

It's a typical summer day at our house. The sun is shining, the bees are buzzing and the flowers are in full bloom. I'm writing this column sitting outside and counting my blessings as I listen to the squirrels chatter at the bird feeder while a variety of birds and our two Dachshunds try and chase them away. I love living in the country.

I am a born and bred big-city girl but every summer my family vacationed at our cabin in Crestline in the San Bernardino Mountains. It was there that I learned to love fresh air, listen to the mysterious sounds of critters in the forest, ride horseback and watch the black bear families forage at midnight through a nearby dump by the headlights of visitor's cars.

It was also there that I learned to love birds and enjoy the fun side of my grandfather. Grandpa J.D., the business man, always wore a 3-piece suit in the city. In the mountains he wore casual clothes and trained Blue Jays to sit on his finger. He would sit for hours, gently tugging a peanut on a string, enticing the birds to come closer. It took days but ultimately they became friends and a peanut award awaited them. I never mastered that art.

I always dreamed that someday we would live on a tree-lined property, near a lake. Well, surprise! Dreams do come true. Twenty-eight years ago we moved to Cottage Grove Lake where all kinds of adventures awaited.

Our animal adventures began immediately. The first critters that we heard were scratching in the walls of our bedroom! Our house

had been unoccupied for awhile and MICE moved in. They were not welcome and had to go. Later, on a walk, a fox ran through the meadow and a bear surprised us at the lake by scrambling down a nearby hill.

Across the street from our house, a lot of squawking was going on. Looking up we saw the biggest nest ever—an Osprey family



had hatched their noisy chicks. Their parents were vigilant and protective. One day I looked up to see an eagle headed down the creek towards the nest flanked by two Osprey. It wisely turned away from the chicks before a confrontation.

Whenever logging goes on up the hill from us it chases wildlife out of their habitat into our neighborhood. Our former neighbors, Jay and Audrey, had a pond on their property that a local cougar claimed as his own! Summer days he would sprawl out on the street in front of their house and at night come onto the property for a drink! He was also interested in their sheep but their Dobermans and a tight barn kept them safe. Rumor is that there's been another cougar down at the lake recently.

Heat wave Continued from A1

the rest of the week hover fairly close to those forecasted for Cottage Grove.

As a result of the heat, Concerts in the Park is set for cancellation as of press time. According to Cottage Grove Chamber of Commerce Executive Director Travis Palmer, the organizations is reaching out to several entities for expert opinions on the effect of the heat on possible concert crowds.

"We've contacted Lane County Public Health but right now it's looking like it will be canceled," he said.

The city will be offering cooling stations Tuesday through Friday from noon to 5 p.m.

Both the library and city hall will be open to those looking to escape the heat and according to Meyers, the city will provide ice water at both locations.

As temperatures climb, seniors and children are especially at risk. According to OHSU, it is critical that caretakers be aware of early symptoms of heat stroke and that those who are able, check on elderly neighbors throughout the day.

The Red Cross issued tips for staying healthy and cool during Oregon's heat wave as well:

Triple digit temperatures are expected across the region this week and in order to stay safe, the American Red Cross urges residents to be aware of the steps they should take to avoid heat-related illness. Follow these simple steps to keep yourself and others safe before and during a heat wave.

Before
- Be aware of both the temperature and the heat index. The heat index is the temperature the body feels when the effects of heat and humidity are combined.

- Check the contents of your disaster preparedness kit to ensure it has enough water and non-perishable food items, just in case. For a full kit list, visit redcross.org/PrepareGuide.

- Look out for your neighbors -- people who are elderly, young or sick are more susceptible to heat-related illness and may need your help.

- If you do not have air conditioning, locate places you could

go to find relief from the heat during the warmest part of the day (schools, libraries, theaters, malls). Many government websites provide a list of available cooling centers.

- Ensure that your animals' needs for water and shade are met.

During
- Listen to a NOAA Weather Radio for critical updates from the National Weather Service (NWS).

- Never leave children or pets

alone in enclosed vehicles, not even for a few minutes. According to the National Weather Service, a car left in 80 degree weather yielded an inside temperature of 95 degrees and rising in just two minutes.

- Stay hydrated by drinking plenty of fluids even if you do not feel thirsty. Avoid drinks with caffeine or alcohol.

- Eat small meals and eat more often.

- Wear loose-fitting, lightweight, light-colored clothing.

Avoid dark colors because they absorb the sun's rays.

- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day (late afternoon/evening).

- Postpone outdoor games and activities (participants and spectators).

- Use a buddy system when working in excessive heat.

- Take frequent breaks if you must work outdoors.

- Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by

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NATIONAL SAVE YOUR SMILE WEEK

Oral Health Habits to Maintain a Beautiful Smile

With beach season in full swing, many men and women are trying to put their best body forward to appeal to others. However, according to a February 2009 survey from the American Dental Association and Crest(R) and Oral B(R) the smile outranks eyes, hair and the body as the most attractive physical feature on a person. Therefore, taking care of your teeth and smile is essential.

Men and women differ when it comes to taking care of their teeth and gums. A nationwide survey of 1,000 Americans ages 18 and older found 86 percent of women brush their teeth twice or more a day, yet only 66 percent of men do so.

The survey also found that women say they change their toothbrush or power toothbrush head every 3 to 4 months on average, yet men hang on to theirs an average of 5 months. The ADA recommends replacing toothbrushes every 3 to 4 months or when the bristles become frayed since frayed and worn bristles decrease cleaning effectiveness.

Most people need to do a better job of flossing their

teeth. Only half of those surveyed (49 percent) say they floss their teeth once a day or more often. And 1 out of 3 people surveyed think a little blood in the sink after brushing their teeth is normal, yet it's not -- it could



Forget hair, eyes and body ... a recent survey found that people consider the smile the most attractive feature in a person.

signal gum disease or another health problem.

Oral health is an important part of overall health. Regular dental check-ups are important not only to diagnose and treat gum disease and tooth decay, but also because some diseases or medical conditions, such as oral cancer, have symptoms that can appear in the mouth.

Growing research indicates there may be an association between oral health and serious health conditions such as cardiovascular disease and diabetes, underscoring the importance of good oral hygiene habits.

"We need to constantly get the word out how important it is to stay on top of your oral health," says Dr. Ada Cooper, an ADA consumer advisor and practicing dentist in New York City. "Brushing twice a day with fluoride toothpaste, flossing daily, eating a balanced diet, and visiting your dentist regularly can help keep your smile healthy."

For more information on oral health, visit the American Dental Association's Web site at: www.ada.org.


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