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PeaceHealth offering free sports physicals May 27

On Wednesday, May 27, PeaceHealth Medical Group in Florence will be at the Siuslaw Middle School to provide Free Sports Physicals to students participating in athletics for the upcoming school year starting in September for both Siuslaw and Mapleton School Districts, as well as home schooled students.

Sports physicals are required in order to participate in extracurricular sports in grades 6 through 12, and for some youth sports leagues.

PeaceHealth Medical Group provides the physicians and medical assistants. During Sports Physical Day, students receive a Sports Pre-Participation Examination.

This examination includes height, weight, blood pressure, and pulse check, eye chart exam and examination by a physician. Also included is a health history questionnaire that asks about the student's history of injury, illness and conditions, such as asthma, to help ensure that they are being properly cared for and that coaches are aware of any con-



COURTESY PHOTO

A PeaceHealth associate conducts a sports physical with a Siuslaw student.

ditions a student may have.

If a provider encounters a medical issue with a student, this information will be docu-

mented on their sports physical form and the parents and/or guardians will be notified by an employee from PeaceHealth

Medical Group so any issues can be addressed by their primary care physician.

This helps ensure that the

student can participate in the sporting activity of their choice.

This pre-participation physical exam is an important part of safe sports participation. The exam can help screen athletes for potential illness or conditions that may limit or restrict their ability to participate in a school sport. It also helps ensure that students who play sports are physically capable of meeting the demands of the sport in which they choose to participate and don't have any conditions that may be aggravated by intense exercise.

Sports physicals are required prior to the student starting any type of practice related to their chosen sport.

The school staff prepares each provider's room and medical assistants' stations by covering all windows with paper for privacy. The students are moved efficiently through five stations before being seen by the provider.

The goal of the sports physical is to help keep sports safe and accessible to every student who wants to play.

Fore Kids Golf Classic registration now open

Join the excitement as the Boys and Girls Club of Western Lane County host its 18th annual Fore Kids Golf Classic on Saturday, June 6, at the Sandpines Golf Links.

The event will help provide continued support for Western Lane County youth being served by the Boys and Girls Club.

The four-person scramble tournament will kick-off with a shotgun start at 10 a.m. and will feature numerous contests, including putting, closest-to-the-pin, longest drive and a hole-in-one contest.

It will be followed by post-tournament awards barbecue, live auctions and raffles. The popular Golf Ball Drop Raffle will be held around 4 p.m. First-prize is a seven-night stay at Poipu Beach Kauai, second prize is \$500 cash and third prize is a gift basket valued at \$100.

The cost for the scramble is \$109 per golfer and includes green fees, cart, range balls, barbecue, raffles, wine, beer and more.

Register early by email at jeria@sandpines.com or call 541-530-4852.

Cape Perpetua hosting wildflower walk today

YACHATS — Wildflowers are in bloom at Cape Perpetua, and the public is invited to learn more about them.

Join Siuslaw National Forest botanist Marty Stein on a wildflower walk at 2 p.m. today, May 16, from the Cape Perpetua Visitor Center, 2400 S. Hwy. 101.

Stein will lead visitors on an hour-long, easy-to-moderate hike along the Giant Spruce Trail. He will identify local

plants, discuss their biology, and share some of their native and traditional uses.

The hike is free, but space is limited.

Participants also should be aware that a day-use fee or recreation pass is required within the Cape Perpetua Scenic Area.

For more information or to RSVP, contact Visitor Center staff at 541-547-3289.

Location change for park pass at Honeyman

The Honeyman Welcome Center is the location for all pass sales at Honeyman State Park. Visitors can purchase 12- or 24-month Oregon State Park passes, Oregon Coastal Passports, ATV Permits and Oregon State Park Gift

Certificates.

The Welcome Center is located off the main road of the main campground across from the playground.

Welcome Center hours are 10 a.m. to 2 p.m., and 4 to 8 p.m.

Do your part and volunteer today to help support these local non-profit organizations in our community!



Volunteer • Get involved • Donate

Habitat for Humanity Restore

Staffed by volunteers, the ReStore accepts donated appliances, household items and building materials; fixes them, displays and sells them to raise funds for Habitat programs. Come and join the fun!
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Helping Hands Coalition

Assisting those in need in our Community. Free Hot Meals Mon-Wed-Fri 11 AM - 2 PM
PO Box 1296 • 1339 Rhododendron Dr., Florence, OR 97439
Call 541-997-5057 to Volunteer

Meals on Wheels and Cafe 60

Meals on Wheels are available to people over the age of 60 who cannot get out much due to illness or advanced age and who are not eating properly, regardless of income. Cafe 60 is available for those who prefer to make new friends in a dining room setting.

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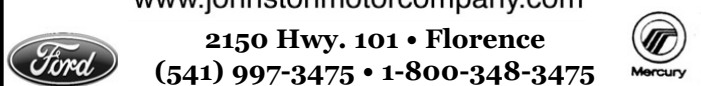
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