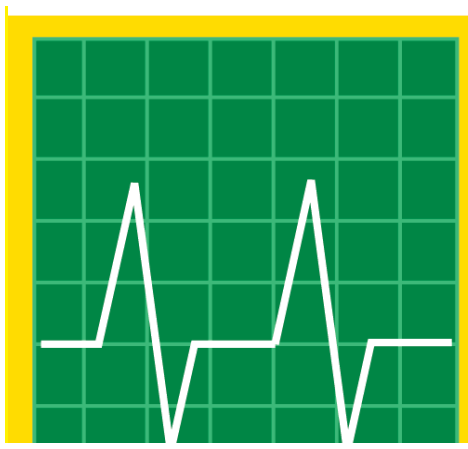
This program is free and open to the general public.

For more information, contact the library at 541-997-3132.

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 Mehlhoff attends.

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

12 noon - 1:00 p.m. - Ichiban
Urologist Dr. Roger McKimmy 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.