PEACEHEALTH, LOCAL SCHOOLS PARTNER FOR SPORTS PHYSICAL DAY

On Wednesday, June 6, PeaceHealth Medical Group in Florence will partner with the Siuslaw and Mapleton school districts to provide free sports physicals to students.

Sports Physical Day will be held from 8 a.m. to noon at Siuslaw Middle School, 2525 Oak St., in Florence.

PHMG will contribute medical sports participation. They can help

supplies and the time and expertise of five providers and several medical assistants for the event.

Sports physicals are required in order for youths, grades 6 through 12, to participate in extracurricular

The exams are critical for safe

screen athletes for potential illness or conditions that may limit or restrict their ability to participate in a school sport, and help ensure that students are physically capable of meeting the demands and don't have conditions that may be aggravated by intense exercise.

The Sports Physical Day exam

includes height, weight, blood pressure and pulse check, as well as an eye chart exam and examination by a provider.

Also included is a questionnaire that asks about medical history. If a provider encounters a medical issue, the information is documented and parents and/or guardians are notified

so they can follow up with the student's primary care provider.

Sports physical forms are available at local schools, and must be completed and signed by the student's parent and/or guardian prior to the

This Memorial Day Weekend, prevent your campfire from turning into a wildfire

SALEM — Sitting around a allowed, choose a site with an fire from start to finish until it discard the match in the fire. campfire is one of the special times we all enjoy, but campfires are also a major cause of wildfires. May is Wildfire Awareness Month, and Keep Oregon Green, the Oregon Office of the State Fire Marshal, and the Oregon Department of Forestry urge Oregonians to follow these basic outdoor safety tips:

Know before you go

Before going camping, call your local forestry or fire district to learn if there are any current campfire restrictions at your destination. You can also visit www.keeporegon green.org for planning a firesafe trip to the outdoors.

Kick the campfire habit this summer

Portable camp stoves are a safer option to campfires at any time of year. Areas that prohibit campfires outside maintained campgrounds with established fire pits often allow camp stoves.

Select the right spot Where campfires existing ring. Fire pits in established campgrounds are the law. best spots.

If you choose to build a campfire, avoid building it near your tent, structures, vehicles, shrubs or trees, and be aware of low-hanging branches overhead.

Clear the site down to mineral soil, at least five feet on all sides, and circle it with rocks. Store unused firewood a good distance from the fire.

Keep your campfire small

A campfire is less likely to escape control if it is kept small. A large fire may cast hot embers long distances.

Add firewood in small amounts as existing material is consumed. Placing a log on the fire rather than dropping it from a height will prevent a big shower of sparks.

Attend your campfire at all

A campfire left unattended for even a few minutes can grow into a costly, damaging wildfire. Stay with your campis dead out, as required by state

That ensures any escaped sparks or embers can be extinguished quickly.

Never use gasoline or other accelerants

Don't use flammable or combustible liquids, such as gasoline, propane or lighter fluid, to start or increase your campfire. Once the fire starts,

Have water and fire tools on site

Have a shovel and a bucket of water nearby to extinguish any escaped embers. When you are ready to leave, drown all embers with water, stir the

coals, and drown again. Repeat until the fire is DEAD out. If it is too hot to touch, it is

too hot to leave. Burn only wood the open burning of any material that creates dense, toxic smoke or noxious odors. Burning paper and cardboard can also easily fly up to start new fires.

Escaped campfires can be costly. Oregon law requires the proper clearing, building, attending and extinguishing of open fires at any time of year.

A first-time citation carries

State regulations prohibit a \$110 fine. But by far the biggest potential cost is liability for firefighting costs if your campfire spreads out of con-

> These can range from a few hundred to tens of thousands of dollars or more.

During Wildfire Awareness Month visit the Keep Oregon Green website, www.keeporegongreen.org for other wildfire prevention tips.

RAZOR CLAMMING NOW OPEN

Department of Agriculture (ODA) and the Oregon Department of Fish and Wildlife (ODFW) announce the reopening of razor clamming from Cascade Head to the mouth of the Yachats River as domoic acid levels have dropped below the alert level.

The harvesting of razor clams remains closed from Yachats River to the north

SALEM — The Oregon jetty of the Umpqua River and closed from Cape Arago to the California border. This includes all beaches and all bays.

Razor clams from Siuslaw Beaches were collected May 18, 2018 with results expected mid-week the following week. A result below the alert level will allow for the opening of razor clams from the Columbia River to Cape



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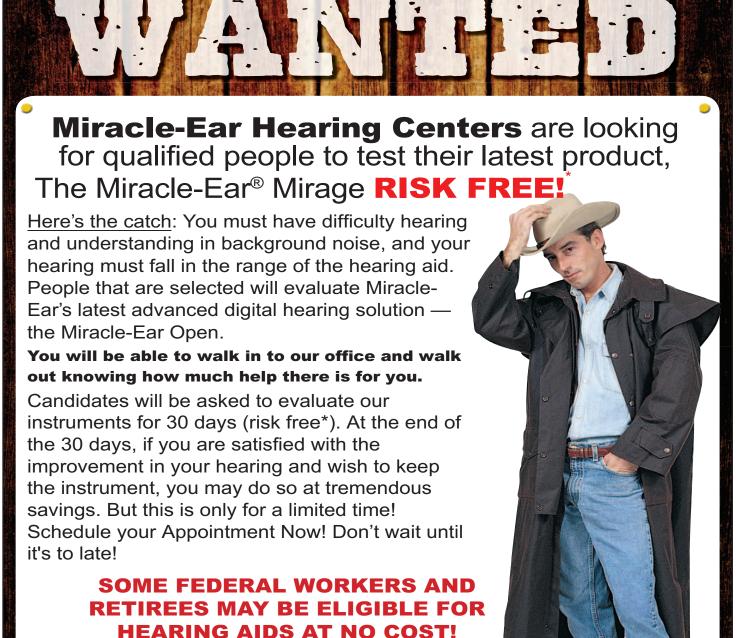
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We invite you to join us.

- Wednesday, 7 p.m. Family Connections
- Sunday Worship 9:00am and 10:45am

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