



A group of people gathered Wednesday afternoon at the corners of Highways 101 and 126 carrying signs of support for the Florence Police Department and police in general. Passing cars were encouraged to "honk for the badge" and wave.

PHOTOS BY MARK BRENNAN/SIUSLAW NEWS

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through overaggressive policing— with protestors calling for a reassessment of the techniques and training of police officers across America.

The push to review and update policing procedures, with slogans such as "Defund Police," has led to the fear among many that there will be budgetary reductions negatively impacting local law enforcement from being able to do their jobs.

In Florence, local residents chose to promote themes of "We need po-

lice," "We support our police" and "No Police = No Peace."

Barry Sommer was one of the rally participants and his motivation was simple: show support for the Florence Police Department.

"It was a friend of mine last week who said he was going to go out and show his support for police. I said I'd join him," Sommer said. "He said since I'm on Facebook, maybe I should post it. I did, at which point Sherry (Harvey) saw it and ... well, the rest is history."

On Facebook, people

shared a simple graphic that said "Support Law Enforcement: Come out to show Florence Police we care." Two pictures of signs read "All Lives Matter" and "Stop the Division."

When she shared the image to the "Florence, Oregon" Facebook group, Sherry Harvey wrote that it was about "respectful support for our police, sheriff and Oregon State Police."

According to Sommer, "For me, it was a simple way to show my support for law enforcement. I was glad I could participate,

and it was a thrill to have the FPD chief to drive by and give us a thumbs up. I'm grateful there was no conflict — and everyone had a positive experience."

Others at the march, many holding signs, were reluctant to go on the record with their comments when asked by the *Siuslaw News*, but were willing to provide their observations and thoughts with anonymity.

One of the most visible of the supporters held a large American flag and a sign stating, "All Lives Matter."

When asked why he was

carrying that particular sign, the man responded that he "Supports the police, but also didn't feel innocent people should be treated differently because of skin color."

Other supporters echoed similar sentiments but were also reluctant to go on the record with their comments.

One couple in particular was very supportive of the tough stand taken by President Donald Trump.

They stated that "The press coverage of the riots in Washington were emblematic of a loss of traditional Christian values," which they believe requires Americans to hold law enforcement in high regard.

If there was a common message among both groups of protestors this past week, it was their strong support for the Florence Police Department.

Enjoy safe bike rides

Riding a bicycle is not only a great way to help the planet by reducing vehicle emissions, but it's also an ideal physical activity. According to Harvard University, biking at a moderate speed of 12 to 13.9 miles per hour will cause a 155-pound person to burn 298 calories in 30 minutes. At a faster rate of 14 to 15.9 miles per hour, a person of the same weight will burn 372 calories.

People can ride bikes at any time of year, but cycling is most popular when temperatures are moderate and precipitation is low. Bike riding has always been in fashion, but it experienced a boost in popularity when people were asked to remain socially distant for COVID-19. Walks and bike rides at a safe distance from others became popular and accessible ways to get fresh air and exercise.

Anyone who rides a bike needs to take certain precautions. Cyclists often share the roads with large and powerful cars and trucks. Safety is a two-way street, re-

quiring diligence by drivers and bike riders.

- Bike riders should be dressed in bright clothing so they can be seen. A well-fitting bicycle helmet is a must, and should be worn every time a bike is ridden.
- Equip your bike with a horn, bell and bright headlight.
- Cyclists should ride in the same direction as traffic on the far right-hand side.
- Ride a bike that fits you well. If the bike is too big, it can be difficult to control.
- Drivers should remain alert of cyclists sharing the road and give wide clearance when possible.
- Safe Kids suggest using hand signals to alert others to your plans. Cyclists can extend the left arm out for a left turn; make a 90-degree angle with the left arm to indicate a right turn. Putting the left arm down with the palm facing backward indicates stopping or slowing.

Cycling safety is important as temperatures rise and more cyclists are on the road. — **Metro**

What to do on summer 'staycation'

Adults may see staycations as great opportunities to catch up on summer reading and finish projects around the house. Children, however, may not always approach time off at home with that same enthusiasm.

Parents confronted with the challenge of keeping kids happy and engaged during staycations can try these kid-friendly ideas to ensure everyone enjoys their time off, even if the bulk of it is spent at home.

- Find a place to swim. Whether it's a nearby lake or a day at the ocean, a weekday afternoon spent swimming is a great way to remind the family that a staycation is still a vacation. If swimming in a lake or in the ocean is not possible and you don't have the luxury of a backyard pool, purchase an inflatable pool (or two) that the



whole family can enjoy.

- Embrace your inner artists. Parents can visit a local arts and crafts store and spend a day painting or making projects with their children. Choose a theme, like making jewelry or painting a family portrait, and then exchange your masterpieces or create a family art exhibit when the session is over.
- Go fishing. Fishing can be a fun activity for the whole family

and a great way to get out of the house without breaking the bank. Create a competition to see who can catch the most and/or the biggest fish. If you catch fish that you're allowed to take home, involve the whole family in making a delicious fish dinner that night.

Staycations can be fun for the whole family, especially when parents take time to organize a host of kid-friendly activities.

— **Metro Creative Connection**

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