

WLAD recommends taking safety course before ATVing

During 2014 and 2015, paramedics and EMTs at Western Lane Ambulance District (WLAD) responded to 48 emergency medical calls involving ATV riders that were injured in ATV crashes — primarily on the Oregon Dunes National Recreation Area (NRA).

The NRA is several hundred acres of sand, trails, tree islands, brush and beaches. WLAD has specially designed Emergency Sand Rescue Sport Utility Vehicles (SUVs) that respond to these ATV related incidents. ATV crash-related injuries range from simple cuts and bruises, to isolated extremity injuries that include critical head, chest or abdominal

injuries — and occasionally fatalities.

In order to reduce injuries and fatalities, WLAD encourages riders to take the State of Oregon Parks and Recreation Safety Course and follow all the associated guidelines for safety. The are some important safety guidelines to consider in order to prevent crash-related injuries.

Be sure to operate at a safe speed. The NRA dunes are known as the ever changing dunes and are carved out by wind and rain, creating sometimes dangerous obstacles and drop-offs that are hard to see when travelling too fast.

One of the most important pieces of safety equipment is a

U.S. Department of Transportation helmet, which should be worn by drivers and passengers. Other recommended gear are proper boots, gloves, goggles and chest protectors.

Operating under the influence of drugs or alcohol is illegal and dangerous, just as it is driving a car on the streets and highways. Sometimes people think it's ok because their out on the sand, but a crash is a crash, and can cause serious injury — no matter where it occurs.

Do not allow a young operator to drive an ATV without qualified adult supervision, and make sure the machine isn't too big for him or her.

Know and abide by all operating laws and regulations, and don't ride on trails or terrain that are above the operator's skill level.

Finally, don't carry a passenger on an ATV designed for a single rider and stay off paved roads that are designed for vehicle traffic.

If an ATV crash does occur of the NRA Dunes, riders are instructed to immediately call 911 for assistance. A 911 dispatcher will dispatch a WLAD Ambulance, WLAD SUV Rescue Vehicle and the Siuslaw Valley Fire and Rescue ATV Firefighter Response Unit.

These teams will respond to the patient location and treat on site and transport. If the patient

is critical, and weather is clear enough for Air Medical helicopter transport; then on scene paramedics may opt for that resource.

WLAD utilizes a Chevrolet Tahoe SUV that is specifically designed to drive on the sand due to modified engine and transmission specs, and well as off road sand tires. The back of the SUV is laid out like an ambulance, with bench and tech seats, slider backboards that fit patient fully inside compartment with room for medics to treat during transport.

A Chevy S-10 Blazer functions as a back up unit if necessary.

The rescue unit carries all the state of the art medical equip-

ment available in ambulances such as ECG heart monitor/defibrillator, medical kits with IVs, emergency drugs, trauma supplies, advanced splinting, airway equipment such as oxygen masks, intubation equipment for tracheal tube insertion, surgical tracheal procedure tools, chest decompression kits for collapsed lungs and other assorted equipment and medications.

Dunes rescues are very unique in their nature of complexity, but WLAD is proud to offer such services and looks forward exhibiting the vehicles, rescues; and the medical personnel involved in these Dunes Rescues.

— By Al Krietz, WLAD

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ATHLETE OF THE WEEK



Mikaela Siegel

Siuslaw H.S.
Vikings
Track & Field

The senior placed in four events at last week's Central Coast Invitational in Florence. Siegel won the triple jump; took 2nd in the 100 meter hurdles; 3rd in the 300 meter hurdles; and 4th in the high jump.

Honorable Mention Celie Mans

Honorable mention is given to Celie Mans who ran a career best 10:27.52 to 7th place in the girls' 3,000 meter at Saturday's 52nd annual Centennial High School Invitational in Portland

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Viking freshman Kaeli Ramos prepares herself in the blocks before going on to win the 400 meters with a PR time of 1:03.55.

Track from 1B

Junior thrower Carissa Oliver won the discuss with a throw of 122 feet, 10 inches, and threw a PR to place second in the shot put at 37 feet, 4 inches.

In the triple jump, senior

Mikaela Siegel landed first with a leap of 33 feet, 6.5 inches.

For the boys, freshman Murray Bingham finished second in the 800 meters with a PR time of 2:03.22, and was also second in the 1,500 meters (4:15.89).

Junior Jack Pickell was third in the 3,000 meters (9:36.62) to finish

out the Viks' top scorers for the boys.

Junior distance runner Celie Mans was out of Friday's lineup for the 3,000 meters, but joined fellow junior Morgan Bingham at the 52nd annual Centennial Invitational in Gresham on Saturday.

Both set personal records, with Bingham finishing eighth out of 54 runners in the 1,500 meters (4:54.64) and Mans seventh out of 40 in the 3,000 meters (10:27.52).

Mans' time was a more than a 7-second improvement from her previous best time.

Their performances moved them up the 4A rankings, with Bingham at No. 5 in the 1,500 meters and Mans at No. 2 in the 3,000 meters.

Saturday, the Vikings will compete at the 67th annual Grants Pass Rotary Invitational.

Events begin at 10 a.m.

Longo from 1B

OADA conference in Sun River, Ore., Longo had been informed in an email that he would be receiving the Mountain West League's Award of Merit, and that he had also been chosen as the IA Athletic Director of the Year.

"It was a real honor to be recognized in that way by my peers," said Longo, who received the award during an OADA luncheon April 18 during the final day of conference. "Even though I'd been informed about receiving them

in advance, it was still exciting."

It wasn't until later that evening, during the closing banquet, that Longo's name came up for a third time by members of the OADA, who had chosen him as the recipient of the 2016 OADA Leadership Award.

"I didn't see that one coming," Longo admitted with a chuckle. "It was a very big surprise for me and I was a little taken aback by it."

Longo's award is non-divisional, meaning that the recipient is chosen from athletic directors within all divisions,

1A through 6A.

"I was in a group of fantastic nominees, from schools like Jesuit, Newberg, The Dalles and other big schools with incredible ADs and athletics programs."

Mapleton School District Superintendent Jodi O'Mara was especially pleased for Longo, who even chalks the football field twice each fall.

"This is my 24th year in education and the fourth school district I've worked in," O'Mara said. "Aaron is the first AD I've worked with who has a first-hand understanding of extra-curricular activities. I

realize that most athletic directors in 1A schools have a vast list of duties. However I have yet to meet any who still continue to volunteer for additional duties and activities.

"I frequently have to tell him, 'No, Aaron, you can't volunteer for that.'"

Longo credits the support he gets from O'Mara and Mapleton Middle School and High School principal Brenda Moyer for allowing him to give his best.

"They are incredibly supportive of my pursuits as an athletic director and an educator," said Longo. "I don't go

looking for awards, so to be recognized is really neat — almost confounding."

It's not confounding to Moyer at all.

"He's incredibly dedicated to everything he does," Moyer said of Longo. "He really inspires the students and staff." For Longo, the award is as much a reflection of the Mapleton School District as it is of his efforts as its athletic director.

"It makes me proud to be our school's league representative," he said. "And this just makes me want to work even harder at it."

Siuslaw News

Fri 4/29-Sat 4/30
8am-2pm
4976 Lake Dr
Multi-Family Sale. Furniture, Antiques, Garden Equipment. Early Birds welcome!

Sat 4/30
8am - 3pm
5050 Heceta Parkway
Lots of cool items, little bit of everything!

Fri 4/27-Sat 4/30
8am - 5pm
5156 Versant Drive
Spruce Village off Munsel Lake Rd.

Living Estate Sale
1722 Coosah
April 29 8am-4pm
April 30 8am-2pm
Electric Wheelchair and lift, Oak Dinet Tabl and 8 chairs. Lighted buffet, lazy boy hide-a-bed, full size bed, extra long twin, kenmore washer and dryer. Hotpoint side by side fridge, Electric lawnmower, yard tools, ornaments and plants. Lots of crafts and picture frames. Vintage records and 8-tracks and lots more

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Ashlee Cole during her final at bat for the Viks in 2014

Cole from 1B

Cole has also set a NCU record by reaching base in 22 consecutive games.

All told, Cole set eight records this season, including a new home run record with 14

this season; extra base hits (25); total bases (91) and walks (30).

Cole also set new single-season standard for on-base percentage with .493, hitting percentage (.843) and OPS (1.336) — a record held since 2001 by Tina Houtz (1.187).