

# 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

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 sports.

The exams are critical for safe sports participation. They can help

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 physicals are available at local schools, and must be completed and signed by the student's parent and/or guardian prior to the exam.

# THIS MEMORIAL DAY WEEKEND, PREVENT YOUR CAMPFIRE FROM TURNING INTO A WILDFIRE

SALEM — Sitting around a 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.keeporegongreen.org](http://www.keeporegongreen.org) for planning a fire-safe 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 are

allowed, choose a site with an existing ring. Fire pits in established campgrounds are the 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 times**  
A campfire left unattended for even a few minutes can grow into a costly, damaging wildfire. Stay with your camp-

fire from start to finish until it is dead out, as required by state law.

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,

discard the match in the fire.

**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**

State regulations prohibit 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

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

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](http://www.keeporegongreen.org) for other wildfire prevention tips.

## RAZOR CLAMMING NOW OPEN

SALEM — The Oregon 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

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 Arago.

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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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email: [office@florencecrossroad.org](mailto:office@florencecrossroad.org)

# WANTED

**Miracle-Ear Hearing Centers** are looking for qualified people to test their latest product, The Miracle-Ear® Mirage **RISK FREE!**

**Here's the catch:** You must have difficulty hearing and understanding in background noise, and your hearing must fall in the range of the hearing aid. People that are selected will evaluate Miracle-Ear's latest advanced digital hearing solution — the Miracle-Ear Open.

**You will be able to walk in to our office and walk out knowing how much help there is for you.**

Candidates will be asked to evaluate our instruments for 30 days (risk free\*). At the end of the 30 days, if you are satisfied with the improvement in your hearing and wish to keep the instrument, you may do so at tremendous savings. But this is only for a limited time! Schedule your Appointment Now! Don't wait until it's to late!

**SOME FEDERAL WORKERS AND RETIREES MAY BE ELIGIBLE FOR HEARING AIDS AT NO COST!**

**That's Right...No Co-Pay! No Exam Fee! No Adjustment Fee!**

BCBS federal insurance pays the total cost of 2 Miracle-Ear Audiotone Pro aids. Most federal government employees and retirees are eligible. You may even be covered if you have other non-federal insurance coverage. Special factory pricing is available for non-qualifiers. See store for details & accurate coverage.



**Save on one of our smallest custom digital hearing aids!**

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**Audiotone Pro CIC**

**Hurry Offer Ends May 30, 2018**

Valid at participating Miracle-Ear locations only. Limit one coupon per purchase. May not be combined with other offers and does not apply to prior sales. Cash value 1/20 cent. Cannot combine with any other offers.

**Another Great Way to Save Make your appointment today!**

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Save on our full line of digital hearing solutions. Don't miss out on this amazing offer.

**Hurry Offer Ends May 30, 2018**

Good only from participating Miracle-Ear representatives. One coupon per purchase. No other offers or discounts apply. Discount does not apply to prior sales. Offer valid on ME-1, ME-2, ME-3, ME-4 Solutions. Cannot combine with any other offers. Cash value 1/20 cent.

**LIMITED TIME ONLY!!**

**THROUGH MAY 30, 2018**

**Local Testing Areas**

Hearing Tests are given for the purposes of selection and adjustment of hearing instrumentation. Results may vary related to duration and severity of impairment. Early detection is important.

**AT THESE PARTICIPATING LOCATIONS ONLY!!**

<b>MIRACLE EAR FLORENCE</b> 2775 Hwy 101 Suite B • Florence, OR 97439 541-423-3142	<b>MIRACLE EAR NORTH BEND</b> 1938 Newmark St., North Bend, OR, 97459 541-236-2628	<b>MIRACLE EAR NEWPORT</b> 1217 N. Coast Hwy, Suite D Newport, OR 97365 541-435-2753
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visit us online at: [www.miracle-ear.com](http://www.miracle-ear.com)

Risk Free Offer- The aids must be returned within 30 days of delivery if not completely satisfied and 100% of the purchase price will be refunded. \*\*Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses. Blue Cross Shield, the Blue Cross, the Blue Shield, BCBS, and Federal Employee Program are a registered trademark of Blue Cross Blue Shield Association. Blue Cross Blue Shield Association and its independent licensees are not affiliated with, nor do they endorse or sponsor, the contents of this advertisement. Trademarks referring to specific providers are used by Miracle ear for nominative purposes only. To truthfully identify the source of the services about which information is provided. Such trademarks are solely the property of their respective owners.