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"They all have their own stories," said James Beranek who owns six planes and was sitting beside a plane he owns from 1947. "They're all a reflection of different owners and different tastes and different skill sets."

Beranek, 66, flew the particular plane for the first time when he was 19 years old. He then sold the plane in 1983 but after missing both the plane and the youth that he associated with it, he reacquired the plane in 1983. For the next year and a half he worked on it about three times a week to get it in the pristine shape that it is in today.

"I was mentored well and now a lot of my mentors are gone. This airplane pay homage to those before me that are not here with us anymore," said Beranek. "And they taught me so much."

A few spaces down from Beranek sat Mary Corrington. As she rested in the shade of a tent, she was next to her 1949 Chevrolet Pickup Deluxe. This particular vehicle was a beat up farm truck until she restored it in 2009. Since then it has been featured in various publications and even made a trip down Route 66 to the Grand Canyon.

"Like any of us older citizens, things wear out and you have to keep them up," said Corrington about her seacrest green truck. "So there are little things you find out that you have to keep on top of. They didn't built them the way they do now."

TRACK TOWN SHINES IN SACRAMENTO, HEADED TO WORLDS

By Zach Silva

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While Sacramento is not Track Town, USA, a host of track and field athletes who train or went to school in Eugene felt right at home in California for the USA Outdoor Track and Field Championship last week as they punched their tickets to the world championships in London.

After not being entirely pleased with their performances at the NCAA Track and Field Championships, Oregon sprinters Arianna Washington and Deajah Stevens were looking to land a spot on Team USA. On Friday the pair did just that when Stevens took second and Washington third in the 100. Former teammate and Oregon standout English Gardner placed sixth in the race.

Stevens and Washington's weekend was not done and the pair raced again on Sun-

day in the 200 final. Stevens took first but Washington was edged out at the line and finished in fourth. Former Duck Jenna Prandini finished seventh. Elsewhere on the women's side, Phyliss Francis, who graduate from UO in 2014, took second in the 400 and current Duck Raevyn Rogers was fourth in the 800.

On the men's side, former Duck Matthew Centrowitz, who won gold at the 2016 Olympic Games, was passed right at the finish line resulting in a second place finish in the 1500. Current Ducks Devon Allen and Damarcus Simpson each placed third in the 110 hurdles and long jump respectively.

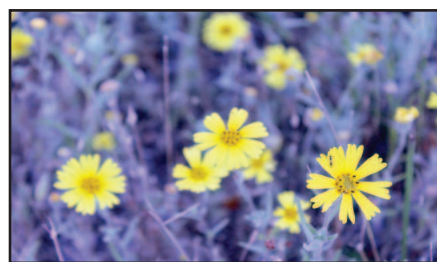
Former Oregon standout and Olympian Galen Rupp, who had won eight consecutive 10,000 meter outdoor track and field championships, finished fifth place in the race on Thursday.

A walk across the land



PHOTOS BY ZACH SILVA AND ABE ERWIN/COTTAGE GROVE SENTINEL

Top: Our first glimpse of the water on the day. Bottom left and center: Some flowers that we found on the path that we ultimately did not know the names of. Bottom right: My mom walking ahead on the trail.



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My dad said that we should go on a hike at 7 a.m. on Saturday; I said no.

And so there we were, me, my dad, my mom and my sister Abe, at the start of the trail just a touch past 7 on Saturday morning.

We had decided to go hike Green Island as part of the McKenzie River Trust's Oregon Walk the Land Day. Green Island was one of 16 hikes around the state where people could go and walk on these natural lands that are protected year-round and often not allowed for people to roam. These are nature preserves that are protected to restore the land back to its original state but on this day all across Oregon, we could explore these nature-filled lands.

A quick drive through Corvallis and a turn onto a seem-

ingly random gravel path and we had arrived at our destination. We found ourselves in a full parking lot in the middle of... somewhere. It wasn't quite nowhere, I mean, we had just left from Eugene, but it certainly was not somewhere familiar.

As I filled my pockets with granola bars I looked around to take in the world around me. There were big trees and there were outhouses. There was a glowing bright blue sky and then there were sign in sheets and volunteers. It felt like the start of a 5K race except once we began, instead of using our energy to get ahead we got to leisurely stroll through the path.

As we began our walk, I remembered why we were there. It was not just to celebrate the beauty that is the state of Oregon but here we would be offered a glimpse of the confluence of the McKenzie and

Willamette River. This convergence of the two rivers is rarely seen and we were there on one of the few days that it is open to the public.

According to the McKenzie River Trust over 2,000 people would be taking part in this day and almost half of those at Green Island but when we were walking on our route, it was just us. Just us and nature. As we walked along the grass we stopped at various places marked off as lookout points. At one in particular spot we were right next to the slowly rushing river with a gaggle of geese to our side. We watched the river simply flow and it felt as if we were in the middle of a dreamy poem about a summer's day.

After about a mile in we got to the spot near the confluence. While we were blocked by bushes and were not able to get close to the water on this occasion, we got to see where

these two powerful rivers fluidly flow forward.

It was not this wildly overwhelming or breathtaking moment, and if coming to see it had not been the reason we had come I may have missed it altogether, but it was just peaceful. Serene. The river flowing, the birds that we were unable to identify their species chirping while the warm sun heated us up.

And sure, maybe the tone of the moment shifted when a middle aged woman was upset that the bushes kept her from getting to the water and she threatened to file a complaint to, uh, someone at this place working to keep nature in its original state. But the complaint didn't matter. We got to be in nature and be on this land that is taken for granted and often forgotten about. And it was even worth waking up before 7 a.m. to see it.



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WATER SAFETY TIPS

Whether it's a trip to the beach or a dip in the community or backyard pool, you can ensure that swimming is as safe as it is fun by following a few basic safety tips.

THERE IS NO SUBSTITUTE FOR ACTIVE SUPERVISION

Actively supervise children in and around open bodies of water, giving them your undivided attention.

Whenever infants or toddlers are in or around water, an adult should be within arm's reach to provide active supervision. We know it's hard to get everything done without a little multitasking, but this is the time to avoid distractions of any kind. If children are near water, then they should be the only thing on your mind. Small children can drown in as little as one inch of water.

EDUCATE YOUR KIDS ABOUT SWIMMING SAFELY

Every child is different, so enroll children in swimming lessons when you feel they are ready. Teach children how to tread water, float and stay by the shore.

Make sure kids swim only in areas designated for swimming. Teach children that swimming in

open water is not the same as swimming in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.

Whether you're swimming in a backyard pool or in a lake, teach children to swim with a partner, every time. From the start, teach children to never go near or in water without an adult present.

You can start introducing your babies to water when they are about 6 months old. Remember to always use waterproof diapers and change them frequently.

DON'T RELY ON SWIMMING AIDS

Remember that swimming aids such as water wings or noodles are fun toys for kids, but they should never be used in place of a U.S. Coast Guard-approved personal flotation device (PFD).

TAKE THE TIME TO LEARN CPR

We know you have a million things to do, but learning CPR should be on the top of the list. It will give you tremendous peace of mind – and the more peace of mind you have as a parent, the better.

Local hospitals, fire departments and recreation departments offer CPR training.

Have your children learn CPR. It's a skill that will serve them for a lifetime.

SUMMER BOATING TIPS:

Alcohol and boating don't mix. Studies have shown that even a small amount of alcohol, when combined with the marine environment, can seriously impair your judgement. Passengers should avoid going "overboard" as well.

When fueling your boat, stop all engines, motors, and other devices that could produce sparks. Always leave with a full tank.

Conduct a safety orientation before leaving the pier. This includes location of life preservers, how to put them on, location of life rafts and location of emergency check-off list.

Be prepared. Talk to experienced service personnel about what kind of parts and tools you should carry on your boat. A first-aid kit and emergency supplies are also a must.

Check the weather before leaving and heed all small craft advisories.

Make a float plan and make sure someone on shore knows your exact route.