

# Art Walk continues to delight residents, tourists



The monthly art walk continued this month with several tourist and resident attractions with participating businesses Imagine It Framed, Bookmine, CG Body Studio, Ambrose Collectables, Delight, Apple Pie Antiques and Studio Tattoo. Entertainment for the event included artists from Elkton--Jayme Allen and Trudy Wilkinson as well as etchings by Marsha Mello, beadwork by Barb Slott and photography by Donna Smith. The art walk is scheduled downtown on the last Friday of the month. There are two art walks left--September 29th and October 27th. Photos by Greg Lee.

## Fires Continued from A1

While the air quality has also effected the fires themselves, local health care professionals have issued warnings to those most vulnerable to the unhealthy air designation.

PeaceHealth issued a statement: "The smoke particulates in the atmosphere irritate the lungs, making breathing more difficult," said Robert Stalbow, Respiratory Therapist at PeaceHealth Sacred Heart Medical Center at RiverBend. "We recommend that people in the higher risk groups reduce their exposure to the hot outdoor air for the duration of this weather event. These groups include infants, children, pregnant women and adults over age 65, as well as those with asthma, respiratory infection, diabetes, lung or heart disease, or those who have had a stroke.

Stalbow says even indoor air can become a problem. "People with pulmonary difficulties should try to spend as much time as they can in air-conditioned spaces," said Stalbow. "Air conditioning will filter and recirculate cleaner indoor air, which will be much less irritating to the lungs than opening a window and allowing the smoky outdoor air to permeate the living space."

At-risk people without home air conditioning should consider spending time in public air conditioned places such as libraries, shopping malls and movie theaters.

Importantly, those with cardiac and/or pulmonary conditions should contact their physicians if they notice increased shortness of breath at rest or with minimal exertion, and monitor the quality and consistency of any pulmonary secretions (mucus).

"Always seek expert guidance if experiencing unusual episodes of chest pain or tightness, and call 911 for any medical emergency," cautions Stalbow. "And, pulmonary issues are exacerbated by smoking. If you smoke, quitting would be the best thing you can do for yourself!"

For daily updates on the fires burning around the state, visit <http://www.oregon.gov/ODF/Fire/pages/FireStats.aspx>

**FREE!**

# MOVIE NIGHT

at the

# FIREHOUSE

and safety fair

## Unveiling New Fire Trucks!

Activities begin at 6:30PM

- Spray a Fire Hose - CGPD K-9 Team-
- Jaws of life demonstration- -Smoke Maze-
- Lane County Sheriff- -Smokey the Bear-

Movie starts at dusk

Bring a lawn chair or blanket

Free hot dog & beverage

Free popcorn & More!

Join us at:

Sept 8 Cottage Grove - 233 Harrison Ave.

Movie: **MOANA**

Sept. 9 Creswell - 55 N 1st st.

Movie: **SING**

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