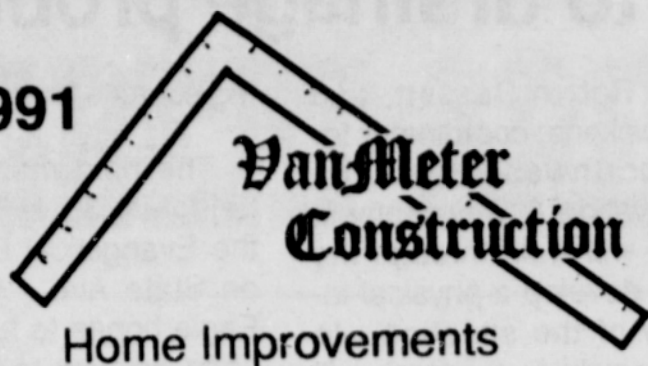


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New state park guide is now available

A newly revised Park Guide, which provides detailed information about the 50 campgrounds and 175 day-use areas operated by the Oregon Parks and Recreation Department, is now available.

The free publication features 45 full-color photos and was printed for the first time on recycled paper, according to Monte Turner, Parks information officer.

"The guide was printed on Simpson Nature Web by Simpson Paper Company's Evergreen Mill in West Linn—the only paper mill in Oregon that produces coated recycled paper," he said. "With a large number of color photos and graphic elements, we wanted a high-quality, coated paper, but we wanted it to be recycled paper as well," Turner said.

The department printed 400,000 copies of the guide, which should last about two years, Turner said. "This is one of the most popular state agency publications," he noted. "Oregonians and visitors love the outdoors and they use state parks regularly,

ranking our system among the top 10 in the nation for state park attendance."

Symbols, maps and text provide complete information about parks grouped in eight geographic sections of the state. Other portions of the guide present information about recreation trails, historic attractions, geologic

sites and wildlife viewing opportunities available within the Parks system.

Copies may be obtained from Parks' main office in Salem, 525 Trade St. S.E., Salem OR 97310 or call 378-6305. They are also available at regional Parks offices, most Parks facilities and many chamber of commerce visitor information centers.

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Have fun at the beach but observe safety rules

With many people heading for the beach for summer outings and vacations, State Parks officials are reminding everyone to use caution when visiting ocean beaches.

"Even on a warm day at the coast, the water temperature may be only 54 degrees," said Pete Bond, beach and trails coordinator for Oregon State Parks. Anyone in the water for more than a few minutes risks hypothermia—a lowering of body temperature, Bond noted. This can cause people to become disoriented and

weak, he said.

Bond also urged coastal visitors to:

—Watch for sneaker waves (those that come in suddenly or with more force).

—Check tide tables; know when the tide changes and beware of incoming tides.

—Use caution on rocks and cliffs.

—Avoid driftwood logs in the surf.

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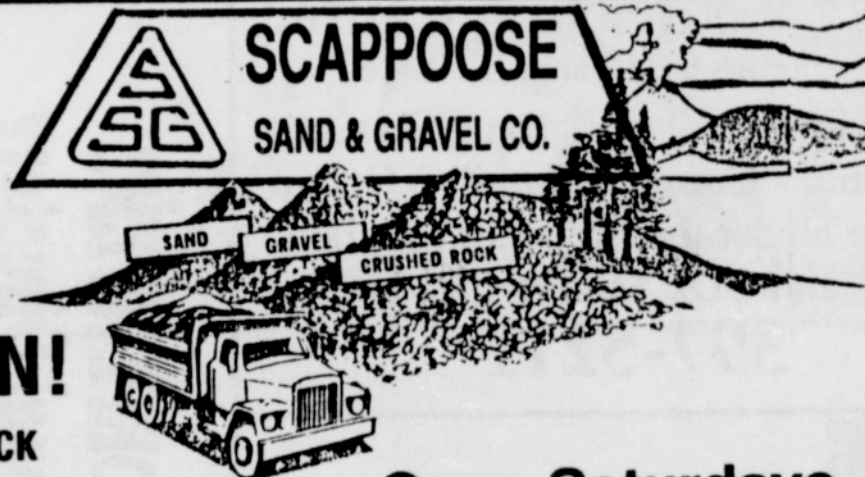
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Bond said the Parks Department has conducted a beach safety campaign since 1985. Cap'n Beware, the beach safety bear, is the symbol of the safety program. He is featured in television spots, on posters, placemats and bumper stickers. The department also provides a Cap'n Beware costume for use in parades and events.



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