



Extraordinary heatwave expected, be prepared

An extreme heatwave is expected to settle over the Willamette Valley this weekend, and state and local authorities are encouraging everyone to be prepared.

From Friday afternoon, June 25, through Monday evening, June 28, dangerously hot temperatures are forecast. Locally, the National Weather Service is projecting highs of 94 degrees on Friday, 103 degrees on Saturday, 105 degrees on Sunday and 97 degrees on Monday. Overnight lows temperatures range from 65 to 70 degrees.

The high daytime temperatures, combined with warm overnight lows, will result in high heat risk and heat-related stress. Daily high temperature records will likely be broken. There is a chance to break the all time June high temperature records for a few locations.

Prevention of heat-related illness is critical during hot weather. Here are a few tips to beat the heat:

- Move to the shade; park spaces with trees and other forested areas can provide much needed protection from the elements
- Drink lots of fluids. You should drink small amounts frequently, e.g. one cup every 20 minutes.
- Don't leave children or pets in the car. Even leaving them in the car for a little bit can be dangerous and temperatures can become life-threatening within minutes.
- Manage workloads and do the heaviest physical labor in the cooler part of the day. Add frequent short breaks. Monitor yourself and co-workers for signs of heat illness.
- Wear lightweight clothing. Light colored cotton fabric is a good choice.
- Pull blinds or shades to reduce the

amount of solar heating coming from the windows. Keep windows closed when air conditioning is running.

- When possible, stay indoors in an air-conditioned area. If you do not have air conditioning, go to a shopping mall, theater, or other public location that does.
- Be sure pets have lots of fresh water to drink.
- Check on sick and elderly neighbors that may be susceptible to heat illness.

For unsheltered residents, ARCHES, the local community service agency, is planning to provide afternoon shelter at its Salem day center on Saturday and Sunday. This will run from noon to 4 p.m. The group is seeking six volunteers for each day to help provide cold beverages and access to shade and AC at the center.

The high temperatures will be generated by a "heat dome" settling over much of the Pacific Northwest. A heat dome a ridge of high pressure that allows hot air to build in a vertical column, and limits clouds from forming.

PLEA, *Continued from page A1*

up by another vehicle and fled the scene at a high rate of speed.

Mann and Gonzalez were arrested the following day on drug charges, but held in connection with the murder. Mann was allegedly driving the getaway vehicle on a highway when police located the pair and then tried to elude arrest.

NEWS TIPS?

If it's happening in Keizer, or to someone from Keizer –

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VOLUNTEER of the Week

presented by



JEFFREY WATSON

Where and how do you volunteer?

"I have been a city Planning Commissioner since January of 2019, and the vice-chair of the commission for the last several months. Our family also joins in for an occasional performances with Keizer Homegrown Theater."

Why do you volunteer?

"I'd like to say I volunteer because it makes me feel good, but really I volunteer because I can't stand not knowing how things work. Process is important to me, and I don't want to be in a situation where I suddenly find out something big is happening and I want to get involved, but I don't know the language to use or the steps to take to make a difference. I think a lot of good work goes undone because the people who could push for it to happen don't know their way around a public meeting or understand when their input can have the biggest impact. I volunteer because I don't want to be left behind."

How would you get others to volunteer in their community?

"Remember that so many things count as volunteering. It's about giving your resources to improve your community, so if you don't know where to start, start small. Attending an event to make it worth the organizer's time is volunteering. Sitting in at a public meeting and making a comment is volunteering. Subscribing to your local paper to learn about news and issues next door is volunteering. It's not just park cleanups - although the parks do need cleaning if that's what you can offer. I also recommend people read *Bowling Alone* by Robert Putnam for an idea of what makes a community feel close, and how civic life in America has changed over the last half century."

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