

Summer Reading program to 'Feed Your Mind'

In conjunction with the Siuslaw Public Library's Adult Summer Reading program, the Friends of the Library will hold a free food event.

This "Feed Your Mind" event will be held Tuesday, July 19, from noon to 3 p.m., in the Bromley Room at the main branch on Ninth Street.

In keeping with this year's Adult Summer Reading theme, "Exercise Your Mind," the Friends are featuring food and games to feed your brain. Games planned for the event include Sudoku, puzzles and other brain-exercising games.

A fun and friendly Scrabble tournament for competitive word lovers will also be organized. Food offerings will highlight those known to feed the brain, including salmon,

walnuts, flax seed, beans, whole grains, greens, blueberries and dark chocolate.

These foods provide nutrients such as omega-3 fatty acids and antioxidants determined to be essential for healthy brain function.

All lunch dishes will be prepared using recipes from the library's extensive cookbook collection. As this event will strive to be a zero-waste event, food will be served on earth-friendly Durable Dishware from the Florence Master Recyclers.

There is no charge to attend this fun-filled food and game event.

For more information visit the Siuslaw Public Library in person, call 541-997-3132 or visit the library's website at www.siuslawlibrary.org.

CAR CHRONICLES —

And the beat goes on...



BY CAL APPLEBEE
Special to the Siuslaw News

I selected the title for this edition of Car Chronicles for a variety of reasons: originally it was because the car count keeps climbing with the recent addition of a 1968 Ford Fairlane, the latest acquisition to park in the garage (and by the time this article goes to print, it will be delivered shortly thereafter to another driveway in Portland!).

As I went to add it to the list I've been tracking, I thought I would conduct a survey on the variety and numbers of each brand or type of

vehicle that I've owned over the years — and in that process discovered four more that were missing!

So now the count actually stands at 96 vehicles, not counting three tractors, unless of course there are others that I've still forgotten to add.

(I sure hope my wife doesn't read this edition)

I thought it might be entertaining, not necessarily interesting, to quickly summarize the survey results.

Although there has been considerable vehicle make up over the years, Ford certainly leads the race with total 25 vehicles. And although there has been a variety of styles including station wagons, sedans and motorhomes, pickups top the list with seven, followed by six different T-Birds.

I'm obviously a Ford guy, even one of my military jeeps was a Ford.

Chasing the pack in second place and closing the gap is Jeep, with 24 vehicles, of which one quarter were military vehicles — and over half were CJ or Wrangler variants.

(Isn't it interesting that both "Ford" and "Jeep" are four-letter words?)

I've had a lot of fun over the years with the variety of Jeeps, and there is no doubt that a Wrangler is still my favorite daily driver — they're versatile, hold their value and they're so darn fun to drive!

At a distant third place and probably not ever catching up is Volkswagen at 13, with the bulk being bugs. The 1960s vintage bugs were certainly my favorite for some of the same reasons as Wranglers.

A 1977 Super Beetle spoiled me on VWs with its early-vintage computerized brain box that continuously left me — okay, my ex-wife — stranded. After three attempts to solve it in as many different VW shops, it got traded in... for what else? A Ford pickup!

The next closest manufacturer on the track is the General Motors family, also with 13, but shared among Chevy, GMC, Caddy, Oldsmobile and Buick. Mercedes Benz came in at

nine. There is a smattering of Mopar, AMC and other foreign makes that completes the race line-up, but none in substantial standing.

The current 1968 Ford Fairlane was a quirky acquisition; it caught my eye nearly two years ago down in Canyonville because it was so clean and original. I spotted it again last spring, when we were down there camping again, and it soon found its way to our home.

It has not quite 49,000 miles on the odometer and is amazingly original and solid. It drives very nice and nearly everything on the car functions. It didn't take long to spruce it up and get bored with it unfortunately!

And incidentally, Sonny and Cher's song "The Beat Goes On" was released in 1967 and a huge hit with attempts to replicate it by numerous other artists. It was playing the airwaves on the AM radio as the '68 Fairlane rolled out the dealership doors. Travel safe!

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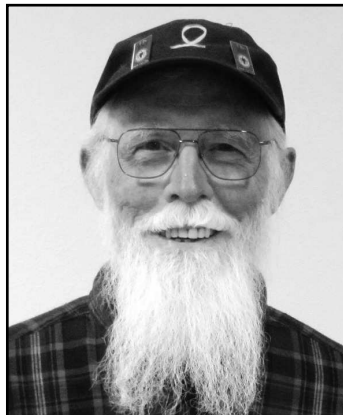
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Us TOO Florence Behind the headlines



BY BOB HORNEY
CANCER SURVIVOR
US TOO CHAPTER LEADER

Oh, how the pendulum doth swing! Of course, I'm referring to the use of the PSA test for prostate cancer screening. It has swung from screening men every year beginning at age 50 to no screening at all

for any man.

Prior to the late 1980s, prostate cancer screening was accomplished by the finger, known as the Digital Rectal Exam (DRE). The problem with the DRE was that by the time an abnormal prostate gland was felt by a physician, the cancer was often long gone.

When that was our only method of screening, 21 percent of newly diagnosed men already had metastatic prostate cancer.

One can imagine the hopes of men and their families when the PSA test came along in the late 1980s and was able to signal prostate problems, including prostate cancer, years before the DRE would show any abnormality.

All of a sudden there seemed to be a better way of finding early prostate cancer. This was about the time I turned 50 and there was not much discussion about being tested — it was just done...fortunately.

In 2007, Hans Lilja and colleagues presented results of the Malmo Preventive Medicine Study in Malmo, Sweden, showing a single PSA test at 44-50 years of age could predict a future risk of developing prostate cancer.

The investigators went on to show that 80 percent of advanced cancers (T3, T4 or metastatic at diagnosis) occurred in men with PSA levels above the median at those ages.

In 2009, the American Urological Association (AUA) issued new clinical guidelines regarding early detection of prostate cancer and the PSA test.

The AUA decided waiting until age 50 was missing too many men and recommended the PSA test should be offered at age 40, along with a comprehensive risk assessment. The AUA said future risk of prostate cancer was closely related to a man's PSA score and a baseline PSA level above the median for age 40 was a strong predictor of future prostate cancer.

So, there we were, rolling along with prostate cancer mortality dropping 40 percent and the National Cancer Institute reporting 40-70 percent of that drop being directly attributed to PSA screening.

Then came the USPSTF's controversial recommendation that no man should receive PSA screening — period. This was at a time when 91 percent of newly diagnosed men had localized disease only 4 percent of newly diagnosed men were metastatic!

The USPSTF said that over-diagnosis and over-treatment

resulted in more harm, such as incontinence and impotence, than benefit of lives saved. The USPSTF disregarded the above Malmo Study.

Unfortunately, when the USPSTF came out with its 2012 recommendation of no PSA screening, the AUA dumped its baseline recommendation and instead recommended men between ages 55 and 69 discuss PSA testing with their doctors. The AUA said this revised recommendation was "evidence-based" whereas its earlier recommendation was "consensus-opinion."

With this change, the AUA effectively turned its back on young men between the ages of 40 and 55.

The Large Urology Group Practice Association (LUGPA), of which Oregon Urology Institute (OUI) is a member, broke with the AUA at that point, remaining committed to the baseline PSA test while adjusting the recommended age from 40 to "during one's 40s."

They had experienced the life-saving effects of baseline testing, confirming the Malmo Study findings. Jump now to June 2016, to a prospective evidence-based study of U.S. men that finds mid-life PSA levels can accurately predict who will be more likely to develop prostate cancer and, even more significantly, point to those who are at high risk of developing lethal prostate cancer in the next 30 years.

This prospective study validates the Malmo Study and the recommendations of LUGPA and OUI. Our urologists provide optimum prostate cancer detection by recommending a baseline PSA test (along with a risk assessment) while in our 40s, comparing the baseline test results with the median PSA for our age and using all of that information as a risk-stratified guide for our future PSA tests.

Yes, AUA, it is now evidenced-based.

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