

Community News

Waterfront land owners eligible to receive free native plants

River, creek and lakeside landowners may be eligible to receive free native plants. Trees planted along streams help reduce erosion, filter nutrients and keep the water cool for salmon and trout.

The Siuslaw Watershed Council will once again provide free native plants for waterside (riparian) planting in the Siuslaw Basin and Coastal Lakes Area.

Call the SWC office to receive a brochure with more information on each available plant, or visit www.siuslaw.org/native-plant-distribution. Then determine which plants will work best for your site conditions and let the SWC

know which of these plants are on your wish list.

SWC staff can also help advise plant selection and placement. Send requests early because supplies are limited.

Priority is given to requests placed prior to Dec. 15, although SWC will accept requests after that date.

Distribution date is Saturday, Feb. 10, 2018.

For more information, call 541-268-3044 or email: nativeplants@siuslaw.org.

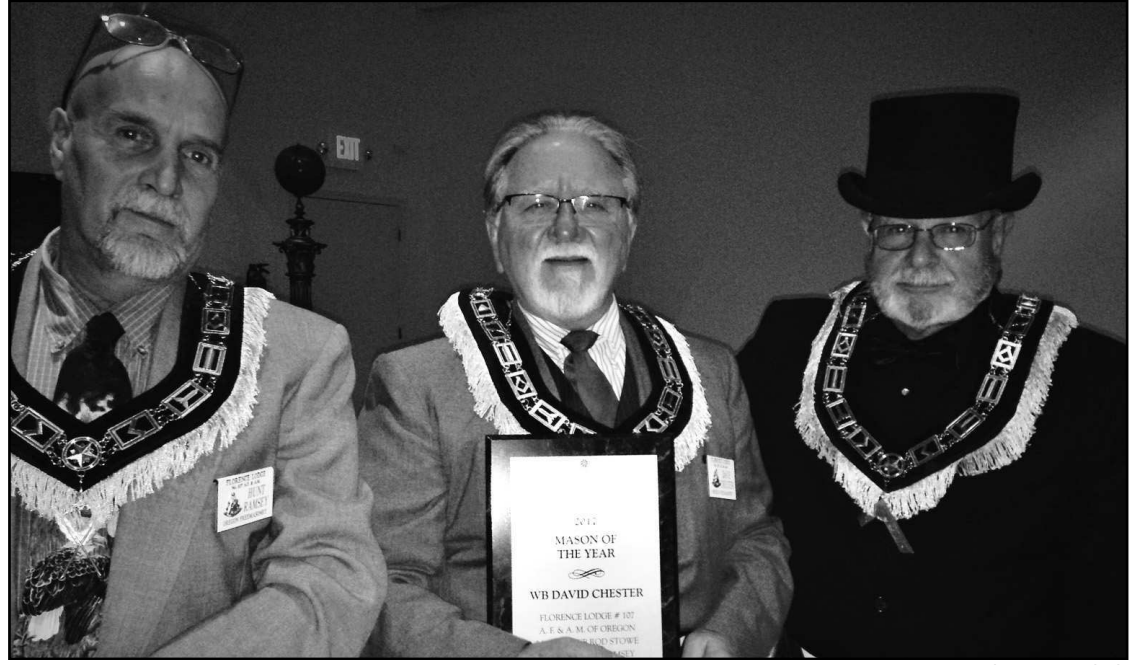
This project is made possible through a grant from the Coast Range Stewardship Fund (USFS) and private individual donations.

Chester honored as 'Mason of the Year' for 2017

On Nov. 7, David Chester was chosen as Mason of the Year by the vote of the entire Masonic Lodge #107, of Florence.

This award was bestowed due to Chester's tireless work on behalf of the lodge and the community.

Chester is a past Master of the Florence lodge. He and his wife, Lee, have been residents of Florence for more than a dozen years, during which he has been active in a variety of projects in the schools and the Masonic Scholarship effort for Siuslaw High School.



COURTESY PHOTO

From left: Hunt Ramsey, David Chester and Rod Stowe

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Is the flu vaccination best for your child?

Question: Every year, I ask myself if it's in the best interest of my child to make sure they get a flu vaccine. Will it make my child sick? Will it actually protect them?

According to the U.S. Centers for Disease Control (CDC) and the American Academy of Pediatrics (AAP), everyone age 6 months and older should get a yearly vaccine against the influenza virus, commonly known as a "flu shot" or "flu vaccine."

Getting the vaccine is especially important for those who are at high risk of having serious flu-related complications, including young children, older adults, pregnant women and people with chronic medical conditions or disorders.

The flu vaccine contains inactivated virus particles that cannot cause an actual influenza infection. However, it is relatively common for some children (or even adults) to feel achy or run a fever after receiving the vaccine — a result of the immune system responding as it builds protection in the body.

These minor symptoms last only a few days, and are much milder than full-blown influenza, which may include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and diarrhea and vomiting.

Unfortunately, sometimes children do get infected with influenza even after receiving the vaccine. This is because particular strains of the influenza

virus that circulate every year are different, and although a great deal of effort is put into determining which strains are likely to be present during the upcoming season, sometimes we anticipate incorrectly and the vaccine is not a good match.

It also takes about two weeks for the vaccine to fully take its protective effect, so if children are exposed during that time, they can still be infected.

During "flu season," which commonly peaks in January or February in the U.S., it is important for everyone to take additional steps to prevent infection.

Make sure you cover any coughs or sneezes (with an arm or elbow), and practice good hand hygiene. Washing hands

with soap and warm water for as long as it takes to sing one round of "Row, Row, Row your Boat" is a good rule of thumb.

And if your child does get sick, keep him or her home from daycare or school to prevent the spread of infection — other parents and families will thank you.

So, should you get a flu shot for your child?

Absolutely. The flu shot isn't a guarantee that your child won't catch a strain of the flu, but it will certainly help protect them and the community around them.

—Leslie Pelinka, MD, is a pediatrician with PeaceHealth Sacred Heart Medical Center at RiverBend.

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