

Tips to survive being lost, stranded in woods

If you are not prepared and don't know about the area you want to explore, don't go. Wait and go with someone who's familiar with the area. Study maps and search the Internet for more information of the area you're looking to explore.

One very important action is letting your family or friends know where you are going, when you are expected back, and most importantly do not hesitate to call for help. Oregon is a beautiful state but it can be very unforgiving when the elements and the environment change.

If you are traveling on the back roads and your vehicle breaks down, stay with your vehicle. Try your cell phone. If there is no cell service, stay

with your vehicle. The vehicle is your shelter from the elements and your vehicle is easier to spot from a plane or helicopter. If it is too hazardous to remain with the vehicle, don't walk further than eyesight from the vehicle. Often, a person attempts to walk out and ends up in more danger than if they had waited.

If you are lost or injured in the woods, stay near a trail and try to make yourself a shelter.

If you can, prepare an area for a warming or signal fire. Keep in mind the time of the year and the conditions in the woods — you don't want to start a forest fire.

Staying dry and warm is very important. Stay hydrated if it is warm. Remain calm and

listen for searchers and hopefully you have a signal whistle in your pack. Listen for aircraft in the area and hopefully you have packed a signal mirror or flashlight.

Each year, mushroom pickers get turned around and can't find their way back to their vehicle. Many have been rescued because they had cell service; some have never been found.

Pay attention to the direction you are going and stay as close to the trails as you can. Some hikers will mark their way in with surveyors' tape and then collect it on their way out.

It's easy to get turned around when you walk with your head down all day looking for mushrooms. This is why it is so

important to have a map and become familiar with the area.

You can purchase a good Global Positioning Satellite (GPS) device for under \$100 that can lead you back to where you started. Most importantly, stay calm and conserve your energy. Some people panic and wander off from the area resulting in injury.

Plan your trip according to our recommendations. You can never be too prepared, but being unprepared can cost you your life. When you choose to explore the areas of this great state, be safe.

For more information and tips, visit www.lincolncountysheriff.net.

— Lincoln County Sheriff's Office

Buy raffle tickets for TV, support SHS bowling team

Holiday Bowl is host to the final Siuslaw High School bowling team fundraiser to help prepare for next season.

The fundraiser continues through May 5, with the raffle winner receiving a 55-inch

LED television with a Wi-Fi ready Blu-Ray player.

The cost is \$5 per ticket, \$20 for four tickets or 50 tickets for \$100. See the TV and purchase tickets at Holiday Bowl.

Pre-registration for Shamrock Run ends Sunday

The annual Shamrock Run 5K and 2K walk (optional to bring your dog) is set for Saturday, March 14.

Help support the Siuslaw Middle School track and field and cross country programs.

Also included will be a fun dash for children ages 5 years and younger. Pre-registration for the event ends Sunday, March 8.

For more information, stop by Coastal Fitness.

Newport Aquarium seeks volunteers for cute critters

NEWPORT — A massive audience, camera crews, exotic filming locations and a Hollywood smile — most people think that is the recipe for being an ambassador for nature.

At the Oregon Coast Aquarium, folks will find none of that necessary. Interpretive volunteers collectively connect with over 400,000 visitors each year.

Speaking on behalf of animals and their environments is no simple task, which is why the Oregon Coast Aquarium treats its volunteer recruits to a

six-weekend crash course, which starts on April 4, on the coastal and marine fauna of Oregon.

Upon graduation, these volunteers spend a few hours each week speaking on behalf of Oregon's marine animals and their environments to aquarium visitors. This exposure provides people a tremendous opportunity to make a positive impact for their local environment, and the ocean on a global scale.

"When a volunteer connects with a visitor about a particular animal, or a conservation issue

like marine debris, they make an impression that may last a lifetime," said Beth Hawkyard, Volunteer Services Manager for the Aquarium.

Additional perks for aquarium volunteers include:

- Complimentary Aquarium membership.
- Invitations to participate in exclusive lectures and continuing education programs.
- A behind-the-scenes look at a marine science exhibition facility that is consistently ranked among the 10 best in the U.S.
- Subscription to the month-

ly newsletter, The Upwelling.

• Discounts at the Wildlife Trading Company gift shops in the aquarium.

• The opportunity to join rank with nearly 350 other outstanding volunteers that share a passion for marine science.

To learn how to become one of the newest voices of Oregon's marine and coastal environments, visit www.aquarium.org or contact the aquarium's Volunteer Services department at volunteer@aquarium.org.

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