

## DISASTER PREP

By DAVE ROBINSON  
Special to the Siuslaw News

# Basic meds

Baseball season on the Southern Oregon Coast involves doing a do-si-do with the weatherman and still we cancel about as many games as we actually play. A game called on account of rain is a routine occurrence and not the exception. On a recent sunny Saturday, my 10-year-old grandson actually played in three games. One of those was a make-up game for one cancelled earlier due to rain. That evening, we noticed he was moderately toasted by the sun as he is fair-skinned and prolonged exposure to the sun gives him that painful red glow with which we are all so familiar.

I'm the guy who always had Band-Aids in his wallet when my kids were young. I still keep a good supply of Band-Aids close at hand. Among the meds I always carry is a remedy for diarrhea. After Band-Aids and headache remedies, some kind of response to the green-apple quick-step is among the most requested items in my family.

And now because of the glow my

grandson earned on that rare, sunny day, we carry sun screen in all our vehicles just to protect against nature's over-exposure. In fact, the next day he began to exhibit symptoms of heat exhaustion. Might I add that we were a half hour from home, washing some worms at our favorite fishing spot.

According to one medical website, heat exhaustion occurs when the body's ability to cool itself is overwhelmed, usually by exertion on a hot day. Some of the symptoms include profuse sweating, nausea, vomiting, weakness, light-headedness and muscle cramps.

Treatment is as follows: Stop the activity immediately and move to a cooler environment. Then begin rehydration. My grandson complained of a headache and a tummy ache. I dug through my kit and found a single headache pill (Alleve) and began pouring a sports drink down him — most of which came back up on a couple of subsequent occasions.

He eventually cooled down and his appetite returned, as his temperature

subsided. At this writing, all is well.

Not all disasters involve earthquake, tornado or terrorist. Some are just simply a test of what you have on hand or your knowledge of simple first aid. With summer approaching you may want to brush up on your first aid, especially heat-related issues.

Make sure everyone is hydrated. Sunscreen in every vehicle. Simple meds, diarrhea, headache, and sunburn spray. A case of bottled water and some sports drinks in your trunk may save the day. No longer is it enough just to be the guy with the Band Aids in his wallet.

As always send your questions and comments to disasterprep.dave@gmail.com.

*Dave Robinson is the postmaster in Bandon, Ore., and author of "Disaster Prep for the Rest of Us." He may be contacted at disasterprep.dave@gmail.com. Visit his website for more disaster preparedness tips, disasterprep.dave.blogspot.com.*

## Backstreet to host community art show

"Shoe In, Boot It Up, and Roll On" is the theme of Backstreet Gallery's Community Show set for June.

The community is invited to participate in this fun community art event.

As the theme implies, a little fancy footwork will fit right in any way artists would like to embellish, paint, construct or create — in either 3D or 2D format — something related to footwear.

Entry forms and information may be obtained at Backstreet Gallery, 1421 Bay St., or online at Backstreet's Facebook page or www.backstreetgallery.org/call-to-artists.

Entry forms are due Monday, May 15 with artwork delivered June 2 to 4.



COURTESY PHOTO

Footware is the theme of the Backstreet Gallery community art show.

## MILITARY HERITAGE CHRONICLES — Celebrating the end of 'The Great War'



By CAL APPLEBEE  
Special to the Siuslaw News

established by Congress in 2013 to remember and honor WWI Veterans for their service and sacrifice during The Great War, with multiple efforts scheduled over the next few years.

We will participate in that effort off and on in future editions of the Chronicles.

As with so many events in history, there is uncertainty as to what actual causes led to the start of the Great War — which has also been described as "the war to end all wars."

It is certain that there were probably multiple causes as the various nations of the world crossed the threshold into the 20th century, with varying and sometimes conflicting goals and philosophies.

Imperialism was a common goal and philosophy of many European countries at the time, but tempered with the multiple mutual defense alliances amongst various countries, and the growing arms race (yes, even then ...) between each nation's military establishment from the evolving technological advances of the time, it was

only a matter of time before a spark set off the powder keg.

That spark was the assassination of Austria-Hungary's Archduke Ferdinand by a Serbian-nationalist terrorist group (yes, even then ...).

That started the chain reaction of treaty-bound nations declaring war on each other, with America entering the fray in April 1917.

When we began the Oregon Coast Military Museum effort in 2008, we sometimes quoted statistics in support of the need to create the museum, of the alarming rate of WWII veterans we were losing on a daily basis (1,300 per day.)

That rate has since dropped today to just 372. And if we can believe these ambiguous statistics, creating the museum was the right thing to do.

Ironically, at that same time, Frank Buckles was the sole surviving American WWI veteran in 2008, and we lost him just a few years later in 2011 at

the age of 110.

So, while we can no longer recognize or honor current WWI veterans, we can still recognize their heritage.

If you have not yet visited our museum and viewed the stirring life-sized WWI diorama created by Judy Murphy and her talented team of artists, I would invite you to do so. It depicts the horrors of trench warfare in France and is accompanied by additional artifacts and items on display, such as the 1914 Oregon National Guard enlistment papers of Oregonian Willie Patton.

I encourage you to continue reading future Military Heritage Chronicles for additional WWI heritage.

You can learn more by visiting [www.oregoncoastmilitarymuseum.com](http://www.oregoncoastmilitarymuseum.com) or visit the museum, which is open Thursday through Saturday, 10 a.m. to 4 p.m., at 2145 Kingwood St. in Florence.

## Frank's Place to offer reopening specials in May

Frank's Place in Mapleton has reopened after being closed for renovations since the end of February.

Frank's will be open from 9 a.m. to 8 p.m., Sunday through Thursday, and from 8 a.m. to

8 p.m. on Friday, Saturday and Sunday.

Reopening specials will feature a \$6 breakfast, a \$7 lunch and an \$8 dinner which will be served until the end of May.



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## ...need a friend?

### Meet Juneau

Juneau is almost completely housetrained, such a smart boy! He is crate trained and is currently living in foster with a large dog and 4 cats and he just loves his foster family, but he needs his forever home. Juneau is leash trained, starting to learn to sit and follow commands. He loves to play with people, but he is also great at keeping himself entertained with his toys.

Juneau can be adopted with a refundable neuter deposit of \$100.00 in addition to his adoption fee.

Call for an appt. to meet this special little man.



If you would like to meet Juneau or any of his friends, please visit us at:

**OREGON COAST HUMANE SOCIETY**  
2840 Rhododendron Drive • Florence • 541-997-4277

[www.oregoncoasthumane.org](http://www.oregoncoasthumane.org)  
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