

HAVE FUN! BEACH SAFE!

BEWARE THE SNEAKER WAVE

They're called sneaker waves because they appear without warning, often surging high up on the beach with deadly force, and are impossible to predict. Sneaker waves also carry a large amount of sand that can saturate your clothes, weighing you down and making escape difficult if not impossible.

How to play it safe: Never turn your back on the ocean.

WATCH THOSE LOGS

The ocean is strong enough to pick up even the biggest log and plop it down on top of you. Some logs may look small, but even the tiny ones can be waterlogged and weigh tons.

How to play it safe: If you see a log in the surf or on wet sand, stay off it.

RIP CURRENTS

Rip currents are strong currents of water that rush out to sea. They are stronger than even the best swimmer. These currents can swiftly sweep unwary beachcombers and waders off their feet and out to sea. Rip currents may appear as dark, choppy water. Any time you see debris and foam floating out to sea, chances are you have found a rip current. Avoid the area.

How to play it safe: Parents keep your kids close when playing in the ocean. If caught in a rip current, **don't panic**. Swim parallel to the beach until you are out of the current, then head for the beach.

KNOW THE TIDES

Incoming tides isolate rocks from headlands and the shore. Avoid the temptation of strolling out to an interesting rock without knowing when the tide rolls back in. Free tide tables are readily available at state park offices, information centers and many shops and motels.

How to play it safe: Stay off rocks and small, enclosed beaches.

Know when the tide is coming in by [visiting the tidetable website](http://weather.hmsc.oregonstate.edu/weather/tides/tides.html) at the Hatfield Marine Science Center <http://weather.hmsc.oregonstate.edu/weather/tides/tides.html>

HIGH WAVES CAN REACH YOU

Tides and waves can sweep over rocks, jetties and headlands, knocking you off and carrying you out to sea.

How to play it safe: Assume nothing is "high enough" and avoid exposed rocks, jetties and headlands during strong wave action (like during and after storms).

BEWARE OF HIGH, STEEP CLIFFS

Assume that all cliff edges are unstable. Wet trails or soft sand and earth can make for unstable footing. Rocks can be slippery even when it isn't raining.

How to play it safe: Make sure you wear proper footwear, and stick to the trails. Stay behind guard fences and railings, and don't get too close to the edge.

HEADS UP

Standing at the base of an Oceanside cliff can be dangerous, especially if it has an overhang. In some places, winter storms and high waves have eroded the shoreline, increasing the chance of collapse and slides.

How to play it safe: Beware of falling rocks, and don't climb on bluffs and eroding hillsides. Don't walk along the base of cliffs unless absolutely necessary.

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Local help is available for Medicare Open Enrollment

Every October, open enrollment begins for Medicare Advantage and Part D prescription drug plans. Medicare plans and coverage for prescription drugs change each year, so it is important for Oregonians who are enrolled in Medicare to evaluate their plan options

and make changes during open enrollment.

Open enrollment for the 2022 Medicare plan year is from Oct. 15 to Dec. 7, 2021.

The Senior Health Insurance Benefits Assistance (SHIBA) program with the Oregon Department of Human Services (ODHS) is

available to help Oregonians understand their Medicare options and benefits, provide enrollment guidance, and answer any questions related to Medicare benefits.

Local SHIBA counselors are available to help and can be found by visiting SHIBA.Oregon.gov or calling

800-722-4134 (toll-free). To accommodate COVID-19 safety precautions, SHIBA counselors are providing telephone and limited in-person support.

SHIBA's 2022 Oregon Guide to Medicare Insurance Plans is available on SHIBA.Oregon.gov.

SAND from page 1A

in Bandon. He has created hundreds of designs since then, every pattern with a single path with no wrong turns or dead ends.

After the team creates the pattern, the path is walked by those who help with the raking and clearing of the labyrinth and by all who attend that wish to walk.

Each event has a basic theme, which revolves around the central theme of love, according to Dyke.

Walks take about 20 minutes. The design is often washed away during the next tidal change.

Many Florence residents have participated in Circles in the Sand over the years, and many have traveled to other locations to contrib-

ute to draws in those areas.

"I have gone to Bandon twice to groom the draw and now my husband and grandchildren are hooked and are here to help create Denny's amazing designs," said Terri Johannes as she walked the finished labyrinth. "We really like the idea of walking for peace, love and the environment."

Locally, Driftwood Shores Resort and Conference Center, Sand Master Park Sandboarding and Venomous Sandboards, Sea Lion Caves, Mo's Seafood and Chowder and The Little Brown Hen restaurant sponsored the annual event.

For more information on Circles in the Sand, visit www.sandypathbandon.com/public-schedule.

CYCLE from page 1A

Every year, the university hosts what is now known as the "Julian Fraser Memorial Water Polo Tournament." Alec and Jamie's journey will end there, some 4,650 miles from where it started. The tournament starts Oct. 23.

"We were hugely honored when they renamed the tournament after him when he passed away," Alec said. "They're just a great bunch of kids. My oldest son kept in touch with Julian's teammates and buddies, and about 50 of them are going to show up at the tournament. A lot of them are even riding with us from San Francisco. We go back there every year and a lot of Julian's friends and the parents that we used to

watch games with will be there. It's always a festive celebration."

Another important reason is to simply raise awareness about rare cancers and the lack of attention they receive.

"I think people are really not aware of the fact that, when money is raised, childhood cancer only gets four cents on the dollar," Alec said. "When you consider the loss of lives along with the age of those afflicted, it would surprise a lot people to know that amount is so low."

Cristy is accompanying Alec and Jamie via van and providing support along the way.

"It seems like right now we're on the cusp of major breakthroughs in terms of cancer treatment and

the fact that we're able to somehow help fund those clinical trials — which can make the difference for a lot of these families and kids — is huge," she said.

The third reason for the journey is to pull together a community of people, just emerging from the COVID-19 lockdown, to do something positive and hopeful for others.

"I think one of the most important things we're trying to do is bring folks together to create as large a community as we can possibly build," Alec said. "There's private support groups for families that have these rare cancers and those were so helpful to us. Though this ride is in Julian's, honor we want to give hope to people fighting any cancer and also to those who provide them support."

Jamie and Alec are also hoping to help bring awareness to the fact that rare cancers are not actually as

"rare" as one would think.

"Cancers such as lymphoma, thyroid cancer and pancreatic cancer are considered rare cancers," said Alec. "Over 50 percent of people with cancer have a 'rare' cancer. The thing is, these rare cancers tend to be harder to treat. When there's a breakthrough in the treatment of rare cancers, those breakthroughs tend to spill over into more common cancers."

One thing Jamie and the Frasers all agree on is how wonderful everyone has been along the way.

"One thing that struck me is the kindness we've been shown at every stop along the way," said Cristy. "It's been incredible everywhere. Every little town we've passed through."

Follow Jamie and Alec's journey on Instagram at [@teamjf](https://www.instagram.com/teamjf) or on Facebook/TeamJF4Cure. People can also donate at bit.ly/TeamJF4Cure.

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