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Friends of 2016
Fogelberg VII
Continuing Dan's Quest . . .
"defeat prostate cancer."

BENEFIT TRIBUTE CONCERT

Dan & The Eagles

*Honoring the
Life of
Glenn Frey*

September 1
Thursday 7:30pm

Globe-News Center
for the Performing Arts



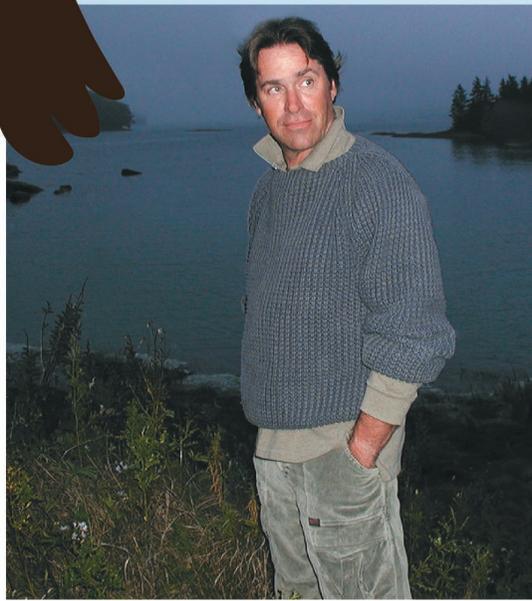
PROCEEDS TO BENEFIT



**HARRINGTON
CANCER and HEALTH
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An Eurth Injun Music Production

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FRIENDS OF FOGELBERG VI 2015 PHOTO

2016 Friends of Fogelberg MUSICIANS

AFK: Woody Key, Jackie Anderson, Bob Flesher, Drexel Ammons;
Insufficient Funds: Chuck Alexander, Mary Lyn Halley, Vic Richardson, Dean Yates; Irma-Esther Borup, Carlos Casso, Charlie Clinton, Joe Ed Coffman, James Davis, Mike Fuller, Kristy Fuller, Gary Guinn, Bob Hopkins, Ken Ivey, Dr. Richard Kibbey, Tony Naples, Maggie Scales, Nick Scales, Buddy Squyres, Russell Steadman, Bond Jessup Thompson, Randy Tupin, Cathleen Tyson, Robert Workman

Good Evening Folks and Welcome to Friends of Fogelberg VII

Thank you so much for being here tonight and for helping to save men's lives. Guys who weren't even thinking about prostate health have reported to us that because of Friends of Fogelberg, they were screened, got bad news, were treated and are now cancer free! And that's because of YOU and the Musicians on this stage. Thanks also goes to Harrington Cancer and Health Foundation, as well as the people at Amarillo Urology.

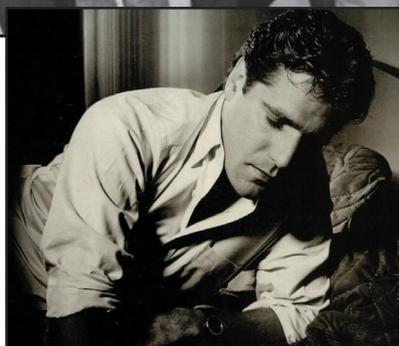
Tonight, we bring you the music of Dan Fogelberg and his friends, Glenn Frey and the Eagles. So get ready for a great show, and as always...
"THINK BLUE, TOO!"

As we continue Dan's Quest... "to defeat prostate cancer."

– Sincerely, Joe Ed Coffman



Because of the untimely death of one of The Eagles founders, Glenn Frey, in his honor, music favorites of the The Eagles, as well as Dan Fogelberg hits, will be performed. Glenn Frey, Don Henley, Randy Meisner, Timothy Schmit and Joe Walsh all guested on Fogelberg albums - and he returned the favor several times.



Joe Walsh produced Dan Fogelberg's 1974 solo album "Souvenirs."

That was my L.A. days, running with The Eagles. They were all over that record, we were buddies and we were touring. The thing that I'm most proud of with that record is that it opened the door to the people I wanted to work with. And Joe Walsh got me Russ Kunkel. I always looked up to Russell immensely from his James Taylor and Carole King work. And I was just drooling to work with this guy. And Walsh just called him and he came down, and here I had him and Al Perkins from Manassas and Graham Nash came in. So I got to work with a lot of my heroes on that record. And it opened the door for me in L.A. as far as not just being the kid anymore, but being one of the guys. So I remember that one as a real good time ... probably way too good a time. It's a miracle we survived that record.

Article Interview: Remembering Dan Fogelberg Lydia Hutchinson | August 13, 2013

To many of us, much like the music of Dan Fogelberg. . . the Eagles' music is the sound track to our lives.

TONIGHT'S PERFORMERS

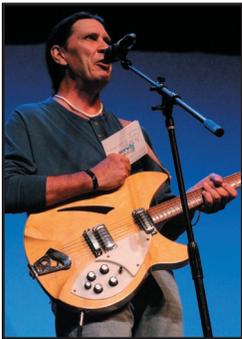
Through the years, Randy Tupin has provided advice and musical equipment, helping out many musicians and organizations... a man of many friends! Not only do we surround him with our love, Friends of Fogelberg is happy to have Randy Tupin on stage again this year as our Special Guest.



Randy Tupin

At the age of 14, I was sitting on the couch with my parents watching Ed Sullivan show when the Beatles played. I looked over & told them “that’s what I want to do from now on.” I worked at my uncle’s racetrack selling cokes, popcorn & programs at the Amarillo speedbowl, saved up enough money to buy my first combo organ & amplifier. I was in two bands in Jr high. When I got to Palo Duro, I was asked to join the Riotiers’, they were a really good band. We won Battle Of The Bands which was the first event ever held at the brand new

Amarillo Civic Center in 1967. Played with the Riotiers for 3 years which morphed into a band called Companies Coming, then after that disbanded, got into a band called Cold Duck when I was at AC. We were a 7-piece horn band. We were an extremely popular band, & we were all in the AC stage band. Won best Jr college stage band in the United States. After that, a band called Love, Peace & Happiness, which was around for several years. While in that band, I was asked by Billy Stull to start working for him in his store called Billy’s Band-Aid. Worked there for 10 years, became store manager, played in Billy’s band Billy & The Kids, then a band who had a very long run called Clyde Logg, then left to play in Smiling Jack, a band who 2 of its members became very successful contemporary Christian artists. I bought Billy out & started Randy’s Music Mart. It was a store that sold musical instruments, had a sound company & an AV business where we installed sound equipment in churches & schools. I quit playing for a while to be more involved in music retail & production. In the 90s my friends asked me to play in a band called the Twisters. I played in it for 5 years. *This is Randy’s second year in Friends of Fogelberg.*



Joe Ed Coffman

Hi Everyone. I’m Joe Ed Coffman, and I can’t tell you how proud I am to rub shoulders with the people on this stage. In 2008, when we performed our 1st concert, no one could imagine what would come of it. We thought it would just be a tribute concert to Dan Fogelberg, a wonderful musician, singer-songwriter that we all loved. It’s turned into much more than that. The mission has gone from having a tribute concert to actually saving men’s lives.

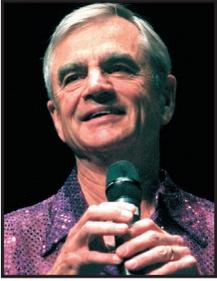
We stumbled upon a “perfect storm,” beginning with talent that is out of this world, a foundation that has believed in our cause, a medical community that has stepped up to the plate and a loving, supportive and generous community that is unsurpassed anywhere in the country. All together, we bring the message that men don’t have to die of prostate cancer. I thank you ALL!



Cathleen Cat Tyson

How fortunate I am to be on stage with all these talented musicians. I’ve been mentored and encouraged. Through bands, choirs, and operas, I’ve made my journey. I perform with Smokey City Rhythm Revue in Amarillo with my brother, prostate cancer survivor, Nick Tyson. I joined Friends of Fogelberg in 2010 offering my background in graphic/web design and marketing promotion; assisting Joe Ed. This is my fifth performance with F of F. I am blessed to have my father, Milt Tyson, my brother, and 2 uncles as Prostate Cancer SURVIVORS ~ I thank God for early detection that saved all their lives. Friends of Fogelberg concerts raise money for Free PSA Blood Test Clinics that can save even more lives. That is why we do what we do. Think Blue Too!

TONIGHT'S PERFORMERS



Dr. Richard Kibbey

I have always enjoyed singing and music in general. I played clarinet in high school and was in a small combo. I love classical music and was able to be guest conductor for one piece with the Amarillo Symphony. About ten years ago, I had the opportunity to perform a couple of songs with a professional Neil Diamond impersonator in one of his Neil Diamond shirts. At the time, I was told that I resembled the real Neil Diamond both in appearance and voice (both old). I bought my own genuine Neil Diamond shirt and proceeded to appear in an Amarillo Idol fund raiser for Amarillo College.

Thereafter, I have performed a number of times. It has been great fun for me. I feel that I am best received with a captive audience that is not totally sober.

Anderson Flesher & Key

Anderson, Flesher, and Key, commonly known as "AFK," count themselves as fortunate folks,



having played music for friends, fans, and family in the Amarillo area since 1982. Jackie Anderson (guitar, vocals), Bob Flesher (bass, vocals), Woody Key (guitar, vocals), and Drexel Ammons (drums) have known each other since their early days, and are fast friends as well as bandmates.

AFK has covered quite a lot of musical territory, ranging from folky ski-lodge music, to straight country, rock & roll dance tunes, tight-harmony country-rock, and a bit of soul and blues. They recorded an album in 1984, headlined several local video projects, and participated in the Evelyn Rivers Christmas Project CD series from the recent past. The boys have opened the show for several name acts such as the Beach Boys, Huey Lewis and the News, and War. They've also spent time on the other side of the stage, working as nightclub owners / managers in the late 80's, with their legendary Amarillo nightclub, Sneakers. Jackie, Bob, Woody, and Drexel are, as usual, excited and ready to join their Friends of Fogelberg music mates, to play Dan's songs, as well as songs of this year's tribute to Glenn Frey, with the music of the Eagles.

Again, this year, AFK will be joined by their Tennessee brother, Ken Ivey, on guitar and vocals.



Mike Fuller

New York-born, New Mexico-raised Mike Fuller has been playing the guitar for over 40 years, and writing songs for 30. He grew up listening to Jackson Browne, Cat Stevens, Dan Fogelberg, James Taylor and the Beatles.

He has released 3 cd's - Babies in 1998, Barefoot Music in 2001 and Live and More in 2014. He also released a cd as part of a trio with Ronnie Fleming and Gary Thomason called Plainspoken in 2003.

Mike's music has appeared in commercials for Amarillo College, promotional films for PASO and Habitat for Humanity, promotional CDs produced by Amarillo College and Amarillo Chamber of Commerce and in the film What Matters Most.

Mike plays roughly 100 gigs a year, either solo or with the Repeat Offenders (Woody Key & Gary Guinn). He has done every kind of gig from restaurants and bars to weddings, funerals & showers. He has played in package liquor stores, barns, gardens, airplane hangars and on runways, boats, beaches, truck beds, basements and rooftops. He doesn't like shoes.

TONIGHT'S PERFORMERS

Buddy Squyres

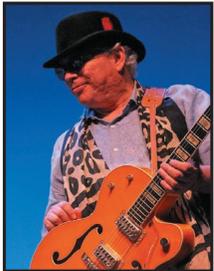
Buddy Squyres is the bassist for a variety of groups including Sadie's Rangers, Tennessee Tuckness and Andy Chase and his church praise band. His first musical instrument was the cello, which he studied and played from the fourth grade and into college.



As a child of the 60's, obviously, Rock n Roll would become his biggest musical influence. Squyres said,"the moment I saw the Beatles on the Ed Sullivan Show, I was hooked". He began teaching himself the guitar shortly after that, and eventually the bass as well as a variety of folk instruments. Although classical music played a huge roll in his training, he expanded his musical interests playing in local bands which included bluegrass, folk, country and rock n roll. He has also written many instrumental pieces for 6 and 12 string guitar. At present, he enjoys getting back to the upright bass and playing more "roots" music with other songwriters and performers.

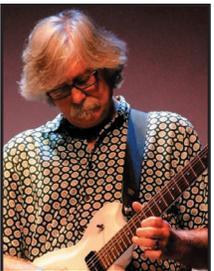
This is Buddy's fourth time to participate in this concert and each performance is especially poignant. Less than 2 weeks following the 2013 Friends of Fogelberg concert, he was diagnosed with prostate cancer and in the months that followed he had surgery and treatments for the disease, and currently the prognosis is good and he considers himself a "Survivor". The disease was caught early due to a normal blood test which included testing the PSA level. Look for and join his Facebook page, "Journey of a Prostate Cancer Patient". It follows his journey through the disease and is meant for others to share their experiences and help those dealing with prostate cancer.

Buddy retired from Amarillo College in 2013 after a career of over 43 years as a photographer/ editor/ director and instructor in video production. He has operated a stringed instrument repair business on the side for the past 30 years and now can devote all of his time to that as well as playing music full time.



Robert Workman

Friends of Fogelberg mainstay Robert Workman, guitarist, bassist and vocalist, is a fixture in the Amarillo music community and veteran of Amarillo-area bands: Godspeed, Hot Ratz, Billy & The Kids, Mace Tailor Band, The Eyes, The Jetsons, Clyde Logg Band, The Soulbreakers, 30 Fingers, Mr. Nizzi Blues Band and Betsy!. He has also performed in concerts as bassist for Alvin Crow, Blues Boy Willie and William Florian. Workman can currently be seen at shows around Amarillo with musical groups Black Slacks Combo and The Solano Project and loves playing the songs that turned him on at Tascosa High School.



Tony Naples

Shortly after receiving my first guitar at the age of 10, I knew the guitar would be a big part of my life forever. I've been performing in bands around Amarillo for the past 45+ years. I have been privileged to share the stage with Bo Diddley when I played in the "Twisters" back in 1999. I've been in various bands who have opened for such artists as Otis Day and the Knights, Omar and The Howlers, Bugs Henderson, and The Monkees, just to name a few. I am a founding member of Vic Fontana and The Automatics which was formed in 1988. The Automatics have enjoyed gigging for the past 25+ years. I currently gig as much as humanly possible and not a day goes by that I don't have a guitar in my hands. Through the years I have collected guitars and amps and still buy and sell vintage gear. After retiring from my day gig at Tx-Dot in 2005 with 28 years of service, I finally get to do what I love the most in life, spend time with my wife Farley who supports me 110%, enjoy my kids, my grandkids, and the toughest decision on any given day is, which guitar will I play today? I'm truly a blessed man!

One last thing, I'm a prostate cancer survivor. Diagnosed in January of 2011, I underwent a radical prostatectomy, followed by radiation and I'm happy to say I've been cancer free for 5 1/2 years. This is my 3rd year performing with The Friends of Fogelberg and I'm very honored to share the stage with so many great friends and talented people! Thank you all for your love and support and remember, "think blue too!"

TONIGHT'S PERFORMERS



Maggie Scales

Maggie Scales plays violin, keyboard, drums, mandolin, rhythm guitar and sings. She comes from quite a musical family. Her dad, Carlton Scales owned and played with his own big band at the Aviatrix Ballroom. The club on old route 66, was an Amarillo hotspot in the 30's, thru 50's. Maggie's mom sang with the big band. Her siblings are also professional musicians. Maggie played 33 years with the Amarillo Symphony and has been a sub for 6 years. For a few seasons, Maggie and 3 of her siblings were all members of the Symphony at the same time! (The other sibling was on the road playing music!) Maggie also played 25 years for the Amarillo Little Theatre productions. She was involved with "TEXAS" for 13 years. Maggie is in her

21st year as fiddler, keyboardist, & vocalist with the Panhandle's favorite dance band, "Young Country". She also plays with other local musicians around town. Maggie started locally with the "Clyde Logg" band. She traveled with RCA recording artist "Dotty". Maggie has also played with Porter Wagoner, Bobby Bare, Ray Price, Hank Williams Jr.'s band, the Moody Blues, Bob Hope, The Transiberian Orchestra & others. She has played on numerous albums and commercials. Maggie is a member of the West Texas Music Hall of Fame. Maggie lost both of her parents and her older sister to cancer. She said early detection would have made all the difference...



Insufficient Funds

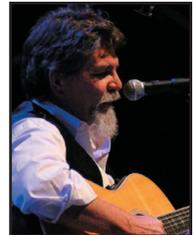
This band's versatility shines through their music which includes everything from jazz, soul, disco, R & B to country and rock-n-roll. Their forte is playing music for all ages. Their song list includes something for every taste. Their humor and crowd interaction blended with their exceptional musical talent and harmonies have set them apart for the last 21 years. NSF has been the opening act for such artists as Steve Wariner, Johnny Rivers, Jerry Jeff Walker, The Beach Boys, Robert Earl Keen and Creedence Clearwater. Their busy schedule includes more than 50 events a year. They have become a favorite not only in the Panhandle but Oklahoma, Denver, Dallas, Fredericksburg and Cabo San Lucas.

Band members include: Chuck Alexander on bass and vocals, Mary Lyn Halley on guitar and vocals, Vic Richardson on

drums and Dean Yates on guitar and vocals. The band began in 1993 with Alexander, Halley and Yates playing together. They added Richardson as their drummer in 1997. They attribute their longevity to their "love of music and the friendship between them". "It is not about us, it is about everyone else having a good time."

James P. Davis

Dan Fogelberg's music and playing style have always inspired me. The first time I heard, Go Down Easy, I immediately bought the 8-track and tried to imitate Dan to impress the girls. Still don't have it down but, thanks for the inspiration Dan.



Ken Ivey

Born in Clinton, Tennessee, I have been playing drums and bass since childhood as part of my father's southern gospel singing group. After college and moving around the country for work, I sang and played guitar in a Knoxville, TN, church band for many years. I started traveling to Amarillo for work in 2012 and attended my first Friends of Fogelberg show that year at the invitation of Woody Key. That show made it clear how talented Amarillo musicians are! Since that time, I have continued to travel to Amarillo and have been fortunate to make friends of many local musicians. I was grateful to be able to play on the 2014, 2015 and 2016 show. I saw Dan in San Francisco in the 1980's and have always enjoyed his music.

TONIGHT'S PERFORMERS



Irma Esther

A native of Laredo, TX, Irma-Esther Borup has been studying the viola since the age of 10 and has had the opportunity of performing professionally since age 15. An alumnus of the Vidal M. Treviño School of Communications & Fine Arts, she chose to further her music education and career by pursuing her Bachelor's of Music in Viola Performance at West Texas A&M University in Canyon, TX.

Since her arrival to the Texas Panhandle in 2004, Irma-Esther has been a performing violist and violinist with a myriad of professional groups in the area, including the Amarillo Symphony, Chamber Music Amarillo, Amarillo Little Theater, Amarillo Opera, and various independent string projects.

While performance is clearly a priority, Irma-Esther's other passion lies in music education. She currently serves as the Education Coordinator of the Amarillo Symphony, running the Amarillo Youth Orchestra program and consulting on various educational programs the Symphony maintains. Irma-Esther is also a member of the Amarillo Youth Orchestra coaching staff, working with the viola sections of the Amarillo Youth Philharmonic & Preparatory Strings ensembles. She has served as an independent viola & violin consultant with Amarillo ISD since 2005, teaching sectionals and private lessons throughout the district. As well, Irma-Esther maintains a private lesson space out of her home where she continues to grow her independent viola & violin studio.

Irma-Esther currently resides in Amarillo, TX with her husband, Brandon, and their three cats, Jimmy, Kimmy & Evah.



Bond Jessup

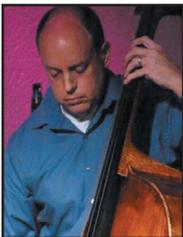
Bond Thompson grew up in Amarillo, where she studied the Suzuki method of violin from the age of 3 at Amarillo College. She studied music education at Baylor University under the direction of violin professor Dr. Bruce Berg.

Bond is currently the orchestra director at San Jacinto Christian Academy. She has a son and two step-daughters and is married to the love of her life. Bond is pleased to be joining Friends of Fogelberg for her fifth year.



Russell Steadman

Cellist Russell Steadman was born and raised in El Paso, Texas where he was strongly influenced by a very musical family. His mother Ida, is his greatest influence in that she is also a cellist and a teacher. Russell attended West Texas A&M University where he met his lovely wife Landree. Russell is a very active musician in the Amarillo community. He has played in the Amarillo Symphony for sixteen years, is the Suzuki cello Instructor at Amarillo College, teaches orchestra at St. Andrews Episcopal School, and plays as many "gigs" around town as he can. Russell is thrilled to be returning for his fifth Friends of Fogelberg Concert.

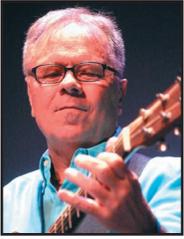


Nick Scales

Nick Scales has been promoted to Associate Professor in the School of Music at West Texas A&M University, Principal Bassist of the Amarillo Symphony, member of the Utah Festival Opera Orchestra and Bassist for Polk Street Jazz. He is an accomplished, versatile performer who is comfortable in solo, orchestral, jazz and chamber music explorations. Performance credits include eleven years as core section bass in the Dallas Opera orchestra as well as numerous regional orchestral positions such as substitute performing with The San Antonio, Fort Worth, Tulsa and Shreveport Symphonies. He has also performed numerous solo, chamber recitals and guest performances throughout his career. In 2012, Nick was invited to

perform as a faculty bassist at the Orfeo Music Festival in Vipiteno, Italy. His teaching experience includes adjunct appointments at Texas Christian University and the University of North Texas. Nick maintains a successful private studio and is well regarded as a clinician and adjudicator. He resides in Amarillo with his wife Lori, who is also a bassist, and their two amazing daughters.

TONIGHT'S PERFORMERS



Gary Guinn

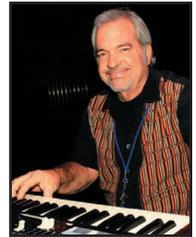
A percussionist from age 8 Gary started playing guitar in High School as a result of hearing songs by Cat Stevens, JJ Cale, and Crosby Stills & Nash. Gary started performing live in 1981 as a member of the Clyde Logg Band at Amarillo's Texas Moon Palace. Gary is currently a member of The Prairie Dogs as a singer/songwriter guitar and banjo player and plays percussion and guitar with Mike Fuller, Woody Key and Ken Ivy. AKA Mike Fuller and the Repeat Offenders.

Gary's current musical efforts include the annual Texas Country Reporter festival in Waxahachie Texas. The 2011 CD titled Prairie Fire with the Prairie Dogs and various gigs in Amarillo and surrounding area.

"This is my fourth invitation to take part in the Friends of Fogelberg event. It is certainly an honor to take part in such a great cause with so many fantastic musicians and friends."

Charles Clinton

Charles Clinton has been playing keyboards for 49 years for groups in and around the Texas Panhandle. He has played all genres of music. Also tunes pianos and has retired from Pantex. Charles has been married for 35 years to his 1st wife Kim. He has 2 grown children, a Son-In-law, and 3 wonderful grand children.



Carlos Casso

Carlos Casso received a Music Business degree from WTSU and owns Audio Refinery, a professional recording studio, in Amarillo.

Carlos Casso is a professional saxophonist who is active in the Amarillo area music scene. His small jazz group, "The Martinis," performs regularly at many jazz events including "June Jazz," "Amarillo Block Party," and "Jazz on 6th Street;" as well as a variety of private performance engagements. Under his leadership, "The Amarillo Jazz Orchestra," has shared big band literature with a wide array of fans and was featured on two PBS specials for KACV-TV. Carlos'

eclectic style is influenced by his vast playing experiences ranging from jazz to classical, to country, and to good old rock and roll.

Carlos is married to Becky, an elementary school Music Specialist who plays french horn in various ensembles, including the Amarillo Symphony. They have two children, both studying music; Dan, who plays trumpet; and Michelle, who plays french horn.



Bob Hopkins

In 1978 Bob Hopkins played his first public performance on the back of a flatbed truck in a 7-11 parking lot in Jacksonville, FL. In 1979 he went on the road with The Ronnie Barron Show (a Las Vegas style dinner club show) and traveled around the country, including several dates in Amarillo. In 1982 Bob left the road and joined a local country band, Kris Carpenter and Texas, and since then has been a steady contributor to the Amarillo music scene, In 1991 he temporarily moved to Boston to attend Berklee College of Music and three years later graduated with honors. Currently Hopkins performs solo and with local groups including Lightnin' Bob & The Sparks, High Time Coulee, Wyley Chaney's Easy Street Band and Insufficient

Funds. Bob teaches full time at Boys Ranch High School and he is an active member of Journey Church. Bob says - "Amarillo has been very good to me over the years and I am grateful. Thank you Amarillo for the generous support you have given The Friends of Fogelberg. You are saving lives. It is a privilege for me to be on stage with so many talented people for such a good cause."



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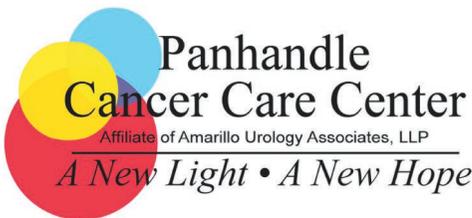
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Guitar provided
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Old Blue painted
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Joe Ed Coffman, Founder of Friends of Fogelberg

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Dan & The Eagles ²⁰¹⁶
BENEFIT TRIBUTE CONCERT **VII**

*Honoring the
Life of
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September 1st

Globe-News Center for the Performing Arts 7:30pm

*Continuing Dan's Quest ...
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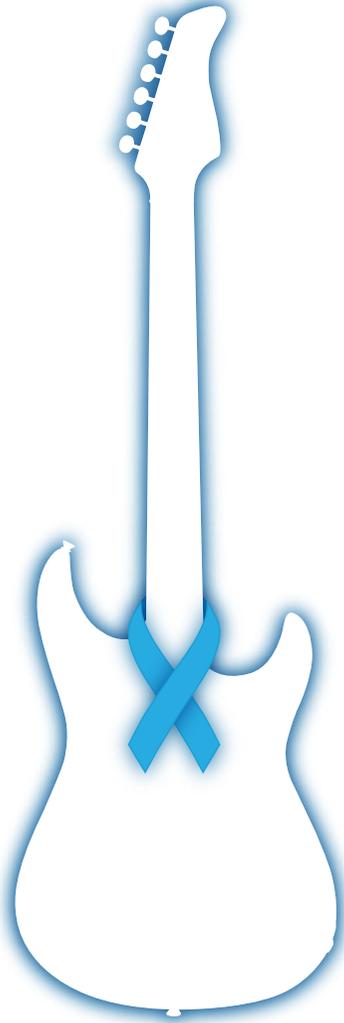
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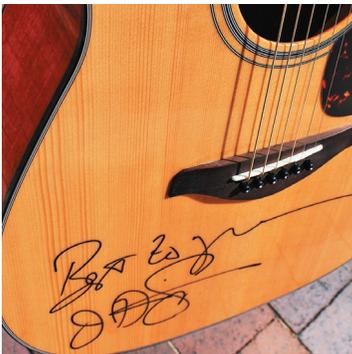
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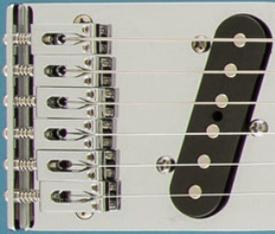
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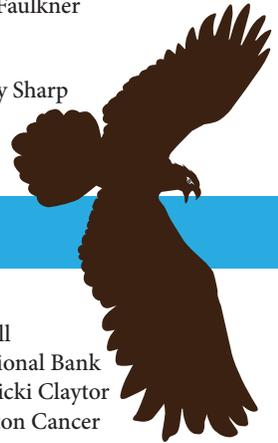
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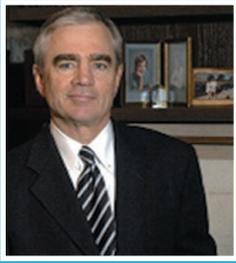
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Once again, we need to honor the request of Dan Fogelberg that his life and untimely death from prostate cancer be used as a focal point to make other men aware of prostate cancer.

Since we last met The New England Journal of Medicine published an article detailing the results of the eleven-year European Randomized Study of Screening for Prostate Cancer, which confirmed the original findings that prostate screening reduces the risk of dying from prostate cancer. In this study, 162,388 men ages 55 to 69 and from eight different European countries, were randomly assigned to be screened or not screened for prostate cancer. The results showed that a man who undergoes PSA testing will have his risk of dying from prostate cancer reduced by 29%.

There still is some controversy regarding PSA screening but unfortunately no other methods of screening are currently available or any better. I am now almost 18 years post diagnosis and treatment for prostate cancer and am thankful for having prostate screening. Also, we know that in the past 21 years of the PSA screening era, there has been a 40% decline in the prostate cancer death rate. Also it might be noted that at the beginning of my training and practice in the early 70's a very high percentage of men with prostate cancer at the time of presentation were found to have metastases. During the PSA era this number has dramatically dropped as well. Our hope is that with these and other methods we can continue to improve the cure and survival rates from prostate cancer.

Dr. Richard G. Kibbey III, M.D.

PSA PROSTATE SUPPORT ASSOCIATION OF AMARILLO

A mans worst nightmare is to hear that he has prostate cancer, and that he should “get his affairs in order.”

I am a Marine, a husband, a father of 2, and a grandfather of 5. I found that Prostate Cancer can affect any of us at any time. My family loves me and supports me. They are all, as confused about the cancer experience as I am.

Prostate cancer, what does that mean? It may appear to some, that you will die in the immediate future, or to some, it may represent a long term crisis, or to some, it represents immediate intervention. Whatever the response, and the real outcome, the cancer patient is left with numerous possible outcomes, and numerous anxieties.

Fearful of the response of loved ones, many men will minimize or fail to discuss their disease, and treatment options. They may withdraw into shame and denial. Support groups for cancer patients, have been shown to extend human lives, and to improve the quality of life for all involved. The solid tumor lives in the prostate, and may metastasize and live in the bones or other organs, but the cancer experience lives in the mind. Talking about your experience with others who have similar experiences, helps heal the mind. A member or members of the support team are willing to communicate with you: in a face-to-face meeting, email communication, telephone communication, or FaceTime communication.

Dr. Gerald Rogers

Contact us at talkdoc@westpines.net or 806 354-9996 for further information.

DAN'S SERMON



To each and every man....

I cannot encourage you strongly enough to get a DRE (Digital Rectal Exam) and a PSA (Prostate Specific Antigen) test EVERY YEAR.

The medical community suggests this for men over 50, but men with a family history of prostate cancer should start getting tested at age 40.

The PSA test is a simple blood test...it only takes a minute or two. The DRE, okay, every man squirms at the thought of this exam, but hey, it too takes only a minute or two, and IT COULD SAVE YOUR LIFE.

Prostate cancer can be very slow growing or very aggressive, but detected early while it is still confined to the prostate gland, it can usually be treated and cured successfully.

Once it spreads beyond the prostate it is called Advanced Prostate Cancer. At this point it becomes imminently more life threatening and harder to treat. Do yourself and your loved ones a huge favor and GET CHECKED REGULARLY. I promise you, you DON'T want to go through what I'm going through if you can avoid it.

Education and awareness are key. I urge you to go to the Prostate Cancer Foundation web site and read up on how best to protect yourself and reduce your likelihood of developing this terrible disease.

think  blue too



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