

Living 50 Plus in Cottage Grove

Spring is here: Get ready to garden

Gardening can be relaxing yet physically demanding work. Gardeners who find themselves battling aches and pains after spending time in the garden may need to make a greater effort to reduce injuries and improve comfort when tilling, weeding or installing new landscape features.

Ergonomic gardening techniques and tools can help gardeners reduce their risk of injury and make gardening more comfortable.

Warm up

Just as novice athletes wouldn't dive right into a strenuous workout at the gym, nor should novice gardeners immediately pick up a shovel and jump into digging a hole for their new tree. Gardening requires bending, stooping, lifting, twisting, and other movements that work the entire body. Spending 10 or more minutes stretching, walking and doing a few back and arm rotations can limber the body up for the physical activity to

come.

Use proper form

Think about the mechanics of lifting weights during a workout, as home and garden tasks may mimic movements made when exercising. The occupational therapists at Bend Spinal Care say that strain on the lower back can be reduced by positioning objects close to the body and its center of gravity when lifting them. Furthermore, people can contract their abdominal (core) muscles when lifting and bending to support the back. When lifting heavy objects, power should be derived from the legs and buttocks rather than the back.

Keep items close

Keeping work closer to the body will reduce the need for stooping, leaning or reaching, which should cut down on pulled muscles. Long-handled tools can help minimize reaching. Use step ladders to reach high areas or get down on padded cushions to work closer to the ground. This alleviates

strain to the neck from having to look up or down for extended periods of time. Raised garden beds can bring plants to a person's level. The therapists at ProCare Physical Therapy say that working below shoulder level whenever possible can prevent shoulder strains; otherwise, perform tasks for no more than five minutes at a time.

Invest in new tools

Cushioned grips and grip handles can prevent wrist fatigue, as can hand tools that keep wrists straight to improve strength and reduce repetitive motion injuries. Long-handled tools and push mowers should be as tall as the person using them. Seek out tools that keep the body in natural positions to maximize efficiency.

Even though gardening is viewed as a relaxing pastime, the work involved can be taxing on the body. Ergonomic tools and proper form can keep injuries at bay.

TURNING 65 AND NEED HELP WITH YOUR MEDICARE CHOICES?

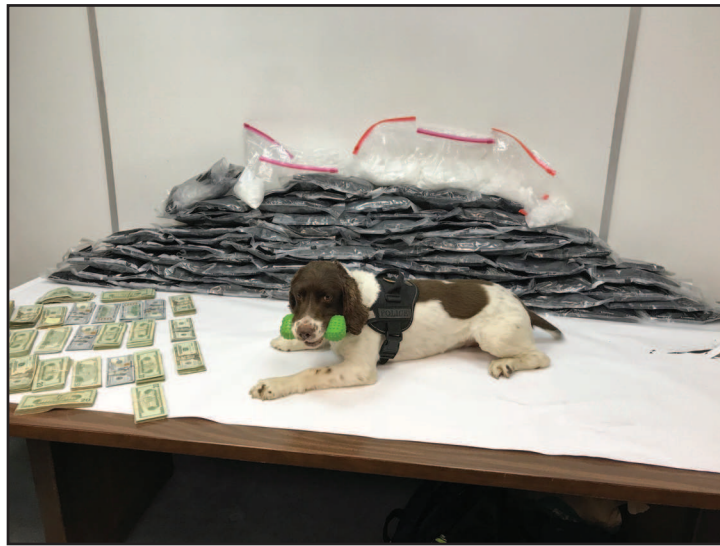


Call Paul to help simplify the complicated.

541-517-7362

Paul Henrichs ~ Independent Agent
coverage4oregon@gmail.com

Record-breaking meth seizure in Douglas



On Saturday, March 17, 2018, DINT Detectives seized a historical amount of methamphetamine. During an operation taking place over the weekend, DINT contacted two subjects in a traffic stop on I-5 near milepost 151.

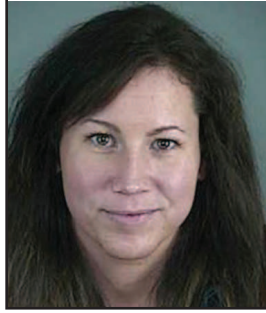
During the stop, a canine, Trapper, was applied to the vehicle and alerted to the presence of narcotics. Detectives searched the vehicle and located what appeared to be a very large amount of methamphetamine.

Both occupants of the vehicle were arrested. The meth was seized and transported to DINT where it could be processed and tested. The total amount of meth seized was approximately 74 pounds, net weight, which is the largest single seizure of meth in DINT history.

DINT also seized an undisclosed amount of cash, and the suspect's vehicle.

30-year-old Isreal Salvador Mercado-Mendoza, of Creswell, Oregon, and 33-year-old Rigoberto Morfin-Pedroza, of Los Angeles, California were both arrested and lodged in the Douglas County Jail on charges of Unlawful Possession of Methamphetamine, Unlawful Delivery of Methamphetamine, and Unlawful Manufacture of Methamphetamine.

Woman caught again



Jessica Jane Bennett, 28, will return to jail for the same crime after violating her probation.

Bennett was arrested earlier this month for contacting the boy she began having sexual relations with two years ago when he was 16-years-old. She spent 10 days in jail and was sentenced to two years of probation after pleading guilty to sexual delinquency of a minor. As part of her probation, Bennett is not allowed to come

within two miles of the teen and must live further than five miles from his residence until 2022. After being released from custody in 2016, she re-located to Creswell.

The boy, now 18, has requested that the two be allowed to have contact. His request was denied by the court.

The relationship allegedly began when the boy was 16. Authorities were alerted when the boy's father returned home to find Bennett in the boy's bed, both in various stages of undress. Bennett contended at the time that it was first time the two had slept together. However, she was arrested in the spring of last year for having sex with the same boy. She did 30 days in jail for that charge.

Get news seven days
a week at cgsentinel.com

WE DELIVER!

Within the Cottage Grove city limits - only \$3.00



RETAIL & COMPOUNDED PRESCRIPTIONS
PET MEDS
IMMUNIZATIONS
FAST & FRIENDLY

"Customers Are Our Priority - Service Is Our Passion"



Sat.
Mar. 24
10 am - 2 pm
Creswell Health Mart Pharmacy

BLOOD SUGAR AND BLOOD PRESSURE SCREENING FREE
Brought to you by: Pharmacy Students at Oregon State University

175 E. Oregon Ave., Creswell • 541-895-2413
www.oregonhealthmart.com

Cottage Grove Sentinel

www.cgsentinel.com

FOLLOW US ON



@cgsentinel
@cgsentinel
#cgsentinel



LIKE US ON facebook



Cottage-Grove-Sentinel

Grove Medical Equipment

"BUILDING A HEALTHY COMMUNITY"

YOUR LOCAL PROVIDER OF HOME MEDICAL EQUIPMENT!

• OXYGEN • SLEEP THERAPY
• WHEEL CHAIRS • HOSPITAL BEDS
• WALK AIDS • SPECIALTY FITTINGS • SALES AND RENTALS
• INSURANCE BILLING FOR SALES AND RENTALS

541-225-5443 148 Gateway Blvd
grovemedical@outlook.com (B Mart Plaza)
Join us on Facebook Cottage Grove, OR 97424

GRANTS

HEARING CENTER

SAVE \$1000

On Most of Our Digital Product Line
(Based on 2 Instruments)
Not to be combined with any other offer.
Previous purchases excluded. EXPIRES 3/31/18

Three For Free


3 years FREE batteries
3 year loss and damage insurance
3 year comprehensive warranty
Batteries in sizes to fit all makes, all models.
See office for details. EXPIRES 3/31/18

\$995 per aid

The wait is over! 100% digital that's affordable.
Grant's Hearing Centers is offering the CIC model for \$995.
This 100% custom digital instrument automatically adjusts to enhance speech clarity and manage background noise.
Not to be combined with any other offer.
Previous purchases excluded. EXPIRES 3/31/18

Eugene - (541) 344-4442
Cottage Grove - (541) 942-8444
www.grantshearing.com

Special Deal!



25%

SENIOR DISCOUNT

SAVE NOW ON SUBSCRIPTION RATES!

Valid for One-Year New & Renewal Subscriptions!

YES!
I am a senior, and would like to subscribe to the Cottage Grove Sentinel at a 25% discount rate.

➔ This request is for a NEW / Renewal Subscription (Circle One)

Name: _____

Mailing Address: _____




City: _____ State: _____ Zip: _____

Phone: _____

*Offer good through 3.28.18. Mention this ad. This offer is not transferable and the offer is available those who have not subscribed in the last 31 days. Special introductory offers are limited to no more than two special subscriptions in a twelve month period and must be paid in advance to qualify for special rate. Once the above discounted period ends, you will be billed at the regular subscription rates.

1 Yr. In Lane County w/Senior Discount: \$30.75

PAYMENT METHOD:

Credit Card    (Please Circle One)

Check Enclosed

Mail this coupon and payment to:

Credit Card # _____ Exp. Date _____

Name on Card: _____

Mailing Address: _____

Signature: _____

Cottage Grove Sentinel P.O. Box 35
Cottage Grove, OR 97424
(541) 942-3325