



MARK BRENNAN/SIUSLAW NEWS

## Bringing Christmas to June

**Christmas in June, a local effort to assist in financially supporting area residents during the COVID-19 pandemic, began on Monday, June 1. The project was conceived and initiated by former pilot and active community member Sam Spayd (pictured above with Nicki Lorenz and Cherry Holmes) and is focused on providing grants to those negatively impacted by the pandemic. The program is asking community members who have the financial means to contribute to Christmas in June by donating at collection sites at Fred Meyer, BI-Mart and Grocery Outlet. Spayd is also looking for individuals to help at collection sites and with networking. To contribute to or apply for aid, contact Spayd at 541-991-6139.**

## Pregnancy and Parenting Center reopens

With specific coronavirus safety measures in place, the Florence Pregnancy and Parenting Center (PPC) is open again, offering pregnancy and/or parenting support and education. The PPC offers free pregnancy tests and pregnancy options information, prenatal

education, parenting education and life skills education.

The PPC also has a Stork Boutique with diapers, baby and maternity clothes, and other supplies.

All services are free and confidential.

The center, located at

1525 12th St., Suite G, is open Tuesdays and Thursdays, 11 a.m. to 4 p.m., or call 541-902-2273 for an appointment.

The center's weekly Fun Connections parent/child playgroup will remain closed until the program can safely resume.

## Rent, utility assistance available from SOS

Siuslaw Outreach Services, through the support of community donations, private foundations, FEMA and Lane County Human Services

Commission, has established a fund of \$118,000 to provide rent and utility assistance to households that have been financially impacted by the COVID-19 Pandemic and Governor Brown's executive order.

Nearly half of the funds come from Lane County Commissioners and the Human Services Com-

mission. Including donations from community members, other sources are Ford Family foundation, United Way and Allstate Foundation.

For more information on this and other programs, or to schedule an appointment, call Siuslaw Outreach Services at 541-997-2816 or visit [florencesos.org/](http://florencesos.org/).

Visit us on the web  
[THESIUSLAWNEWS.COM](http://THESIUSLAWNEWS.COM)



## Western Lane Community Foundation

With over \$8,000,000 in managed funds, WLCF helps the people of western Lane County give to the non-profit entities of their choice.

If you are interested in creating a community legacy, visit us at [wlcfoonline.org](http://wlcfoonline.org) or email us at [wlcfc@wlcfoonline.org](mailto:wlcfc@wlcfoonline.org)

### Community Grants

### Charitable Gifts Remainder Trusts

### Scholarship Funds

### Endowments

Western Lane Community Foundation, founded in 1974, is a community trust, private non-profit organization. The Foundation's mission is to improve life throughout Western Lane County by encouraging and maintaining philanthropic activity.

WLCF focuses its giving in four major areas: culture, medicine and science, education, and social and civic services.

WLCF also manages funds designated for use by other nonprofit organizations.

To learn more please contact us.  
Call: our office # 997-1274 Write: P.O. Box 1589 Florence, OR 97439  
email: [wlcfc@wlcfoonline.org](mailto:wlcfc@wlcfoonline.org)

Community People Helping Community People

# How to start exercising at home

A healthy diet and an active lifestyle are great ways to achieve a healthy weight and good overall health. Many people no doubt associate exercise with fitness centers and gym memberships. While gyms certainly are effective places to break a sweat, exercising at home can be an effective way to get fit as well.

Working out at home may require some creativity, as even homeowners with gyms in their basements may not have as much equipment at their disposal as they would at a local fitness center.

### Body weight exercises

Body weight exercises include push-ups, planks, squats, and lunges. Alternating incline and positioning of the body when performing some of these exercises is a great way to work various muscle groups. Body weight exercises do not necessarily require equipment, and that may disappoint some people. That's because, with no added weight — and only one's own body weight to provide resistance — it's difficult for a person to challenge himself or herself effectively and gradually build up progress.



### Get outdoors for cardio

A mix of cardiovascular activity, which puts a strain on the heart and lungs to build up stamina, can help shave off the pounds when paired with strength training exercises. Take to the great outdoors near home to get in a good cardio workout.

Rally Health, a digital, data-based health advisory company, says that walking can constitute a cardio workout if one goes at a brisk pace of around three miles per hour. Walking on an incline also can constitute vigorous exercise that's on par with running or biking, particularly when it's a steep hill.

Home-based cardio workouts also can include cycling, swimming in a backyard pool or

playing a pickup sports game with the kids.

### Set up a home gym

With a few barbells, dumbbells and a weight bench, it's easy to create a home gym in a basement or garage. Extra equipment, such as TRX resistance training equipment or an elliptical machine, can be added to make the gym more complete.

A home gym also can be a place to do strength and stretching exercises like yoga or pilates.

Many people find that they can effectively workout at home with little to no equipment necessary. With such convenience, individuals may find they make more time for exercise, which is an important component of a healthy lifestyle. — Metro

## Keep fireworks legal, safe in Oregon

The Office of State Fire Marshal, Oregon fire service, natural resource agencies, Oregon licensed fireworks wholesalers, and health and safety experts want to encourage Oregonians to "keep it legal and keep it safe" when using legal fireworks.

The 2020 Oregon fireworks retail sales season opens June 23 and runs through July 6.

"Oregonians can help each other and especially our first responders by keeping all fireworks use safe and legal, especially now with greater risks of wildfire this fire sea-

son and the stresses that COVID-19 is putting on our systems," said Mark Johnston, assistant chief deputy fire marshal. "Our office's fireworks safety and education materials reinforce these important messages to help prevent unwanted fires, wildfires, and calls to responders or visits to our medical facilities."

The OSFM is providing downloadable items that help Oregonians understand the fireworks that are legal to use in Oregon without a permit, where they are permitted to be used, and the important

safety steps to take when using fireworks. The OSFM is asking Oregonians to share this information with their friends, families and neighbors.

The OSFM encourages everyone to use the four Bs of safe fireworks use:

- Be prepared before lighting fireworks: keep water available by using a garden hose or bucket.
- Be safe when lighting fireworks: keep children and pets away from fireworks.
- Be responsible after lighting fireworks: never relight a dud. Wait 15 to 20 minutes, then soak it in a bucket of water before disposal.
- Be aware: use only legal fireworks and use them only in legal places.

In Oregon, officials may seize illegal fireworks and charge offenders with a class B misdemeanor, which could result in a fine of up to \$2,500 per violation and a civil penalty of up to \$500. Those who misuse fireworks or allow fireworks to cause damage are liable and may be required to pay fire suppression costs or other damage. Parents are also liable for fireworks damage caused by their children.

Despite their regulated sale and use, fireworks in Oregon continue to cause public safety and health threats every year. In 2020, the Oregon fire service faces additional burdens of protecting their personnel from exposure to COVID-19 and serving the public with the disease in circulation.

For the last reported five years through 2019, there were 1,173 reported fireworks-related fires in Oregon, resulting in more than \$4.9 million in property loss and contents damage. During that same period, fires resulting from fireworks resulted one death and 37 injuries.

For more information, visit the OSFM website.

**DON'T LOOK BACK! WE'RE NOT GOING THAT WAY!**

Help support your neighbors in need who have been unemployed due to the Covid-19 shutdown. Send your kind contribution to:

**Christmas in June**  
**P.O. Box 1041**  
**Florence, Oregon 97439**

**Call Sam Spayd**  
**541-991-6139**

**Come by and see Paul for a test drive!**

**2020 Ford Ranger**

**Johnston Motor Company**  
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