



Pet Tips 'n' Tales

by Mary Ellen "Angel Scribe"

Paw Prints Participant!

Cottage Grove Art Walk
Friday June 26
6-8 p.m.
Yoga book signing at The Bookmine

Timmy has gone from a homeless waif to a famous cat featured on the cover of the book "Elementary Alimentary My Dear Timmy", an illustrated Yoga Nourishing Journey Cultivating the Energy of Nature's Elements penned by Gloria Campuzano.

"He is a photogenic ham," said Gloria, "who poses for our camera. He asked us to donate the book's proceeds to the Humane Society of Cottage Grove as a grateful gift for their efforts with homeless pets because he understands the animals' terrifying plight.

We didn't rescue Timmy; our dog, Marree, did! Marree discovered him hiding under a hiking trail's bush. Timmy did not have an ID microchip, he was never reported "lost" or claimed on social media.

I called my friend, Mary Ellen, and she gave me tips on how to care for a cat, as my husband, Gary, and I have only had dogs. The Humane Society of Cottage Grove president, Ms. Overholser, asked us to board the cat un-

til she was able to transport him to Greenhill Humane Society for adoption.

I was recuperating from surgery, and the cat's purring and company were wonderful healing support. His loving nature captured Gary's and my heart, and the thin, scruffy feline emerged into a beauty like the swan in the children's tale, "The Ugly Duckling".

A week before his arrival, we had received a letter in the mail addressed to a non-existent Timmy Campuzano. We took this as a sign announcing his arrival and named him after 'his' mail. When Ms. Overholser phoned to transport Timmy to Greenhill, Gary informed her that he was now part of our family.

I have been a nutritional dietitian for 30 years and continually studying the benefits of yoga. I first encountered yoga in Colombia, in high school, where it became an intricate part of my life. It's medicine for the body and soul. In 2002, I became a certified yoga teacher at Santa Barbara's White Lotus Foundation. And in 2005, I began teaching yoga to school students and two years later received a \$3000 grant for yoga mats etc. I realize the need for our city children to have swim lessons because we are surrounded by lakes and rivers, so I now donate towards these classes.

The five great yoga elements

are earth, water, fire, air and ether, and they are in every being's trans migratory existence. The earth element, for example, connects us to our basic needs such as food, shelter, clothing, and so on. From yoga's aspect the book's message brings the elements alive from the routine and simplistic to the extraordinary, mystical, and spiritual.

My book is multi-purpose and written in both English and Spanish. It teaches nutrition through mindful eating, the importance of family meals, appreciation for family farmers, and the cooks who prepare our meals.

Timmy, the book's narrator, emphasizes his appreciation for nature's loving gifts and how to take care of the earth. He's a resilient feline who understands that forgiveness and gratitude are essential for happiness and a harmonious life.

His favorite yoga pose is Nikunjasana or Anahatasana, also known as the 'heart pose', where the heart is placed on the ground. Timmy practices it several times a day. He loves yoga music, so while I am doing poses, he comes over and rubs his face on mine, licks me like a dog, and then rests nearby in a meditation pose, watching.

He sits quietly with his paws touching like in the hand gesture, Anjali mudra, or praying pose that people greet each other

with. The familiar Sanskrit word Namaste means 'a place in our hearts for peace, joy, truth, and love. And when we're together we are One.'

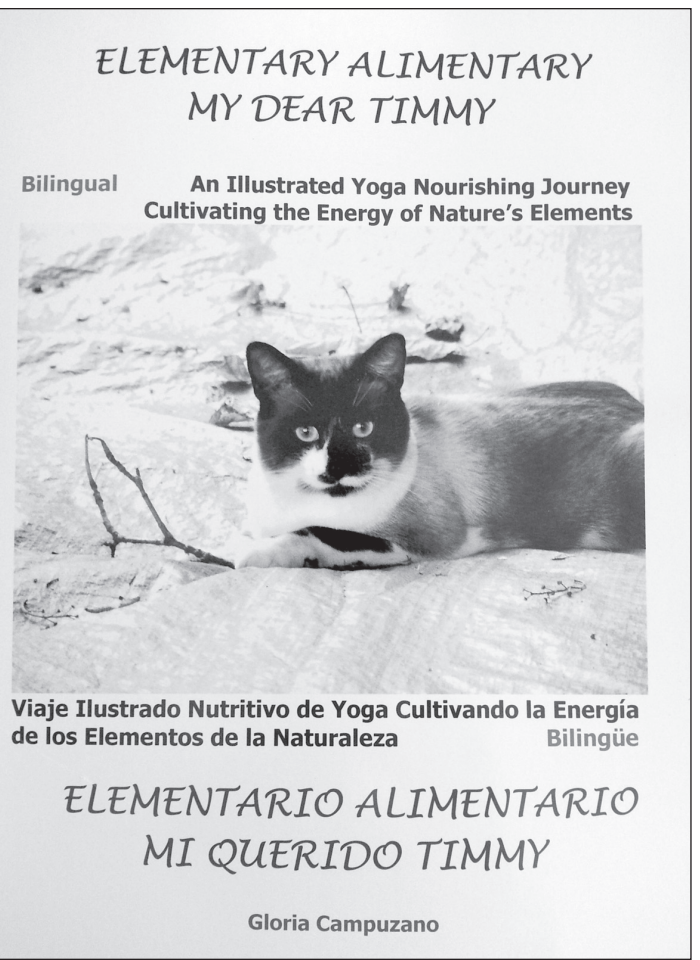
When I am doing a restorative pose, Timmy rejoins me and sits between my legs or on my stomach. His sweet presence touches my heart and his purring is a soothing yoga addition.

Timmy is not always relaxing in a yoga pose. He is a great detective who finds and carries home 'presents' in his mouth. He walks in with pride and drops the live gifts at my feet with the expression, "Here you go! I love you! Get it! It's yours!"

This comical cat is so dog-like that Gary calls him a 'DOT'. That is two-thirds dog and one-third cat. Timmy runs and bounces off the sides of trees as if they are trampolines or races up a tree and perches on a branch like "Alice in Wonderland's" Cheshire cat grinning down at us with an amused look.

While walking Timmy beside Row River or on a leash at the Oregon Coast's Sand Dunes, he has this uncanny knack of finding and pointing out heart shaped rocks. He has blessed our lives and I think this is his way of letting us know that we captured his heart too."

(NOTE: Rock photo is included in his book.)



Timmy explains his yoga philosophies in his book, "Elementary Alimentary, My Dear Timmy". He requests that all proceeds at his co-author's Friday book signing are donated to homeless pets — a cause close to his heart.

TIPS

Cottage Grove Yoga Schedules

Classes are for all levels emphasizing yoga, meditation and pranayama breathing and are for people only - Timmy will be home contemplating his furry navel.

Community Center
 Monday, 6 p.m.

Wednesday, 6 p.m.
 Friday, 10 a.m.
 Saturday, 10 a.m.

Anytime Fitness
 Saturdays, 9 a.m.

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MOVIES

at the Village Green

July 9 - August 29, 2015

THURSDAYS
AT DUSK OUTSIDE

FRIDAYS 8 PM
MAP ROOM THEATER

SATURDAYS
5PM & 8 PM
MAP ROOM THEATER

ADMISSION

CHILDREN
2 & UNDER
 Free

CHILDREN
AGES 3-11
 \$100

ALL OTHER
AGES
 \$300

July 9-11
THE HANGOVER
 {R} AGES 18 AND OVER ONLY
 Zach Galifianakis & Bradley Cooper

July 16-18
FAST TIMES AT RIDGEMONT HIGH
 {R} AGES 18 AND OVER ONLY
 Sean Penn & Jennifer Jason Leigh

July 23-25
GREASE
 {PG-13}
 John Travolta & Olivia Newton-John

July 30 - Aug 1
THE KARATE KID
 {PG}
 Ralph Macchio & Pat Morita

Aug 6-8
JAWS
 {PG}
 Roy Scheider & Richard Dreyfuss

Aug 13-15
TOP GUN
 {PG}
 Tom Cruise & Tim Robbins

Aug 20-22
THE PRINCESS BRIDE
 {PG}
 Cary Elwes & Mandy Patinkin

Aug 27-29
THE SANDLOT
 {PG}
 Tom Guiry & Mike Vitar



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