



# The Cornpicker

Bulletin of Fairbury, IL Rotary Club

"Service Above Self"

*Fairburyrotary.com*

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**DATE/TIME/**

**PLACE:** October 18, 2005 - 12:00 noon at Marchelloni's

**ATTENDANCE:** 28+ Lyn Grand, Rebecca Huxley, Darren Ropp, Graham Bachtold, Roger Bachtold, Denny Weber, Tracy DeWeese, Jackie Devers & Linda Rhodes

**LOTTO:** Roger Bachtold & Rebecca Huxley

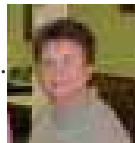
## ACTION ON THE AVENUES

### CLUB SERVICE

**Programs:**

- 10-25 Phil Hermes - Leslie King - motivational speaker
- 11-01 Bill Fugate (Julie Ifft)
- 11-08 OPEN
- 11-15 Jim Paternoster
- 11-22 OPEN
- 11-29 OPEN

Mike presented Joan Smeltzer with her new membership packet and pin. Welcome aboard Joan!



### Bits & Pieces

Being serious isn't all that important. What counts is knowing what to be serious about.

### INTERNATIONAL

Darren introduced Lyn & Rebecca from Wales. They are in the young farmer program. We have students come for 3 weeks and our FFA then sends U.S. students over for 3 weeks. Ask about the naked calendar profits. It costs \$100 to fill her car? Farmers own their land - no taxes!

### AREA CLUB MEETINGS

Bloomington	12:00 Noon	Thursday	Elks Club
Gibson City	6:45 a.m.	Wednesday	The Country Kettle
Gilman	6:05 p.m.	Tuesday	Gilman Lounge
Lincoln	11:50 a.m.	Wednesday	Elks Country Club
Normal	12:00 Noon	Wednesday	Bone Student Center
Piper City	6:15 p.m.	Monday	Azz Izz Tavern



# Livingston Co. Health Department

## Prostate Health

Jackie Devers & Linda Rhodes



Linda was speaking today about something close to men's heart. Prostate Health (did she say heart?) They handed out a quiz for us to answer. Their current funding is for education and awareness as part of the American Cancer Society. Approximately 232,000 men in U.S. get prostate cancer, of which 30,350 die. In Illinois 8,500- with 1,500 dying. In Livingston Co. between 1996 to 2000 they had 134 cases. We are a little higher in Liv. Co. than average. Who is at risk?

1. Being a man
2. Age - 70% of men over 65
3. Race - African American

Five to ten percent of men inherited this. High fat diet causes it and sedentary life style (no exercise).

### Protective factors

1. Diet - lean meat and no fat/low fat dairy - whole grain & lots of fruits and veggies (especially those high in lycopene, like catchup)
2. physically active lifestyle (1 hr./day - 30 min. intensive)

3. Not using tobacco products. Tobago is a good pesticide (chew & spit on bugs?)

### Symptoms (Early stages have no symptoms)

- Frequent urination especially at night
- Difficulty starting or inability to urinate
- Weak or painful urination

### Detection

- Digital rectal exam - inserting & feeling with finger
- P.S.A. blood test

You need both for a good test. This is free as a package deal through our health department. PSA only is \$20.00

### ACS Screening

At age 50 you need a yearly screening. Men at high risk should start as early as 40 to 45 to 49 to get into the program early.

### Survival Rate

5 year localized rate is 100% - The key is early detection.



### Bottom line

- Your age is the main risk factor
- Early diagnosis is the key
- Annual check-ups
- If abnormal - get referred to your doctor.



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## Bits & Pieces

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### How fit are you?

The survival of the fittest is the ageless law of nature, but the fittest are rarely the strong. The fittest are those endowed with the qualifications for adaptation, the ability to accept the inevitable and conform to the unavoidable, to harmonize with existing or changing conditions.