

Dive for the Cure 2015



PHOTOS BY NED HICKSON/SIUSLAW NEWS

Woahink Lake was the site of lots of waterplay Sunday as participants from around the region gathered for the third annual Dive for a Cure fundraiser event.

Sheriffs offer disaster prep tips

Preparedness for natural disasters remains important.

Earthquake preparation:

- Anchor and secure heavy appliances and furniture to wall studs.
- Move pictures, mirrors and glass objects away from beds.
- Learn how to turn off water, gas and electricity.
- Keep hard-soled shoes and a flashlight under bed.

Earthquake response

- When the ground begins to shake, "Drop, Cover and Hold On."
- If indoors, get under a sturdy table. If in bed, protect your

head with a pillow.

- If outdoors, find a clear spot away from buildings and trees and stay until the shaking stops.
- If in a vehicle, pull over to a clear location until shaking stops.
- If you smell gas, leave your home and notify the gas company.
- Only turn off gas as a last resort, if you can do so safely.
- Assume downed power lines are live and stay away.
- Use phones *only* for life-threatening emergencies.
- Expect and be ready for aftershocks.

Tsunami response

- A tsunami is a sea wave caused by an underwater earthquake or landslide displacing the ocean water.
- When at the coast, know tsunami evacuation information for the area. Follow tsunami evacuation signs.
- Once the earthquake has stopped, go inland and to higher ground. Follow tsunami evacuation signs.
- Do not return until the alert has been cancelled and emergency officials have advised it's safe to return.

— Lincoln County Sheriffs

OHA expands latest clam advisory

The Oregon Health Authority is updating an existing health advisory to include gaper clams (*Tresus capax*), which were found to contain high levels of naturally occurring arsenic.

The advisory was updated today by the OHA Public Health Division after gaper clams were tested during a second round of sampling. It now applies to soft-shell clams (*Mya arenaria*) and gaper clams collected anywhere along the Oregon Coast.

OHA recommends removing the skin from the siphon, or "neck" of soft-shell and gaper clams before eating them. This is because the inorganic arsenic that is harmful to human health is concentrated in the siphon skin.

Removal of the skin before eating reduces the inorganic arsenic to levels that are not harmful.

The advisory is most important for recreational harvesters who dig their own clams. Soft-shell and gaper clams are collected primarily from estuaries and intertidal regions of the Oregon Coast.

Limited commercial harvest and sale of gaper clams for human consumption occurs in Oregon.

The Oregon Department of Agriculture (ODA) regulates the safety of commercially harvested shellfish. ODA will ensure that commercial dealers instruct retailers and consumers to remove siphon skins from gaper clams before eating them.

Those planning to eat soft-shell or gaper clams with or without siphon skins should review OHA's recommended meal limits, available at www.healthoregon.org/fishadv.

Two other clam species, cockles and butter clams, also were tested for arsenic during the same sampling period. Arsenic levels in both of these species were found to be well below the level that is harmful to human health, so cockles and butter clams are not included in the health advisory update.

As previously mentioned, California mussels and purple varnish clams also can be harvested and consumed without concern.

Public health officials say that since the arsenic detected in clams is naturally occurring, the advisory is likely to be per-

manent.

In addition to arsenic, testing included a wide variety of other potential contaminants to shellfish, including metals, pesticides, polychlorinated biphenyls, dioxins, tributyltin, flame retardants and other substances.

None of these other contaminants were present in any of the species at high enough concentrations to pose a risk to

human health.

By issuing the advisory, health officials hope to increase the public's awareness of shellfish contaminants and ways to reduce human exposure to them.

While it is important for people to know about contaminants in shellfish, it is equally important to include shellfish as part of a healthy diet.

BUD'S UPHOLSTERY

Boat Tops & Cars

- Complete Auto & Boat Interiors
- Canvas Work

10 am-6 pm Mon-Sat.

Be ready for Summer. We're booking appointments now!

4981 Hwy. 101, Complex B
541-997-4856

Over 41 yrs Experience

Get Results...List With Melody.

Melody Beaudro
Principal Broker
541 991-2151

TR HUNTER
REAL ESTATE
541-997-1200

River View Ave - Siuslaw River front camp lot next to the boat launch in Mapleton. Improvements include fencing, gate and storage. Fishing and recreation with views, 2 plum trees, a raspberry bush, grape vines, and a creek. Power and City water available. \$35,000. #2515-15204738

1749 Highway 101 • 541-997-1200

See Jim for your auto sales needs!

JOHNSTON

MOTOR COMPANY

2150 Hwy. 101 • Florence
(541) 997-3475 • 1-800-348-3475

Do your part and volunteer today to help support these local non-profit organizations in our community!

Volunteer • Get involved • Donate

Florence
Habitat for Humanity®

Volunteers needed for new home construction, home repairs, general office work, public relations and program administration. Join an operating committee and help Habitat help others!
Call 541-902-9227 or e-mail to florencehabitat@gmail.com
Office located at 2004 HWY 101, Florence

Assisting those in need in our Community.
Free Hot Meals Mon-Wed-Fri
11 AM - 2 PM

HELPING HANDS COALITION
PO Box 1296 • 1339 Rhododendron Dr.
Florence, OR 97439
Call 541-997-5057 to Volunteer

Join the Peace Harbor Hospital Volunteers. You will find an area of interest in a caring organization.

Peace Harbor Volunteers

400 9th Street, Florence, OR 97439
541-997-8412 ext. 209

SENIOR MEALS PROGRAM

Offering Café 60 & Meals On Wheels

Meals on Wheels are available to people over the age of 60 who cannot get out much due to illness or advanced age and who are not eating properly, regardless of income. Café 60 is available for those who prefer to make new friends in a dining room setting.

1570 Kingwood • PO Box 2313, Florence
541-997-5673
lanesenior meals.org
Operating Monday, Wednesday and Friday

SIUSLAW OUTREACH SERVICES

Recruiting volunteers for front desk reception and help line.

9am-4pm Mon.-Fri.

Please contact our volunteer coordinator
541-997-2816 lori@florencesos.org
1576 West 12th Street • P. O. Box 19000, Florence

Saving men one PSA test at a time.
541-997-6626
maribob@oregonfast.net
Someone to talk to... who understands!

PROSTATE CANCER EDUCATION & SUPPORT
www.ustoo.org

To include your organization in this directory, please call us @ 541-997-3441