

Be a hero when — not if — the Cascadia earthquake hits

Normally there is time to prepare for a storm. You go and buy batteries for your flashlight and some extra food, candles and water or milk.

However, the Cascadia fault line is only 80 miles off shore and, within 10 minutes of the “Great Shake,” 60 to 80-foot tidal waves will hit the Oregon coastline. There will be no time to prepare and get food or batteries from the grocery store. In fact — the grocery store could be leveled and your home as well.

You need to be prepared with three days, or more, of food and water, thermal blankets, flash lights, flares,



whistles and most importantly, an evacuation plan.

All of this is necessary PRIOR to the earthquake, and you need your plan available at home and in all of your automobiles.

Each evacuation plan has to be realistic and rehearsed by family members.

Save-Your-Family.com, together with American Preparedness.com, offers all of the products that you will need in the likely event of a “Full Rip” earthquake here on the Oregon Coast and in the Great Northwest.

Police and fire departments have been rehearsing this event. Now you must join in and be a hero. Don't be scared — be prepared!

Save-Your-Family.com AmericanPreparedness.com

Save-Your-Family.com

AmericanPreparedness.com

What hazardous materials might be hiding in your home or workplace?



Join Lane Community College's HAZMAT Team and LCC Florence's Director, Russ Pierson, on Saturday, November 5th, for a discussion on what you need to know about hazardous materials at home and at work.

Oregon Coast Disaster Preparedness Expo

Location: Florence Events Center

Doors open at 10 a.m. Admission is free.

Lane Community CollegeSM

phone 541/997-8444
www.lanecc.edu/florence



You could be at risk for a heart attack and not even know it.

You could be at risk for a heart attack and not even know it. That's because the symptoms aren't always obvious. The major risk factors for heart disease include:

- High blood pressure
- High cholesterol
- Physical inactivity and being overweight
- Smoking
- Diabetes
- A family history of early heart disease

If you have any of these risk factors, make sure to see your primary care physician and discuss whether a referral to a cardiologist is necessary or visit one of the board-certified cardiologists at Heart Associates of Oregon. And if you experience any symptoms such as shortness of breath, frequent chest pain or discomfort, or improper heartbeat rhythm, seek help immediately. If you are experiencing a medical emergency, call 911.

Know your risk. Call 541-744-6172 for an appointment.



960 N. 16th St., Ste. 304 • Springfield, OR

Now also seeing patients in Florence!