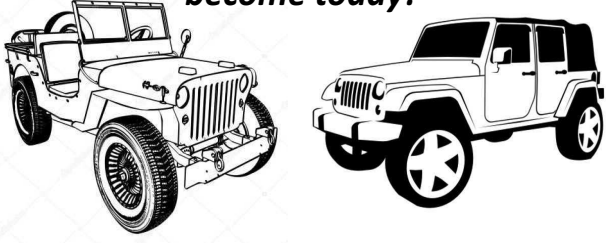


**OREGON COAST MILITARY MUSEUM
JEEP JUNCTION**

A celebration of the birth of the jeep in WWII and the iconic vehicle it has become today!



Saturday, June 17th, 2017

10 a.m.—2 p.m.

Johnston Motor Co. on Hwy 101

Sponsored by Banner Bank & Johnston Motor Co.

FRESH CRAB



Fresh In The Case THIS WEEK: Crab, Salmon and variety of Fish, Steamers, Oysters, Shrimp and more....

Grilled Lemon-Salmon Foil Packs

Ingredients
 1 1/2 lb salmon fillets, skin removed, cut into 4 serving pieces
 2 tablespoons vegetable oil
 1/2 teaspoon salt
 1/2 teaspoon pepper
 1 medium lemon, cut into 1/8-inch slices (about 12)
 2 tablespoons finely chopped fresh parsley

Happy Fathers Day!

Directions

- Heat gas or charcoal grill. Cut 4 (18x12-inch) sheets of heavy-duty foil. Place salmon piece on center of each sheet. Brush 1/2 teaspoon oil over both sides of each salmon piece. Sprinkle each piece with 1/8 teaspoon salt and 1/8 teaspoon pepper. Place about 3 lemon slices flat or overlapping on each piece.
- Bring up 2 sides of foil over salmon so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- Place packets on grill over medium-low heat. Cover grill; cook 13 to 16 minutes, rotating packets 1/2 turn after about 7 minutes, until salmon flakes easily with fork.
- To serve, cut large X across top of each packet; carefully fold back foil to allow steam to escape. Sprinkle with parsley.

THE KRAB KETTLE

**280 Hwy. 101 (2 Blocks N. of Bridge) Florence
 MONDAY-SUNDAY 10-6 • 541-997-8996**

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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 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
47maribob38@gmail.com

- 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.