



PHOTO PROVIDED

The Outlaws placed third in state competition.

SKI TEAM: Outlaws had a strong showing this season

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Outlaws finished 12th overall. On Thursday, the Lady Outlaws competed in the giant slalom. The girls squad is fairly young, and Chladek told *The Nugget* it was an honor for them to just compete at the state championships. The girls team came in 16th in the giant slalom, and top finishers in the first run were Hollie Lewis, Sydney Wilkins and Skylar Wilkins. Hollie Lewis, Skylar Wilkins, and Piper Adelt were the top finishers in the second run. Tatum Cramer also skied for the Lady Outlaws and came in 84th overall. Annie Cohen skied as a substitute and came in fifth out of all the team subs.

The Lady Outlaws competed in the slalom on Friday. Hollie Lewis, Sydney Wilkins and Piper Adelt were the top finishers in run one and Skylar Wilkins, Sydney Wilkins, and Piper Adelt were the top finishers in the second run. Cramer also raced and logged two good supporting runs. Cohen skied as a substitute and crashed out.

Of the girls team, Chladek said, "The girls were all pushing themselves. Hollie crashed out on a run, but she was pushing herself as hard as she could, and I liked seeing her pushing the limits. Piper really stepped up and skied some of her best runs to date, and it showed with her being one of our top three finishers in three of the four runs.

Chladek said, "The experience of being at Mount Ashland for the state championships was rewarding and fun. We got some great training and competition in on some new terrain, and it was very exciting for the Outlaws to be in the state championships. The spice on the dish was definitely having the varsity boys team on the podium for taking third overall at such a big competition! Four of the boys on that team are seniors and have been working at getting on the podium for a long time. The girls team now have seen the road map to the top spot and will be looking very strong in the future."

COVID-19: Health professionals are prepared

Continued from page 1

responders.

When firefighter/paramedics respond to 911 calls for patients with flu-like symptoms, they will take extra precautions including wearing a protective mask and gown, or similar protective clothing. The extra precautions are designed to protect firefighter/paramedics from contracting the flu or other viruses like COVID-19.

Fire Chief Roger Johnson said, "We are following recommendations and guidance from the CDC and Oregon Health Authority on how to best protect our emergency responders. We are trying to avoid a situation similar to Washington, where 30 first responders were quarantined after treating a COVID-19 patient."

The Fire District provides fire protection to more than 55 square miles of Sisters Country and also provides ambulance services to 800 square miles of territory.

"Losing even a few firefighter/paramedics or volunteers to a quarantine would create a problem for the Fire District," he said.

The Fire District has not seen an increase in 911 calls in the past month but is prepared should COVID-19 appear in the region. Chief Johnson said, "Our people are very well trained, we have implemented policies to limit potential exposures to our responders, and we have sufficient protective supplies on hand."

St. Charles Health System is now restricting the number of access points at each facility effective Wednesday morning, March 4. The intent is to have patients, caregivers, providers and vendors enter facilities through a limited number of access points to keep the workforce safe and functioning as this public health issue continues to grow.

At each access point, St. Charles will be:

- Requiring individuals to adequately sanitize their hands.
- Requiring masking if a patient presents with a fever, cough or cold symptoms.
- Controlling access for visitors, caregivers and

providers who present with a fever, cough or cold symptoms (this means we may not allow people into the building if they could spread infection, but are not in need of medical attention).

The Centers for Disease Control continues to stress the importance of hand-washing. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

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SUDOKU SOLUTION
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3	5	4	6	8	1	7	9	2
6	7	9	3	2	4	1	8	5
2	8	1	9	7	5	3	4	6
8	1	6	7	4	2	9	5	3
7	3	2	5	6	9	4	1	8
4	9	5	1	3	8	2	6	7
5	4	3	2	9	6	8	7	1
1	2	8	4	5	7	6	3	9
9	6	7	8	1	3	5	2	4

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