

Cottage Grove Junior Golf

Cottage Grove Junior Golf is beginning a new season of teaching our community's youth the skills for playing golf. Six weeks of lessons will be held on Monday and Wednesday afternoons from 3 p.m. to 5 p.m. beginning June 27.

Lessons are for boys and girls ages 9-14.

Cost is \$30 for each participating child.

Parents and children interested are asked to attend the registration meeting on Monday, June 27 at the Middlefield Golf Course between 2:30 p.m. and 3 p.m.

For more information or any questions please contact Philip Jones: 541-942-6107

Sixth annual elementary triathlon

WHEN: Saturday, July 9, 9 a.m. to 11 a.m.

WHERE: Warren H. Daugherty Aquatic Center, 8th and Taylor Streets, Cottage Grove

Grade	Swim	Bike (parking lot)	Run
K-1	One Width	Two laps	165 yards
2-3	two widths	Five laps	quarter-mile
4-5	four widths	Ten laps	half-mile

A \$3 entry fee payable to South Lane School District is due at the pool by July 6. Any time after that date is \$5.



We Want Your News!

The Cottage Grove Sentinel wants to be your source for all things Cottage Grove. But we need your help! If you've got a news tip, we'd be glad to hear about it:

Cottage Grove Sentinel
In person: 116 N. Sixth Street, Cottage Grove
Email: cgnews@cgsentinel.com
Office phone: 942-3325

Bass Pro Shops Outdoor World tips for July

KEEPING COOL WHILE CAMPING

Here are some tips to help you stay cool while camping this summer.

-Set up your camp in a shady spot where breezes blow through.

-Make sure the late afternoon sun won't shine directly onto your campsite.

-Keep the windows open during the daytime.

-Build a shade structure using extra tent poles, bungee cords and a tarp.

-Soak a bandana in ice-cold water and drape it around your neck or tie it around your forehead.

-Take along pumping-operated personal misters and keep

them full of cold water.

-Set a battery-operated fan on a table and put a bowl of ice in front of it for a mini air conditioner.

-Use one cooler just for ice for drinks and put a solid block of ice in it to keep the cubes from melting quickly. You can also freeze your plastic water bottles, put them in the cooler and use them for a cold, refreshing drink as they melt.

TRICKS TO TRY TO CATCH BASS

If you find fishing tough, there are a few tricks you can try to help put bass in your boat.

When water is stained or muddy, bass can't see well. The same is true at night. Under

these conditions, they will respond best to vibrating baits; the bigger the better. Big vibrating baits displace more water, thus creating the most intense vibrations, which help get the fish's attention.

Another trick to try is to put a little more cup in the blade of your spinner bait to make it displace more water and throb more intensely as it comes across the water.

The best trick is to slow down your retrieve. It might be hard to believe, but slow moving bait will send out more intense vibrations than fast-moving bait.

Remember, in conditions when their sight is restricted, it's the vibration of the bait (not

the color) that catches the bass.

IT'S TIME FOR SOME TRASH TALK

A soda or beer carelessly discarded on a canoe or camping trip might decompose into the soil in the year 2509.

The plastic wrapper from doughnuts eaten at breakfast that blew into the woods at camp this year might be obliterated by 2253.

Would you believe if you left a glass bottle on the river bank this year, it will still be around in the year 1,002,010?

Think about these facts the next time you leave loose trash in your boat or in the back of your truck to blow out, littering the beautiful American landscape.

Be aware of where your trash ends up when you're out fishing, camping, hiking or hunting. While you're at it, pick up trash others have left behind.

As the great Sioux Chief Seattle said, "what we do to the earth, we also do to ourselves. Take care of the earth."

WADING A STREAM ON A HOT SUMMER DAY

Wade fishing is a fun and productive way to spend the hot days of summer. No matter where you live, there are wade fishing streams and creeks that offer shade, cool water and many species of fish.

Drive backcountry roads in your area, pausing at low water crossings and bridges to check out the possibilities. Even if it doesn't look like there is much water, you might be surprised how many deep pools holding fish are both upstream and downstream.

Go light or ultra-light on equipment. Small baits that imitate crayfish or grasshoppers are hard to beat. Wear lightweight shirts with multiple pockets to hold your tackle, as well as sunglasses and a wide brimmed hat to protect you from the July sun.

Chances are you probably aren't going to catch big fish, so you're better off releasing them to be caught again. If you don't catch fish, you can still take a refreshing dip, skip rocks, have fun catching crayfish or relax on a gravel bar and listen to the soothing sounds of the water.

FINDING GREAT PLACES TO ENJOY THE OUTDOORS

The U.S. Army Corps of Engineers build dams to control river flows and lake reservoirs to produce hydroelectric power. In addition, they make these river and lakeside areas available to the public, providing recreation opportunities for fishing, boating and camping.

With over 2,500 recreation areas at 450+ lakes managed by the Corps, finding a campground at recreation.gov is easy. Search for a campground by entering your personal preferences and then choose a campground.

Each webpage will tell you about the area and show a detailed map of that campground's layout. Then choose the area of the campground that interests you and read specifics about each campsite. Once you have found a campsite you like, just click and make a secure online reservation.

Now pack your camping gear, grab the fishing tackle, hook up the boat, get out there and enjoy our great outdoors.

Learn Something NEW Every Day!

Safety tips for cyclists:

Bicycle riding is fun, healthy, and a great way to be independent. But it is important to remember that a bicycle is not a toy; it's a vehicle!

Be cool – follow some basic safety tips when you ride.

Safe Riding Tips

Before using your bicycle, make sure it is ready to ride. You should always inspect your bike to make sure all parts are secure and working properly. Remember to:

- 🚲 **Wear a Properly Fitted Bicycle Helmet.** Protect your brain, save your life. For more information see the National Highway Traffic Safety Administration publication "Easy Steps to Properly Fit a Bicycle Helmet."
- 🚲 **Adjust Your Bicycle to Fit.** Stand over your bicycle. There should be 1 to 2 inches between you and the top tube (bar) if using a road bike and 3 to 4 inches if a mountain bicycle. The seat should be level front to back. The seat height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be at the same level with the seat.
- 🚲 **Check Your Equipment.** Before riding, inflate tires properly and check that your brakes work.
- 🚲 **See and Be Seen.** Whether daytime, dawn, dusk, foul weather, or at night, you need to be seen by others. Wearing white has not been shown to make you more visible. Rather, always wear neon, fluorescent, or other bright colors when riding day or night. Also wear something that reflects light, such as reflective tape or markings, or flashing lights. Remember, just because you can see a driver doesn't mean the driver can see you.
- 🚲 **Control Your Bicycle.** Always ride with at least one hand on the handlebars. Carry books and other items in a bicycle carrier or backpack.
- 🚲 **Watch for and Avoid Road Hazards.** Be on the lookout for hazards such as potholes, broken glass, gravel, puddles, leaves, and dogs. All these hazards can cause a crash. If you are riding with friends and you are in the lead, yell out and point to the hazard to alert the riders behind you.
- 🚲 **Avoid Riding at Night.** It is far more dangerous to ride at night than during the day because you are harder for others to see. If you have to ride at night, wear something that makes you more easily seen by others. Make sure you have reflectors on the front and rear of your bicycle (white lights on the front and red rear reflectors are required by law in many States), in addition to reflectors on your tires, so others can see you.

Many bicycle-related crashes resulting in injury or death are associated with the bicyclist's behavior, including such things as not wearing a bicycle helmet, riding into a street without stopping, turning left or swerving into traffic that is coming from behind, running a stop sign, and riding the wrong way in traffic. To maximize your safety, always wear a helmet AND follow the rules of the road.

Rules of the Road – Bicycling on the Road



Bicycles in many States are considered vehicles, and cyclists have the same rights and the same responsibilities to follow the rules of the road as motorists. When riding, always:

- 🚲 **Go With the Traffic Flow.** Ride on the right in the same direction as other vehicles. Go with the flow – not against it.
- 🚲 **Obey All Traffic Laws.** A bicycle is a vehicle and you're a driver. When you ride in the street, obey all traffic signs, signals, and lane markings.
- 🚲 **Yield to Traffic When Appropriate.** Almost always, drivers on a smaller road must yield (wait) for traffic on a major or larger road. If there is no stop sign or traffic signal and you are coming from a smaller roadway (out of a driveway, from a sidewalk, a bike path, etc.), you must slow down and look to see if the way is clear before proceeding. This also means yielding to pedestrians who have already entered a crosswalk.
- 🚲 **Be Predictable.** Ride in a straight line, not in and out of cars. Signal your moves to others.
- 🚲 **Stay Alert at All Times.** Use your eyes AND ears. Watch out for potholes, cracks, wet leaves, storm grates, railroad tracks, or anything that could make you lose control of your bike. You need your ears to hear traffic and avoid dangerous situations; don't wear a headset when you ride.
- 🚲 **Look Before Turning.** When turning left or right, always look behind you for a break in traffic, then signal before making the turn. Watch for left- or right-turning traffic.
- 🚲 **Watch for Parked Cars.** Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).

Sidewalk versus Street Riding

The safest place for bicycle riding is on the street, where bicycles are expected to follow the same rules of the road as motorists and ride in the same direction.

- 🚲 Children less than 10 years old, however, are not mature enough to make the decisions necessary to safely ride in the street.
- 🚲 Children less than 10 years old are better off riding on the sidewalk.
- 🚲 For anyone riding on a sidewalk:
 - 🚲 Check the law in your State or jurisdiction to make sure sidewalk riding is allowed.
 - 🚲 Watch for vehicles coming out of or turning into driveways.
 - 🚲 Stop at corners of sidewalks and streets to look for cars and to make sure the drivers see you before crossing.
 - 🚲 Enter a street at a corner and not between parked cars. Alert pedestrians that you are near by saying, "Excuse me," or, "Passing on your left," or use a bell or horn.



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