

ANNUAL BOOSTER DINNER TO BE 'VINTAGE' BASH THIS SATURDAY

"Shake, Rattle and Roll" your way to the 14th annual Siuslaw Athletic Booster Club, when it hosts a Vintage Viking Booster Bash Auction and Dinner on Saturday, Aug. 11 at the Florence Events Center.

The party starts at 5 p.m. The event is held to support Siuslaw Viking ath-

letes scholarships and project funding. Tickets are \$40 (or \$320 for a table of eight) and include dinner, beer, wine and other beverages, as well as a specialty cocktail available for purchase benefiting the Dan Barnum Scholarship.

Play Heads or Tails for a

\$500 REI gift certificate and support the Ian Foster Scholarship Fund.

The evening includes the Heads or Tails game supporting the Ian Foster Scholarship Fund, Coaches' Corner, Mystery Wines, Silent Auction, a Dessert Dash featuring three local bakers, and a live auction.

Contact Karen Perry at 541-991-6354 or email her at kaperry1@gmail.com to reserve tickets.

Suggested attire is 50's style, vintage Viking (any era), vintage athletic or casual.

SOS

from 1B

vouchers for clothing, food, showers, laundry, transportation, prescriptions, rent and utilities as well as self sufficiency education programs.

In 2017, SOS provided direct aid to 3,130 local individuals.

Last year's tournament raised more than \$7,000 for those facing some form of crisis.

The tournament is in its eighth year, features a hole in one contest for a 2018 Ford F-150 truck, courtesy of Johnston Motors Company, a chance to putt for \$5,000, along with many team and individual contest prizes. Johnston

Motors have been the Hole-In-One prize sponsor of the Siuslaw Open for the past six years.

The tournament is a four-person team format using the Calloway scoring method.

Team fees are \$350 before August 10, and \$395 after. Fees include green fees, carts, drinks, coffee, donuts, snacks, and lunch.

All players must be registered no later than Sept. 4.

Registration forms can be picked up and dropped off at Siuslaw Outreach Services on 12th street or at Florence Golf Links.

For more information contact Teter at 541-997-2816 or Brian Johnston at 541-997-1940.

INCREASED FIRE RESTRICTIONS CONTINUE IN MANY COUNTY PARKS

Due to the high risk of fire in our area, as well as recently issued emergency orders from several fire districts, Lane County Parks will be enforcing these restrictions at several parks:

- No open flames are allowed in Lane County parks, including no campfires, warming fires, cooking fires or ceremonial fires.
- Gas-powered barbecues and cooking stoves using liquid or bottled fuels are allowed, but are restricted to use for cooking purposes only.

• Open flames are prohibited at day use areas in Lane County parks.

• Tobacco use and vaping are already prohibited in Lane County parks.

• Any other spark-emitting operation not specifically mentioned is prohibited. Not included in these restrictions are coastal Lane County parks located west of milepost 18 on Highway 126, including Archie Knowles Campground and Harbor Vista Campground.

Lane County will continue to monitor weather conditions, especially humidity and wind, to determine if further restrictions become necessary, including potential park and trail closures.

While these restrictions may cause some inconvenience to park visitors, Lane County appreciates the understanding of the community as we work together to protect our highly valued public parks and the safety of park users.

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EMERGENCY PREPAREDNESS

Dealing with Disaster

Living on Shaky Ground: Prepare-Survive-Recover A WLEOG Public Outreach Program

Sponsored by West Lane Emergency Operations Group
Web address: www.wleog.org



NOW YOU CAN LEARN HOW TO PREPARE FOR EMERGENCIES AND DISASTERS - ON YOUR COMPUTER, PHONE OR TABLET!

Go to **WLEOG.ORG** and click on **PREPAREDNESS CLASSES** for a menu of disaster prep subjects. Each has short videos on different topics that you can watch when it is convenient for you and your family.

- **SAFE WATER, SAFE SANITATION
- **EMERGENCY FOOD PLANNING AND PREPARATION
- **PET CARE PLANNING FOR DISASTERS
- **ARE YOU READY?
- **SENIOR CITIZEN PREPAREDNESS
- **DOCUMENTATION AND INSURANCE

In addition to the classes, the **WLEOG.ORG** website has extremely useful information on **NATURAL HAZARDS AND EMERGENCY PREPAREDNESS**. Each of these has videos on various topics that explain the hazards the Pacific Northwest faces, and how to prepare for them.

We often consider the physical dangers of emergencies – injuries from flying debris or car crashes, for example – but can overlook the mental impact associated with such incidents.

Crisis situations can result in loss of loved ones, debilitating injuries or traumatic stress that can change lives forever. And because these events are few and far between, they can be hard to deal with when they occur. Experts urge people of all ages who may be experiencing psychological distress as a result of natural disaster or incident of mass violence to seek the help of trained and caring professionals.

THE SIGNS

The Substance Abuse and Mental Health Services Administration (SAMHSA) identifies the following physical and emotional reactions as being warning signs for seeking professional assistance.

- Irregular sleeping patterns.
- Painful stomachaches or headaches.
- Anger or edgy attitudes.
- Overwhelming sadness.
- Increased worry or guilt.
- Lack of energy or always feeling tired.

- Drinking alcohol, smoking or using tobacco more than usual.
- Using illegal drugs.
- Eating too much or too little.
- Not connecting with others.
- Rejecting of help.

HOTLINE HELP

SAMHSA has set up a free hotline to assist United States citizens dealing with a traumatic event in their lives. The hotline is staffed by trained counselors from a network of crisis call centers located across the U.S. They are trained to provide crisis counseling for those who are in emotional distress caused by any natural or human-caused disaster, information on how to recognize distress and its effects on individuals and families, and tips for healthy coping.

The hotline's counselors can also provide referrals to local crisis call centers.

The confidential and multilingual hotline is available via telephone (1-800-985-5990) and SMS (Text "TalkWithUs" to 66746).



For more information, visit these websites:
AMERICAN RED CROSS — WWW.REDCROSS.ORG
CITY OF FLORENCE — WWW.CI.FLORENCE.OR.US
FEMA — WWW.READY.GOV
LANE COUNTY — WWW.LANECOUNTY.ORG
SIUSLAW VALLEY FIRE AND RESCUE — WWW.SVFR.ORG
WLEOG — WWW.WLEOG.ORG

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