

# Labor Day 2021 High Visibility DUII Enforcement

For the upcoming Labor Day weekend (Friday, September 3rd through Monday, September 6th), the Florence Police Department will be conducting extra DUII Enforcement patrols.

The Florence Police Department has received

ment grant funds to help seek out impaired drivers and to deter people from driving while they are impaired.

The Florence Police Department, along with Law Enforcement agencies throughout Oregon and the rest of the United States are continually mak-

ing efforts to get impaired drivers off the road. These funds are made available to the City from Oregon Impact, who administers DUII grant funding in Oregon.

For more information, contact the Florence Police Department at (541) 997-3515

## LITTLE from page 1B

came loose. Surgery and another year lost.

Then it happened again.

But Cam McCormick, of the Oregon Ducks, stayed diligent and dedicated to his rehabilitation. He will be suited up to play after three long years of effort.

The movie "Brian's Song" is a story about two professional football players supporting one another. When Gale Sayers, a legend Chicago Bears running back, injures his knee, it is his teammate Brian Piccolo who encourages him to rehab even though he may lose his starting position

when Gale gets healthy. The original movie is much better than the remake, in my opinion.

If you were in my Health class you might remember seeing the movie during our unit on non-communicable diseases. Yes, the knee injury has nothing to do with the lesson plan, but if you watch it, you might discover the fighting spirit of an athlete in a time of unforeseeable tragedy.

I am well beyond my playing days, but I have injured myself by tripping and falling. As a result, I had rotator cuff surgery. If I added together all the days I rehabilitated and treated

my athlete days' injuries, it would fall short of the five to six months needed to get back my ROM (range of motion) and strength.

Even if I dedicate my efforts, I was informed my tear was too wide to repair completely, so I will not be getting back to where I was.

The moral of my story might be youth rehabilitation is often 100% return, but us older individuals better watch where we step. I did discover during my visits to the Slocum Center a new and more descriptive Pain Scale I will share in a future article. Meanwhile, be careful out there.

# the spotlight

A weekly roundup of shopping, savings and doings around town.



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## CRAB from page 1B

The meetings will focus on the specific goals and objectives for the management of the sport and commercial bay crab fisheries.

Oregon Department of Fish and Wildlife (ODFW)

will also present commercial bay crab logbook requirements for the 2021 season and proposed for permanent rule to the Oregon Fish and Wildlife Commission.

The Dungeness Crab Fishery Management Plan

will be presented to the commission on Oct. 15, 2021.

For more information, visit [www.odfw.com](http://www.odfw.com) or contact Steve Rumrill at 541-857-2562, or by email at [steven.s.rumrill@odfw.oregon.gov](mailto:steven.s.rumrill@odfw.oregon.gov).

## SAFETY from page 1B

drowned. Unfortunately, these few seconds often mean the difference between life and death for a child."

Hoffman and the AAP recommend that families use "layers" of protection to help lower the risk of drowning and other water-related injuries in children, including:

- Swim skills: Swimming lessons, specifically water safety skills, are an essential component of any water safety plan and should be considered for children older than 1. Children between the ages of 1 and 4 who have had water safety training or swimming les-

sons are much less likely to drown than those who have not.

"Not all lessons are created equal," says Hoffman. "Parents may need to try several before finding the right fit for their child."

- Supervision: When young children are near water - whether it is a pool, river or even a bathtub - a capable, attentive adult should be present and within arm's reach. Even when a trained lifeguard is present, each child should also be constantly supervised by a designated adult without distractions such as books or phones.
- Life jackets: A properly fitted, US Coast Guard-ap-

proved life jacket should always be worn when in, on, or near natural bodies of water, such as lakes or rivers. Those who lack strong swim skills should also wear life jackets when at a pool or water park.

- Inflatable "floaties" and rings are toys, and should never be a substitute for an approved life jacket.
- Be prepared: Parents and caregivers should consider CPR training to help keep children safe around water or other dangerous instances.
- Barriers: Homes with in-ground or above-ground pools or ponds of any size should install a four-sided fence with secure closures. Door and pool alarms may also help to alert adults if a child comes too close to unsupervised water.

Hoffman suggests emptying above ground pools, including small plastic wading pools, when not in use, as well as removing pool ladders. These steps create additional barriers that will further prevent unintentional access to water.

Additional information about water and sun safety can be found at <https://www.ohsu.edu/doernbecher/water-and-sun-safety>.

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Florence Habitat ReStore  
Volunteer Opportunities • AM shift is 9-1, PM shift is 1-5  
Contact Ivy 541-902-9227 ext. 101  
[www.florencehabitat.org](http://www.florencehabitat.org)

**Helping Hands Coalition**

We are in need of volunteers on Monday, Wednesday and Fridays. We need volunteers to serve food, set up for meals and also prepare meals beginning at 11:00 am and finishing at 2:00pm.  
New Location: Community Baptist Church, 4590 Hwy. 101, Florence (Across from Fred Meyer)

**Oregon Coast Humane Society**

relies heavily on volunteers. There are many opportunities to volunteer and a variety of skills and talents are always in need. Volunteer interest forms may be found online, at the shelter and at our Thrift Shop on Bay Street.  
[www.oregoncoasthumanesociety.org/volunteer/](http://www.oregoncoasthumanesociety.org/volunteer/)

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