

AS JOGGING SEASON BEGINS, SHERIFF'S OFFER SAFETY TIPS

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.

Fishing from 1B

and river opened in May. Fishing is restricted to artificial flies and lures through Aug 31.

SALMON RIVER:
Cutthroat trout
Trout fishing in streams and river opened May 22. Fishing is restricted to artificial flies and lures through Aug 31.

SILETZ RIVER: *Steelhead, spring Chinook, cutthroat trout*
Summer steelhead are in the river. Fishing is slow but will improve over the coming weeks. The river is in good

condition. Casting spinners, drifting bait or using a bobber and jig can be effective.

Spring Chinook are available in the Siletz. Be aware of the regulations for the Siletz, 1 wild Chinook per day and two for the season from April 1 – July 31.

Trout fishing in streams and river is open.

Note: The 3.5 mile bridge

(aka Steel Bridge) in the Siletz gorge is now open to motorized vehicles, but is only open to public vehicles on the weekend. Anglers can walk/bike in the road during the weekdays. If anglers do walk in they can park at the one mile gate and start from there.)

WILSON RIVER: *Steelhead, spring Chinook, trout*
Summer steelhead are start-

ing to show up on the Wilson River, and the run will continue to improve over the next month or more. Low clear water can make fishing for summer steelhead challenging, but there can be some good action. Drift fishing, spinners, and flies are good choices. Light line, small presentations, and fishing the riffles and deep pools at first and last light can

increase success.

There are still a few spring Chinook available in the Wilson River, although numbers will be low. Bobber and eggs or sand shrimp, drift fishing, back bouncing, and divers and bait are all good techniques for springers; these fish can be finicky but are worth the effort.

There are some nice cut-

throat around, and these aggressive fish can be fun to catch. Most of the rivers are restricted to artificial lures and flies above tidewater until Aug. 31, so check the regulations before you go.

COOS COUNTY LAKES/PONDS: *Trout*
These lakes and ponds are now listed individually in the alphabetical listing.

Murreletes from 1B

In other business Thursday, the commission:

- Approved a 2019-21 ODFW budget which now goes to Governor Brown and in 2019 to the Legislature for approval.
- Allocated 2019 big game auction and raffle tags and approved funding for several Access and Habitat projects, which open private land to hunting access or improve wildlife habitat.
- Adopted new rules to allow off-reservation hunting for subsistence and ceremonial purposes as outlined in Memorandum of Agreement between the Confederated Tribes of the Warm Springs Reservation (CTWS) and the State of Oregon. The hunt area primarily includes federal public lands throughout the CTWS ceded lands as described in an 1855 Treaty with the Tribes of Middle Oregon.

Get Results...List With Tim.

Tim Sapp
Owner /
Principal Broker
541 999-8230

TR HUNTER REAL ESTATE
541-997-1200

Price Reduced

85337 Hwy 101 - Commercial opportunity on Highway 101 just south of Florence. Great highway frontage and visibility. This property is now cleared and ready for your imagination. \$68,000. #2646-16071172

1749 Highway 101 • 541-997-1200

Let Paul show you a new car or truck. Stop by today!

JOHNSTON MOTOR COMPANY

2150 Hwy. 101 • Florence
(541) 997-3475 • 1-800-348-3475

VISIT US ONLINE:
WWW.THESIUSLAWNEWS.COM

CONCEALED CARRY PERMIT CLASS

MULTI-STATE

June 13th 1pm
Florence Event Center
715 Quince St.
Walk-in's welcome.

Multi-State: \$80.00
Valid in Washington
Oregon Included No Fee
Oregon Only: \$45.00

Shaun Curtain 360-921-2071
or email: FirearmTrainingNW@gmail.com | www.FirearmTrainingNW.com

Florence Food Share
Ask us about volunteer opportunities.
2190 Spruce Street • P.O.Box 2514
Florence, Oregon 97439
(541) 997-9110
info@florencefoodshare.org

Florence Van Fans
We are looking for new volunteers to join our team and help out with new ideas and support. Van Fan volunteers raise money to help keep the busses running 5 days a week transporting cancer patients from Florence to Eugene. Our success is because of our volunteers. Please help us help others by volunteering your time. Meet 1st Wednesday of every month
Shorewood Senior Living Luncheon Meeting (8.50)
1451 Spruce St
541-991-3209 or sgelmstedt@gmail.com

Habitat for Humanity
Volunteers needed for Cashier, Customer Service, Receiving, pick-up and delivery, or maybe you would prefer to fill in occasionally or help with special projects.
Want more details? Stop by and talk with Burney or Joseph.
Store hours 9 am - 5 pm Monday- Saturday,
Call 541-997-5834
www.facebook.com/restoreflorence

Meals on Wheels and Cafe 60
Meals on Wheels are available to people over the age of 60 who cannot get out much due to illness or advanced age and who are not eating properly, regardless of income. Cafe 60 is available for those who prefer to make new friends in a dining room setting.
1570 Kingwood, PO Box 2313, Florence
541-997-5673
laneseniormeals.org

Memory Care Respite of Florence
Come join the team! Memory Care Respite of Florence is looking for new volunteers to spend time socializing, playing games, listening to music, and having coffee and lunch with our participating senior citizens. Our program depends on volunteer power to stay afloat and time is running out! If you're at all interested in socializing and relaxing with seniors while their loved one takes a break, please email us for more information. We need more volunteers like YOU to keep our program going. Contact us at memcarerespite@gmail.com

Peace Harbor Volunteers
Join the Peace Harbor Hospital Volunteers, you will find an area of interest in a caring organization.
400 9th Street, Florence
541-997-8412 ext.2218

Us Too Florence
Saving men one PSA test at a time. "Someone to talk to...who understands!"
541-997-6626
maribob@oregonfast.net
www.ustoooflorence.org

To include your organization in this directory, please call us @ 541-997-3441

