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Seventh and eighth graders help make our community a safer place to live!

emergency.

BY CAREY CHAPUT

The Applegate Valley Fire District responds to approximately 600 emergencies every year. Medical emergencies make up over 80% of the fire district's service calls. Timing is everything when it comes to emergency services. Having the confidence to act in emergency situations comes from either intuitiveness or experience. You can play a big part by knowing how and when to call 9-1-1.

Applegate and Ruch Elementary Schools have both joined in our efforts to deliver the most effective emergency services by electing to learn the latest in Hands-Only CPR training. This program is part of a southern Oregon initiative developed by the American Heart Association to increase the knowledge and skills for Hands-Only CPR in our region. There were 180 out-of-hospital cardiac arrests recorded in Jackson County last year and 270,000 in the United States. Increasing a bystander's ability, skills and confidence can greatly increase survival rates.

Seventh- and eighth-grade students are learning the skills that will empower them to act with confidence in the case of a sudden cardiac arrest. Through this initiative, they are learning first-aid skills, CPR skills and how to help someone who is choking. This program has been developed to provide students with the ability to recognize an emergency and act in a safe and confident manner.

As part of their homework assignment, students are required to teach others in the community as they have learned. Be on the lookout for these students who have now acquired the skills and the kits to continue their education for years to come.

Planning ahead

A big part of serving the community comes in preventing emergency situations through outreach and education. We feel communication is a key component to serving our constituents by sharing the latest information from managing wildfire to seasonal safety tips to the latest method in providing first aid and CPR.

Here are some planning strategies

DEADLINES

ISSUE	DATE
Fall	August 1
Winter	November 1
Spring	February 1
Summer	May 1

that may assist you in the event of an

- Situational awareness is paramount to your safety. Take a moment to know where you are and the conditions of the emergency before you place the 9-1-1 call.
- Have information available when needed. Did you know that emergency responders always look on the refrigerator for Medical History Forms when responding to an unconscious person? Having a list of important phone numbers and current medications and allergies in a Medical History Form can help us save your life. You can find a fillable form on the fire district's website at http://www.applegatefd.com. Take the time to review and plan for your family needs.
- Would you need special help in an emergency? Disaster Registry provides the names and locations of people who need special assistance to fire, police and rescue workers. Please contact the Rogue Valley Council of Governments to find out more information at 541-664-6676 or 541-474-5947.
- This is definitely the season to start working in the yard, mowing grass and moving firewood away from the home. It is also the best time to think about what you would take if you had to evacuate. Have you thought about having supplies that could last 72 hours for you and your family?
- Don't forget your animals. Make prior arrangements with someone who could handle your animals if needed.

As you plan ahead, think about what you would do in the case of an emergency and please also consider your medical needs. Be prepared so that we can serve you in the best way possible. It is our mission to respond to the needs of our citizens and to be recognized as professionals dedicated to making the Applegate Valley a better place to live. We are honored to serve you.

Please contact fire district office manager Carey Chaput at 541-899-1050 if you would like more information on any of these planning strategies.

Carey Chaput • 541-899-1050

Summer masthead photo credit

Mikell Nielsen of Williams captured this shot of the Applegate Valley Lavender Farm in Grants Pass.

Photo Specs

To be printable, all photos submitted must be high resolution (300 dpi) or "large format" (e.g., 30" x 40").

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We can help you reach your market. The *Applegater* is the only newspaper covering the entire Applegate Valley.

With a circulation of 9,200 and a readership of over 20,000, we cover Jacksonville, Ruch, Applegate, Williams, Murphy, Wilderville, Wonder, Jerome Prairie and areas of Medford and Grants

For more information, contact:
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Next deadline: August 1

WHO WE ARE

The Applegate Valley Community Newspaper, Inc. is a nonprofit 501(c)3 corporation dedicated to the publication of the *Applegater* newspaper, which, we feel, reflects the heart and soul of our community.

Our Mission

The nonprofit Applegate Valley Community Newspaper, Inc. (AVCN), provides the many rural and diverse communities of the Applegate Watershed with a communications vehicle, the *Applegater* newspaper, free of charge to all watershed residents. Our quarterly paper presents constructive, relevant, educational and entertaining reports on a wide variety of subjects such as:

- natural resources
- ecology and other science information
- historical and current events
- community news and opinions

AVCN encourages and publishes differing viewpoints and, through the *Applegater* newspaper, acts as a clearinghouse for this diverse community. We are dedicated to working together with community members to maintain and enhance the quality of life that is unique to the Applegate Watershed.

Acknowledgements

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All articles submitted to the *Applegater* are subject to edit at the newspaper's discretion.

Letters to the Editor cannot be more than 450 words. Opinion pieces and unsolicited articles cannot exceed 600 words. Community calendar submissions must be brief.

All photos submitted must be high resolution (300 dpi) or "large format" (e.g., 30" x 40"). Any questions, email gater@applegater.org.

All submissions for our next issue must be received either at the address or email below by the deadline.

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