

KXCR from 1B
 coast. It is information that matters to us. So, the 'Fireside Chat,' which is broadcast live, came about after reflecting on

the positive and successful attributes of a previous administration," Lassen said.
 President Roosevelt initiated the Fireside Chats in 1933 order to share his thoughts and

plans to deal with the serious financial challenges of the post-Depression era with Americans across the country. The chats continued until 1944 and Roosevelt delivered a total of 30 addresses over the 4,422 days of his presidency.

During that time, Roosevelt talked with the American people about his New Deal initiatives and, most importantly, World War II.

The calmness and strength of Franklin's presentations assured the country that the serious challenges presented by the depression, growing fascism and wide-scale unemployment could — and would — be handled by the administration. Roosevelt often began his chats with the now familiar phrase "My fellow Americans."

Lassen envisions the station's new series of live, in-studio broadcasts as an extension of the idea that there is a familiarity and intimacy that people sitting in the comfort of their own home, which allows



MARK BRENNAN/SIUSLAW NEWS

KXCR's station office is located on Ninth Street, across from the Siuslaw Public Library.

them to relax and listen to that week's discussion.

"FDR spoke with familiarity to millions of Americans about the current social issues. For KXCR, what better way to interact and convey this massive new information received every day to our listeners? The Fireside Chat was a perfect platform," Lassen said. "Things have been pretty chaotic lately. I see lots of anxiety, anger and a divided government. I do hope that our new KXCR live program

can bring a few answers and perhaps even some solutions."

The next KXCR Fireside Chat is scheduled to be streamed live this Tuesday, June 16, beginning at 5 p.m. on FM 90.7.

The topic will be understanding and implementing new federal programs, including implementation of new tele-health programs, as well as how to meet the demand for PPE.

Participants in the discussion will include

Representative Caddy McKeown, HD 9; Representative David Brock Smith, HD 1; Robert Duehmig, Interim Director, Oregon Office of Rural Health at OHSU; Jacqueline Mercer, Chief Executive Officer, Native American Rehabilitation Association of the Northwest; Senator Lew Fredrick, SD 22; and Senator Arnie Roblan, SD 9.

For information about volunteer opportunities, visit www.KXCR.net.

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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.

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
BOTH MEETINGS ARE CURRENTLY ON HOLD.
WATCH SIUSLAW NEWS FOR RESUMPTION
 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.

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.