

Greetings, all. The Fireworks Show is Monday night. More information is [here](#) and posted to the City's [Facebook](#) page.

Extreme Heat Info!



BEAT THE HEAT

- DRESS LIGHT**
Wear loose-fitting clothing
- STAY COOL**
Stay somewhere with air-conditioning
- LEARN**
Stay informed and learn how to prevent, recognize and treat heat-related illnesses
- EAT LIGHT**
Avoid hot foods and heavy meals
- STAY SAFE**
Never leave infants, pets or children in parked cars
- USE SUNSCREEN**
Use sunscreen with SPF 15+ when going outside
- STAY HYDRATED**
Stay hydrated but avoid alcohol and liquids with large amounts of sugar
- COOL DOWN**
Take a cool shower or bath

Oregon Health Partners

It is very hot and getting hotter. Please remember how dangerous high temperatures can be. Please be careful working outside, remember to drink lots of water, wear light clothing and sunscreen, and cool off in A/C. Use the buddy system and pace yourself.

The [Bobbi Greenwood Pool](#) is open from 12 – 5 p.m. this weekend for open swim; closed on Monday because of the fireworks show.

Cool down at the library! Library hours are [here](#). Saturday at 2 p.m., watch a [Mitchells v. the Machines](#) with popcorn and drinks.

Please Note:

- ❖ Please click [here](#) to watch a CalOES video about the use of Safe & Sane fireworks and how to stay safe this holiday weekend.
- ❖ Proceeds from the Safe & Sane Fireworks Booth help fund the City's youth swim program and Little League. If you're children benefit from these programs and you'd like to help, please volunteer to work a four-hour shift by clicking [here](#). The booth will be open through July 4.

- ❖ The Sunday Farmer's Market is now accepting WIC, which supports low-to-moderate income families. Please click [How Can I Get WIC? - California Women, Infants & Children Program](#) for more information. Also, [Riverdog Farm](#) has also joined the Farmers Market so more organic greens will be available. The vendor list is growing so check back often to see what's new at the Market.



**NO ILLEGAL FIREWORKS PLEASE
OR RISK A \$1,000 CITATION**