

Keep children safe around water

May is National Water Safety Month, a good time for parents to consider teaching their children how to swim.

The American Academy of Pediatrics supports swimming lessons for most children 4 years and older. Water safety classes can also reduce the risk of drowning in younger children, the pediatrics group reports, but advises that because children develop at different rates, not all will be ready to swim at the same age.

The Pediatric Academy cites several water-safety tips for parents, including:

- Never — even for a moment — leave small children alone or in the care of another young child while in bathtubs, pools, spas or wading pools or near irrigation ditches or standing water.
- Empty water from buckets and other containers immediately after use.
- To prevent drowning in

toilets, young children should not be left alone in the bathroom.

- Closely supervise children in and around water. With infants, toddlers and weak swimmers, an adult should be within an arm's length.

With older children and better swimmers, an adult should be focused on the child and not distracted by other activities.

Bath seats cannot substitute for adult supervision.

- If children are in out-of-home child care, ask about exposure to water and the ratio of adults to children.

- If you have a pool, install a four-sided fence that is at least 4-feet high to limit access to the pool. The fence should be hard to climb (not chain-link) and have a self-latching, self-closing gate.

Families may consider pool alarms and rigid pool covers as additional layers of protection, but neither can take the place

of a fence.

- Parents, caregivers and pool owners should learn CPR.

- Do not use air-filled swimming aids (such as inflatable arm bands) in place of life jackets. They can deflate and are not designed to keep swimmers safe.

- All children should wear a life jacket when riding in a boat. Small children and non-swimmers should also wear one at water's edge, such as on a river bank or pier.

"When Ellie finally swims, she realizes that learning something new is wonderful and if you give it a try, you can do anything you wish," Hales says. "This is a lesson I hope all children will take to heart, not only when learning to swim, but also when facing any challenge that comes their way."

Stables offering Adult Riding Club

With the success of its recent Adult Riding Club, C&M Stables will continue the program with a new summer session.

The program includes a 2-hour ride during each of the months of June, July and

August. The 2 hour rides will follow the trail and beach, with a 30-minute orientation before the first ride.

Members who are interested in learning how to groom and saddle their horses as a part of the experience are welcome to

come 30 minutes before each ride. The Riding Club is open to riders age 18 years or older, and no previous riding experience is necessary.

For more information, call 541-997-7540.

Huff from 1B

"It was well out of his comfort zone," Wartnik said. "The rules are very different and many of the moves that work in freestyle don't work to your advantage in Greco."

For example, wrestlers aren't allowed to lunge at an opponent's legs in Greco-style wrestling as you can in freestyle.

Still, Huff managed to battle back from an early loss and into

consolation, where he faced Sparks once again but fell short — but still high enough to finish third in the 120-pound division.

Huff's performance this season has qualified him for the Junior Nationals in Fargo, N.D. this summer.

Assuming he isn't in Russia.

"Richard is wrestling at the level of some of Siuslaw's very best wrestlers," said Wartnik. "Nicky Lutz, David Mann, Jeremy Bernhardt — and people have taken notice."

Among those who have taken notice is the International Wrestling Cultural Exchange Program, which invited Huff to travel to Russia this summer for 11 days of wrestling against opponents from around the world.

"It's going to be an amazing experience," Wartnik said of Huff. "He's a truly quality person that has worked very hard and is reaping the benefits of that hard work."

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