

Lower Umpqua Senior Center in Reedsport



The weather on the Oregon Coast has been clearing up and summer is here. There are things happening in the Reedsport area throughout the summer. Get out and enjoy some sunshine before the winter rains return. The Lower Umpqua Senior Center in Reedsport is looking forward to offering more resources and events for the community. As a senior in our community, what are your needs and wants? Email the board at seniorcenterboard25@gmail.com any ideas. If you have a special talent, or knowledge you would like to share, we welcome your thoughts as well.

The Reedsport area has a need that people may not know about. Many of the things that go on in our town happen because people volunteer their time. Volunteering not only enhances the beauty and wellbeing of our community, research has proven that volunteering can improve your health. Mayo Clinic says that spending time volunteering can give a person a sense of meaning and appreciation which can reduce stress. Effective stress management lowers the risk of heart disease, stroke, depression, anxiety, and boosts your

immune system. In addition, volunteering gives a person a sense of purpose and nurtures new and existing relationships.

In the Reedsport area, there are volunteer opportunities for everyone. There are places that can offer projects you can take home to complete, other more social positions, and everything in between. Some are alright if you just drop in and help out for a short time. Others ask for a set day and time. Examples of volunteer jobs in the community are Christmas in July, Main Street Clean Up days, animal conservation, previewing dvds for the library, greeters at the senior center, board members all over town, and so many others. If you are not sure what kind of volunteer job is right for you, the library may be able to give you some direction. Another resource for local volunteer jobs is City Hall which is located across the street from the Lower Umpqua Senior Center.

IMPROVE YOUR WELLBEING, BECOME A VOLUNTEER!

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Traffic stop on I-5 yields 120 pounds Meth, Cocaine and Fentanyl

Two suspected drug traffickers face federal charges after they were caught transporting approximately 120 pounds of methamphetamine, fentanyl, and cocaine on Interstate 5 in Linn County, Oregon.

Jesus Campos Roman, 29, a Mexican national unlawfully residing in Washington, and Eduar David Freites-Mosquera, 27, a Bolivian national unlawfully residing in Washington, have been charged by criminal complaint with conspiracy to distribute and possession with intent to distribute fentanyl, methamphetamine, and cocaine.

According to court documents, on July 30, 2025, an Oregon State Police officer initiated a traffic stop on a vehicle driven by Roman and occupied by Freites-Mosquera. After a drug detection dog alerted to the presence of narcotics, investigators searched the vehicle and found numerous packages in the trunk containing more than 110 pounds of methamphetamine, five pounds of cocaine, and four

pounds of fentanyl pills.

Roman and Freites-Mosquera made their first appearances in federal court today before a U.S. Magistrate Judge and were ordered detained pending further court proceedings.

The case is being investigated by the Drug Enforcement Administration and Oregon State Police. It is being prosecuted by Joseph Huynh, Assistant U.S. Attorney for the District of Oregon.



Oregon Waterways Non-Motorized Boat Permits for 2026

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Oregon's waterways.

With the new permitting should come a more thorough inventory of our equipment that we take to the lakes and rivers of Oregon next year. One thought is towards insurance. The equipment is not cheap and protecting it is something to consider. And there's the unknown liabilities of personal injury or property damage that should be considered.

Non-Motorized Boat Insurance Coverage protects non-motorized boats in the event of a covered loss it helps pay for bodily injury and medical expenses up to coverage limits. Non-motorized boat insurance is a policy for boats without motors, such as canoes and kayaks. After all, these kinds of boats can benefit from protection, too. Non-motorized boat insurance can protect you from unexpected events like accidents and injuries

Coverages include, Bodily injury, Medical expenses, Physical damage,

Property damage liability. Not generally covered are personal effects coverage, however, it's available for purchase as an add-on. Add it to your policy for assistance with repairing or replacing your damaged or lost items. Your homeowners or renters insurance may cover up to \$1,500 for property damage on your non-motorized boat. You could classify non-motorized boats as personal property. However, that coverage doesn't extend to non-motorized sailboats longer than 26 feet. A dedicated insurance offers a much wider range of coverage's.

There are things to consider, small boats can get into big accidents, which may rack up high costs for medical bills, vessel repairs and property damage. There are common factors that affect the coverage cost. Premiums are based on the year, make and model of your boat. Other factors that may affect the cost include your zip code and credit history.

Damaged Dinghy



After leaving your dinghy overnight at a dock, you find it damaged from an unexpectedly rough storm. Repairs can be pricey, and this coverage can help.

Kayak Incident



A river rapids adventure leaves you with

a serious sprain. This insurance comes with medical expenses coverage, making hospital care more affordable.



Canoe-Related Injury

You accidentally hit someone with your canoe, leaving them with an expensive medical bill. Non-motorized boat insurance may help cover their losses through bodily injury liability.

The types of non-motorized boats are typically covered are, Amphibious rigid inflatable boat (RIB), Canoe, Dinghy, Inflatable Rafts Kayak, Paddle boat, Rowboat, Sailboard, Stand up paddleboard (SUP) and Tenders.

Obituary - In Memoriam

Larry E. Thompson, 73 passed away unexpectedly on July 11, 2025, in Cottage Grove, Oregon. Born in Yoncalla, Oregon, on December 21, 1951, to the loving parents Verl and Jeanette (Trunnell) Thompson, Larry's journey began alongside his older sister Barbara Mitchell and twin brother, Jerry E. Thompson, with whom he shared an irreplaceable bond.

Larry was an entrepreneur at heart and invented the basketball Infinet that never wears out and is placed at various schoolyards, college basketball gyms and at many private residences! He also had a landscaping business



which not only enhanced the beauty of his community but also offered opportunities and guidance to many. His work ethic and commitment to excellence were evident in every project he undertook. Larry spent many years living in Hawaii where he also helped beautify the island, if that's possible, through his thriving landscaping business.

He was an avid body surfer, musician and all-around sports participant in basketball and baseball. He was a passionate and totally devoted Ducks football and basketball fan! If he wasn't a landscaper, he most certainly would've been a successful sportscaster and or musician/entertainer. Larry's passion for the game went beyond mere spectating. Since 1996, he was an active player in the Eugene Men's Senior Baseball League (EMSBL) and contributed as an inspiring pitcher and coach. His love for the game and dedication to fostering talent impacted many.

He won the hearts of many through his musical talents, especially as a performer emulating the legendary Johnny Cash and Buddy Holly. These performances were much more than entertainment; they were a testament to his love for music and his ability to connect with audiences through song. That was his true love! He found a way to include this

talent through as many gigs that he could find in his off hours.

His family and close friends describe Larry as one who always put God, family and friends as his top priorities in life.

I'm sure with the perfectly landscaped grounds in heaven Larry can finally go full time on his music/entertainment career. We are confident that he's already hooked up with Johnny Cash, Brian Wilson and Gordon Lightfoot to join their bands as well as explore other venues in heaven that will let him do what his heart and passion always wanted to do here...

His older sister Barbara Mitchell had four children (Jackie, Chris, Sherri and Mark) in which he is survived by Sherri and Mark. He is also survived by his twin brother Jerry Thompson's children (Jeff and Heather). They considered him to be a second dad, their "pinch hitter."

As they grieve with so much sorrow from losing their uncle so unexpectedly, they see through their lives of photos of how present he was, from sports games, graduations, birthday parties to weddings and so many important events in their lives. Their strength and hope are that they will join him with their parents in heaven one day to spend eternity singing, dancing, playing sports and enjoying life together.

He touched us all very deeply in so many positive ways, and we will miss him dearly. A memorial service was held on July 23, 2025. Arrangements are in the care of Smith-Lund-Mills Funeral Chapel.

Red Cross Heat Advisory

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20 minutes. Loosen your clothes and place a cool wet cloth on your body. Get medical help if you're vomiting, don't feel better in an hour, or if you have heart or kidney problems.

Heat stroke is a deadly condition signaled by high body temperature, rapid heartbeat, confusion, headache, dizziness, fainting, nausea or vomiting. Call 911. Move to a cooler place, remove extra clothing and use a wet cloth or a cool bath to cool down. If possible, sip a sports drink or water.

IF THE POWER GOES OUT When a heat wave and a power outage happen at the same time, it can be even more dangerous. Stay in air conditioning either at home or at a mall, library or cooling center. Keep an ice-filled cooler stocked with food, water and medicine, so that they don't spoil. More information is available here.

Finally, download the free Red Cross First Aid app so you'll know what to do if emergency help is delayed and the free Emergency app for real-time weather alerts and heat safety information. Content is available in English and Spanish with an easy-to-find language selector. Find both apps in smartphone app stores by searching for the American Red Cross or going to redcross.org/apps.