

SHERIFF’S OFFICE OFFERS SAFETY TIPS FOR RUNNERS

Every runner should take a few moments and consider their safety while running. While running is generally a safe activity, there are still perils worth considering and preparing for.

For example running at night, while often pleasant due to lower temperatures and decreased traffic, brings with it the added danger of decreased visibility. The weather can pose running safety risks, such as running in extremely hot or cold weather, which require special precautions in addition to running in inclement weather.

- Before the Run**
- Consider running with a partner. Leave word with someone or write down where you plan to run and when you will return.
 - Carry some I. D. and a cell phone.

- Take a whistle with you.
- Don't wear a radio/headset/earphones or anything which distracts you from being completely aware of your environment.
- Avoid unpopular areas, deserted streets, lonely trails — and especially avoid unlighted routes at night.
- Vary the route and the time of day you run.
- Run in familiar areas. Note the location of neighbors you trust along your route.
- Know where police are usually to be found and where businesses, stores and offices are likely to be open and active.

- During the Run**
- Always stay alert. The more aware you are, the less vulnerable you are. Think about possible escape routes in case of confronta-

- tion.
- Take notice of who is ahead of you and who is behind you. Know where the nearest public sites are with some general activity — there is usually safety in numbers.
 - When in doubt, follow your intuition and avoid potential trouble. If something seems suspicious, do not panic, but run in a different direction.
 - Run clear of parked cars, bushes and dark areas.
 - Run against traffic so that you can observe the approach of automobiles.
 - If the same car cruises past you more than once, take down even a partial license number and make it obvious that you are aware of its presence (but keep your distance).

- If Confronted**
- Run toward populated areas, busy streets, open businesses.
 - Ignore jeers and verbal harassment. Keep moving.
 - Use discretion in acknowledging strangers. Be friendly, but keep your distance and keep moving.
 - Do not approach a car to give directions or the time of day. Point toward the nearest police or information source, shrug your shoulders, but keep moving. If you feel you must respond, do it while moving.
 - Don't panic and don't run toward a more isolated area.
- For more information and tips, visit www.lincolncountysheriff.net.

C&M STABLES OFFERING MONTHLY RIDING CLUB FOR ADULTS, FIRST-TIMERS

Many people wanted to own horses when we were young, but for some reason it just couldn't happen. While C&M Stables isn't giv-

ing away horses, it can provide the horseback riding experience through its Adult Riding Club.

On the third Monday of each month, C&M Stables hosts a 2-hour beach/trail ride for Adult Riding Club members at a discount from its regular rates.

Included with the ride is a 30-minute orientation for those who are new to riding, as well as for those who are interested in learning how to

groom and saddle their horses as a part of the experience.

Members are provided with the tools necessary and instruction on how it is done. For some, grooming the horse is one of the best parts of riding.

This is the second year of C&M Stables' Adult Riding Club, and it has been a big hit with the local equestrian population.

The club is open to people

age 18 years or older, with no previous riding experience necessary.

For younger riders, C&M Stables has a Horse Club program for kids from the age of 6 to 18 that runs during the school year.

For more information or to sign up for either program, visit C&M Stables, 90241 Highway 101, north of Florence, or call 541-997-7540.



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Razor Clamming re-closed from Yachats to Umpqua River

SALEM — The Oregon Department of Agriculture (ODA) and the Oregon Department of Fish and Wildlife (ODFW) announce the closure of razor clamming from the mouth of the Yachats River to the north jetty of the Umpqua River as domoic acid levels have risen above the closure limit.

The harvesting of razor clams is now closed for elevated levels of domoic acid from the Yachats River to the north jetty of the Umpqua River and from Cape Arago to the California border. This includes all beaches and all bays.

Razor clamming remains open from the Columbia River to the Yachats River and from the south jetty of the Umpqua River to Cape Arago.

ODA will continue to test for shellfish toxins every other week, as tides permit. Reopening of an area requires two consecutive tests in the safe range.

For more information please call ODA's shellfish safety information hotline at 800-448-2474 or visit the ODA shellfish closures web page at www.oregon.gov/oda/programs/food-safety/shellfish/pages/shellfish_closures.aspx.