

**HEAT:** Temperatures are expected to hover in the 90s through week

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disability from drowning.

When you're not at the river or at the lake, take precautions to avoid heat-related illness. The Red Cross recommends:

- Never leave children or pets alone in enclosed vehicles.
- Stay hydrated by drinking plenty of fluids even if you do not feel thirsty. Avoid drinks with caffeine or alcohol.
- Eat small meals and eat more often.
- Avoid extreme temperature changes.
- Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- Postpone outdoor games and activities.
- Use a buddy system when working in excessive heat.
- Take frequent breaks if you must work outdoors.
- Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely

to be affected by the heat.

- Check on your animals frequently to ensure that they are not suffering from the heat.

With hot, dry conditions comes increased fire danger. There is a slight chance of thunderstorms in the forecast for Wednesday afternoon, but by far the greatest fire danger comes from us. Be alert to fire danger when camping, hiking, riding or working in the woods.

"Camping is an excellent way to enjoy all of the outdoor beauty and recreation Oregon has to offer," said State Fire Marshal Jim Walker. "However, that beauty can only be maintained if people follow campfire safety."

The Office of the State Fire Marshal encourages everyone to follow these campfire safety guidelines:

- Check if campfires are allowed in the area in which you will be staying.
- Keep a shovel and water nearby to extinguish any escaped embers.
- Select a site away from grasses, shrubs, overhanging branches, and firewood. Existing fire pits in established campgrounds are best.
- Scrape away leaves and debris to bare soil, at least 10 feet on all sides of the fire pit.
- Circle your campfire pit with rocks; start your fire with paper or manufactured fire starters, NEVER use gasoline;

keep the fire small and add wood in small amounts.

- Never leave a campfire unattended.

- Before going to bed or leaving the campsite, drown the campfire with water, stir the coals, and drown again. Repeat until the fire is out and the coals are cool to the touch.

The OSFM also encourages everyone to follow these wildfire prevention guidelines:

- Know fire risks and obey fire restrictions, such as campfire bans.
- Avoid parking or driving on dry grass as hot vehicles can start a wildfire.
- Vehicles are required to have a shovel and fire extinguisher or at least a gallon of water in many areas.
- Do not use candles, fireworks, tiki torches, or other open flames in wildland areas.
- Remember that sky lanterns are illegal in Oregon airspace.
- Dispose of smoking material in deep, sturdy ashtrays.
- Make sure butts and ashes are extinguished with water and sand.
- Never discard butts on the ground or in vegetation.

The hottest days of summer can be a joy in Sisters — but it always pays to be alert to the conditions of the natural environment and cautious about how you live, work and play in Sisters Country.

**HIKE:** Lake Creek trail is often overlooked by locals

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tamarack. Some of the biggest tamarack trees I've ever seen can be found in this area. Curiously, the bark of very large tamaracks closely resembles that of ponderosa pine, although the limbs and character of the tree trunks are quite different.

The larch (or tamarack) is the only conifer that sheds its needles for the winter. The trees sport brilliant green new growth needles in the spring. In the fall, the trees' needles will turn a bright golden hue before they are shed.

To reach the Camp Sherman trailhead, turn right (north) onto the Camp Sherman Road (Forest Road 14) 8 miles west of Sisters. The trailhead is located about 4.5 miles north, on the left (west) side of the road directly across from Sternberg Road (just north of the Camp Sherman Community Hall). The Suttle Lake trailhead can be reached by turning left off Highway 20 into the resort area about 12 miles west of Sisters. Follow the signs toward the resort and Cinder Beach; the parking lot and trail information kiosk can be found immediately across the Lake Creek Bridge.

**Fire breaks out in Mt. Jefferson Wilderness**

Smoke became visible from Sisters Country, over the crest of Mt. Jefferson on Monday evening.

According to the Willamette National Forest, on Sunday evening a commercial plane flying over the Mt. Jefferson Wilderness reported smoke; within minutes the fire lookout on nearby Coffin Mountain located that smoke in Whitewater Creek. The fire grew Monday to an estimated 65 acres.

"We are closing several trails while we put out this fire," commented Detroit District Ranger Grady McMahan. "We have staff in Jefferson Park directing hikers to use certain trails. Hikers wanting to access Jefferson Park may use the South Breitenbush trail (3375) or the Woodpecker trail (3442); the Pacific Crest Trail (Trail 2000) remains open."

The fire, within the Mt. Jefferson Wilderness near the crest of the Cascades, does not threaten communities or roads.

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