

Smoke Signals

July-Aug-Sep 2025
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Heart Health

Do you know someone who has had a heart attack? Have you had one yourself?

A heart attack is scary, but most people survive and go on to enjoy productive lives. Here are some quick facts about heart attacks:

1. A heart attack occurs when blood flow to the heart muscle is reduced or blocked.
2. The amount of damage and recovery time depends on the area supplied by the blocked artery and the time to treatment.
3. Surgeries and cardiac rehabilitation may be needed to help with recovery
4. Lifestyle changes and medications can help prevent heart attacks.

What can you do if you think you might be having a heart attack? First and foremost, know the warning signs. Some attacks are sudden and intense while others can start slowly, pay attention to your body and call 911 if you have:

- **Chest discomfort:** most people feel discomfort in the center of the chest; it can last more than a few minutes and can come and go. It can feel like pressure, squeezing, fullness or pain.
- **Discomfort in other areas of upper body:** Symptoms can include pain or discomfort in the arms, back, neck, jaw or stomach.
- **Shortness of breath:** This can happen with or without chest discomfort.
- **Other signs:** other possible signs may include Breaking out in cold sweat, nausea, rapid or irregular heartbeat, feeling unusually tired, or feeling lightheaded.

If you have any concerns discuss them with your doctor and call 911 immediately if you feel like you might be having a heart attack, Time is of the Essence!!

Common Heart Attack Warning Symptoms

Call 911 right away if you or someone you are with has one or more of these symptoms!



- 1  Chest pain or discomfort
- 2  Pain or discomfort in the jaw, neck or back
- 3  Pain or discomfort in the arms or shoulders
- 4  Shortness of breath
- 5  Feeling very tired, lightheaded or faint
- 6  Nausea or vomiting

Learn more at
heart.org/HeartAttack.

Wildfires are here!!

Do your part!!



Most wildfires are caused by humans — many everyday things can create sparks. Keep ignition sources far away from dry vegetation, wood, and other fuel.



Have a clear 10 foot radius around campfires, burning brush, etc. Never leave fires unattended, and always properly extinguish.



Maintain vehicle brakes & tires, and secure tow chains to avoid dragging. Don't drive on dry grass or brush.



Use grills/smokers on gravel or paved surfaces.



Water your lawn & keep grass cut. Mow lawn early in the morning and when it's not windy or excessively dry.



Never toss lit cigarettes on the ground. Put ashes in a metal container with a tight lid.

*Always follow burn bans & regulations.
Be aware of weather conditions. Low humidity,*

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Special points of interest

- There are 3 levels of evacuation
- 30 Way to get moving
- Don't forget to stretch
- Don't forget to complete the word search



Evacuation Levels

If there is an immediate threat to your area, then there will be an evacuation notice. It comes in three levels and will be broadcasted over multiple media outlets including but not limited to: News, Facebook, Emergency Alerts, and sometimes door to door.

The evacuations will most likely be based on roads so make sure you know the area you live in and road names.

Exercise improves memory, cognitive function, and mood.

30 Way to get Moving

Walk briskly for 10 min* Dance to your favorite music*Try a quick workout before breakfast*play a sport you enjoy*Ride a bike*take a family hike*clean your house as fast as you can*practice yoga before bedtime* join a rec sports league*swim*use a standing desk at work*challenge a friend to a step-count challenge*try Zumba*Rake or shovel instead of using a blower*Join a dance class*Throw a frisbee*go for a jog*Hula hoop in your backyard*kayak or canoe*play mini golf*go bowling*plant a garden*jump rope for 15 min*take a fitness class with a friend*explore a local nature reserve*take your dog for a walk*try a virtual fitness class*practice Pilates*take the stairs instead of the elevator

Crescent Road Fire

Sunday, August 17, 2025

The Crescent Road Fire was reported at 4:17pm on the 13th of August. The fire is situated approximately 7 miles north of Reardan between Crescent Road and Devils Gap Road. During the initial response Lincoln County 4, Spokane County 5, Stevens County 1, DNR, and other mutual aid partners engaged with the fire, calling in aerial support to assist with fire bosses, helicopters, and tanker aircraft with retardant. Heavy equipment was used to assist with putting in fire line to help control further extension of the fire. The fire fuels consisted of timber stands, grasses, and brush. The fire cause is still under investigation but is known to be human caused.

The high dew point overnight on August 16 helped keep fire behavior low which allowed firefighters to strengthen the fire lines throughout the night and into the next day. Crews are working to mop-up and grid 100 feet into the interior of the fire where accessible, and sprinkler systems are being installed to help wet the northwest edge of the fire. In that area the rock scree and cliff faces are up to 400ft high making it too treacherous for the crews to safely engage.

The Crescent Road Fire is currently being managed by Northeast Washington Incident Management Team 2 in conjunction with DNR, Lincoln County Fire District 4 and Spokane County Fire District 5. As of August 17, the fire is 883 acres with 27% containment. There are 348 personnel assigned to this fire, which include hand crews, engines, water tenders, dozers, skidgines, medical units, and REMS. Twelve homes and thirty-eight minor structures were threatened and of those structures twelve structures have been lost. Three of the structures were identified as primary residences. There are still evacuation levels 1 and 2 in place. The overall monetary cost to date of this incident is 1.8 million USD.



This is an article from the Incident Command that they let us publish for our newsletter



Kids Corner

*How does a flower ride a bike?
.....with its petals!!*

The sun is out; kids don't want to be in the house. What to do? What to do?

The kids are out of school and just want to run around and play but is your backyard really ready for them to play all day? Here are a few tips to help with the warm days and keeping kids safe playing outside.

1. Keep little ones close: make sure there is an adult watching closely so younger kids don't wander off or get hurt. Whether they are young or older make sure everyone takes regular breaks to hydrate and reapply sunscreen
2. Use safety layers around pools & hot tubs: use constant touch supervision around bodies or water. If you have a pool at your house, it should have a four-sided fence and at least four feet tall.
3. Set up home playground equipment securely: Make sure large playground equipment is anchored deeply and securely to avoid tipping
4. Avoid mowing the lawn while kids are playing: Power mowers can fling sticks, stones and other objects with enough force to do serious harm.
5. Prevent burns around grills and fire pits: Always douse a wood fire before leaving the area and make sure charcoals are cold before dumping them. Explain that grills are hot and can burn them.
6. Keep kids away from pesticides, fertilizers and poisonous plants: If you use anything on your lawns make sure to read the instructions carefully and keeps kids away for at least 48 hours. Store any chemicals under lock and key. If your child does get into something call Poison Control at 1.800.222.1222

Protecting your child from safety hazards in the yard is just like childproofing your home. Everything you do helps keep kids safe and having fun this summer.

It's Time to Celebrate!!!

July 4th – Independence Day

July 7th - Chocolate Day

July 9th – National Sugar Cookie Day

July 14th - Barn Day

July 20th - Ice Cream Soda Day

July 24th - Amelia Erhart Day

July 30th - Father-in-law Day

Aug 1st - Mountain Climbing Day

Aug 4th - U.S. Coast Guard Day

Aug 7th - National Purple Heart Day

Aug 10th - Lazy Day

Aug 16th - Tell a Joke Day

Aug 26th - National Dog Day

Aug 30th - Toasted marshmallow Day

Sept 1st - Labor Day

Sept 10th - Swap Ideas Day

Sept 14th - International Crab Feast Day

Sept 15th - Make a Hat Day

Sept 19th - National Dance Day

Sept 25th - World Dream Day

**SCFD5 Commissioners meeting
are the Second Tuesday of every
month, Please come join us!!**



Spokane County Fire District 5

17217 W Four Mound Rd

Nine Mile Falls WA 99026

As a district we are located on the northwest plains. We cover approximately 90 square miles. We currently have two stations, the main office, St. 51, is located on Four Mound Rd and St. 52 is located on the NE corner of Charles and Valley Rd. These stations are unmanned and we are an all volunteer fire district.

Our District Secretary is also a notary, Please reach out if you need her services.

You could be a winner! Please complete the word search and return to SCFD 5 with your name and address

OGMPFFLFYUSGYRCGUXTO
FHIXNMRIAUSYCRKIIFQE
QEEAKMUMHRNMVNRXXNN
XFVAPLHSSULJOFAPFYEY
TAMARMLBJRQHGTKWCKED
NZKSC TJRUZRSZBEAAYXY
VCRYDUROFSOHWFRRJEEJ
QOAMHCAMDWGR.RDCNGFRA
TNEPJNGTSEALBWLIDNCD
PLETHYXQIPOMVZONOHIM
AFVOP IHEQOGCOXJGTMSE
JTYMLDCVVPNQETSWUFEE
UGWSAXDPSJMSMLWUKYMT
VLPPYYNOUDWQPUEHMUII
VNRTGCDOQHFEJXBDMKN
YQQARVCLIOHZRUOYRTEG
BRYCOOFSZTICMTVCWATR
JCWYUMOVINGXFXYYABTN
HWXNNQEXAQVZTHGFIVME
OFVQDOHMIWILDFIREHWNH

Celebrate
Evacuation
Exercise
Heart
Hot
Meeting
Moving
Playground
Pools
Smoke
Summer
Symptoms
Water
Warning
Wildfire

Spokane County Fire District 5

17217 W Four Mound Rd
Nine Mile Falls WA 99026

Phone: 509-796-4793
Website: scfd5.org
E-mail: admin@scfd5.org

PLEASE
PLACE
STAMP
HERE

