

Prepare for eclipse like an emergency

Everyone from the Deschutes County Sheriff's Office to the Forest Service to local fire departments and the City of Sisters have been planning for months for the impact of the solar eclipse on Monday, August 21.

The Deschutes County Oregon State University Extension is encouraging citizens to do what local agencies are doing, and treat the event like they would an emergency or natural disaster.

"Planning ahead with some realistic expectations to ride this out with good humor and a few deep breaths is a responsible thing to do for yourself, your family and your neighbors," OSU Extension states on their web site. "Consider the possibility of long lines or limited ability to drive a car and to purchase items you and your family need (food, Rx, personal hygiene supplies, pet food, etc.). There likely will be reduced access to medical professionals and electronic communication/entertainment devices. Make plans that will have opportunities for flexibility with schedules and activities, and include ways to reduce or lower stress for individuals and families."

Meet with your family soon and develop a plan for the week or so leading up to the eclipse event. Lay in appropriate supplies.

If you plan to view the eclipse, get eclipse glasses — and make sure they're safe. Many stores are offering inexpensive, special eclipse-viewing glasses that block harmful light that can damage your

vision. Regular sunglasses will not protect your eyes from permanent damage. Look for the ISO 12312-2 international standard on eclipse glasses, in brands such as Rainbow Symphony, American Paper Optics, Thousand Oaks Optical, and TSE 17.

Cell phone networks may be strained by heavy use during the period. Make a plan for family communications so you can let your loved ones know where you are and that you are OK.

Oregon Department of Transportation and law enforcement officials are expecting heavy vehicle traffic through the area, starting with the Thursday prior to the eclipse and continuing for a day or two afterward. Make plans for your transportation to avoid or consolidate as many car trips as you can. Make a plan that allows for extra time and/or alternate routes to get to work.

OSU extension notes that, "Along with an expected increase in traffic accidents and a higher risk of

wild fire that may be caused by those unfamiliar with extreme fire hazard conditions in August, our first-responders and medical personnel are expected to be stretched pretty thin. Now is the time to brush up on basic first aid or take a class. Be extra careful to keep yourself and your family healthy. This is not the time to take risky chances."

Stock up early on food, since an influx of people and difficulty making deliveries may leave store shelves bare. OSU Extension recommends making a 10-day meal plan:

"Creating a 10-day meal plan will help feed your family while avoiding the crowds and possible empty shelves in grocery stores. Plan and shop accordingly, can your own food, or purchase enough non-perishable foods to last you 10 days or more. Foods such as canned soups, fruits, vegetables, meat and fish will be easy to store. Pantry staples such as dried fruit, crackers and peanut butter make good snacks. Canned and dried foods will especially come in handy in case of a power outage."

Recognize that you may be stressed more than usual by the high level of activity. Practice relaxation and mindfulness to avoid getting too wound up and to improve your resilience.

For more information visit <http://extension.oregonstate.edu/deschutes/solar-eclipse-preparedness>.



Lay in needed supplies ahead of time to reduce stress before, during, and after the eclipse.

Man with ties to Oregon refuge gets prison time

PORTLAND (AP) — A man with ties to Oregon standoff leader Ammon Bundy was sentenced Wednesday to 2-1/2 years in federal prison for having a stolen machine gun with an obliterated serial number.

Michael Emry, 55, pleaded guilty in January to unlawfully possessing the fully automatic .50-caliber machine gun.

Emry in December 2015 traveled to southeastern Oregon from Idaho in a van he borrowed from Bundy and then stayed in the same house with the man who led the Jan. 2, 2016, armed takeover of the Malheur National Wildlife Refuge.

Emry was not among the more than two dozen people charged with conspiring to impede federal officers during the 41-day protest against federal control of Western lands.

Defense attorney Lynn Shepard said in a sentencing memorandum that Emry went to the area to cover the occupation as a journalist. Emry previously operated an online news service called "The Voice of Idaho."

FBI agents arrested Emry in May 2016 when they served a search warrant on his travel trailer in John Day, Oregon, and seized the

machine gun.

Before the warrant was served, Emry had been in negotiations to sell the gun to someone he had been told was the captain of a militia group but actually was an undercover police officer, authorities said.

Emry admitted stealing the gun from an Idaho man.

"I am a peaceful man, and I made a mistake."
— Michael Emry

"I am a peaceful man, and I made a mistake," Emry said at Wednesday's court hearing in Eugene, according to *The Register-Guard* newspaper.

The theft victim valued the weapon at \$25,000, according to prosecutor Nathan Lichvarcik's sentencing memo.

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