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Before lacing up, know these safety tips

Every runner should take a few moments and consider their safety while running.

Running is generally a safe activity, but there are still perils worth considering and preparing for.

For example, running at night, while often pleasant due to lower temperatures and decreased traffic, brings with it the added danger of decreased visibility.

The weather can pose running safety risks. Running in extremely hot or cold weather requires special precautions, in addition to running in inclement weather.

Here are some tips to make your run or jog safer and more enjoyable:

Before the run —

- Arrange to run with another person.

- Leave word with someone or write down where you plan to run and when you will return.

- Carry some I. D. and a cell phone.

- Take a whistle with you.

- Don't wear a headset, earphones or anything that distracts you into being completely aware of your environment.

- Avoid unpopulated areas, deserted streets, lonely trails — and especially avoid unlighted routes at night.

- Vary the route and the time of day that you run.

- Run in familiar areas. Note the location of neighbors you trust along your route.

- Know where police are usually to be found and where businesses, stores, offices are likely to be open and active.

During the run —

- Always stay alert. The more aware you are, the less vulnerable you are. Think about possible escape routes in case of confrontation.

- Take notice of who is ahead of you and who is behind you. Know where the nearest public sites are with some general activity — there is usually safety in numbers.

- When in doubt, follow your intuition and avoid potential trouble. If something seems suspicious, do not panic, but run in a different direction.

- Run clear of parked cars, bushes and dark areas.

- Run against traffic so that you can observe the approach of automobiles.

- If the same car cruises past you more than once, take down even a partial license number and make it obvious that you

are aware of its presence (but keep your distance).

If confronted —

- Run toward populated areas, busy streets, open businesses.

- Ignore jeers and verbal harassment. Keep moving.

- Use discretion in acknowledging strangers. Be friendly, but keep your distance and keep moving.

- Do not approach a car to give directions or the time of day. Point toward the nearest police or information source, shrug your shoulders, but keep moving. If you feel you must respond, do it while moving.

- Don't panic and don't run toward a more isolated area.

— Submitted by Lincoln County Sheriff's Office

Middle school wrestlers return to mats this week

Siuslaw Middle Schoolers interested in getting hands-on with wrestling have a chance to get insight and inspiration from long-time Siuslaw High School coach Neil Wartnik and his staff beginning this week.

Wrestlers of all experience levels — or with none at all — met Tuesday and will meet again today and Thursday for the spring Lil' Toads wrestling program, which will focus on developing fundamental skills in preparation for high school, as well as creating a love and appreciation for the sport itself.

"By the end of the week, we hope to be working with at least 50 kids," Wartnik said of his goal for the program, which will last six to seven weeks and culminate in a tournament-style competition. "Wrestling is a great sport with a lot to offer in terms of individual development both physically and in terms of maturity."

Joining Wartnik will be high school assistant coaches Stecher Buss and Shawn Mann,

as well as alumni and current high school and middle school wrestlers.

Practices will take place at the Siuslaw Middle School wrestling room from 3:30 to 4:45 p.m. on Tuesdays, Wednesdays and Thursdays each week.

Participants will be divided into two groups, with those who are beginners or less skilled in one group, and more advanced wrestlers in a separate group.

"We think it will help maximize the benefit of the program for wrestlers of any skill level," said Wartnik, who has a set of goals established for the program. Among those goals are increased fitness, coordination and balance; creating a love for physical activity; build a

knowledge of wrestling rules, skills and execution; teach the benefits of respect, teamwork and self control; build self confidence; and to have fun.

On Tuesday, information and sign-up sheets for the program were sent home in middle schoolers' take-home folders.

Parents also can come to the wrestling room between 3:30 and 4:45 p.m. during practices this week to register their child.

"We'll have extra forms on hand and can answer any questions wrestlers or their parents may have," said Wartnik. "It's a great sport with so much to offer on so many levels."

"We're excited to see what we can accomplish this spring."

ATHLETE OF THE WEEK



Joseph Dotson

Siuslaw H.S. Track & Field

The Viking senior competed in the Summit Decathlon in Bend, finishing fourth overall and setting personal records in nine of the ten events. His score, 6,034, was 1,100 points more than his previous best and was high enough to qualify for the New Balance Nationals set for June in North Carolina

Honorable Mention
Mikaela Siegel

The Siuslaw Junior finished in fifth place at the Summit Heptathlon with 3,384 points; winning the 100-meter hurdles outright.

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During any earthquake.....
DROP, COVER, HOLD

until the shaking stops; then get your "grab and go bag" and evacuate preferably on foot to an assembly area.


However, if you must drive make sure you always keep you gas tank at least half filled.

Be sure to tune into KCST 106.9 as the local emergency broadcast station for further information.

The rule of thumb is if there is violent shaking and it lasts more than 10 seconds once the shaking stops — evacuate immediately if you are in a low lying inundation zone area.

This message brought to you by the West Lane Emergency Operations Group

www.wleog.org



STEP from 1B

Bones learned the fine art of clamming at his father's side while growing up in Florence. He will share his techniques, experiences and recipes for clams.

Bones will also be teaching a clamming course this spring at Lane Community College, with two sessions: May 19 and 20.

The popular class fills up quickly and students must register with LCC.

Oregon mud clams, also known as soft shell clams, originally came from the East Coast. They allegedly were hand planted in the Siuslaw estuary in the late 1800s, having been dug up in Coos Bay, where they had taken root after hitching rides with ships that anchored in that area.

Using a small, straight shovel and a bucket, a day digging clams during low tides is a fun and almost always successful outing.

Prior to Bones' talk, the STEP group will hold a short business meeting.

Information about the steelhead broodstock program at Whittaker Creek and at the club's hatchery will be shared.

There will also be updates on the fish egg to fry aquarium program, which is underway in 23 area classrooms.

The status of the coho that the club is raising from egg to fry will also be shared. The fry are currently in the outside rearing pens at the hatchery.

For more information about STEP, come to a meeting or contact club president Ron Caputo at 541-997-4961.

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