

Different type of 'beer run' at Bohemia Park

By Zach Silva
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Saturday's run was not your typical road race.

As part of the weekend "Animal House" celebration, the local running group Run CG Run organized the Brew Rush: a beer mile taking place at Bohemia Park.

The beer mile is a race that consists of drinking a 12-oz. beer before each quarter mile. The race has specific set of rules — including "competitors who vomit before they finish the race must complete one penalty lap at the end of the race" and the beer has to have an alcohol content of over 5 percent — and a decorated history including the fastest recorded time being 4:31.

Runner Miriam Udosenata, who doesn't like beer, brought the race to town seeing that it seemed to go with the theme of "Animal House."

"I thought it would be a fun way of getting some maybe people who don't train in running as much involved with the running community here. And then college, toga party, drink-



ZACH SILVA/COTTAGE GROVE SENTINEL

Participants in last weekend's "Animal House" inspired Brew Rush beer mile run take in some fluids during a quarter-mile break.

ing four beers as fast as possible while running — it's kind of just an obvious fit," she said.

While she did not compete in the event, Udosenata

helped oversee the race and provide runners with their beer of choice. Racers got to choose from three local beers — Blue Pool Pilsner, Hazy Rock IPA and Descender IPA — that were donated from local breweries.

Twenty-three runners competed in five different heats of the race starting at 2:30 p.m. on Saturday. Groups of spectators looked on as the runners tried to find the best way to tackle the event.

"Basically, I just wanted to take it easy, probably not run too much and just pace myself. You try to get a good time on your lap but then just chugging the beer after the second one gets really, really difficult," said Eduardo Lamothe who was one of the first competitors of the day. "No strategy, basically, you just try to wing it."

In the final lap, Lamothe was feeling good, until, suddenly, he wasn't.

"I spent a decent amount of time drinking my beer so

my legs were feeling kind of good but then in the last, what is that, like sixteenth of a mile or so, my stomach wasn't too happy. My legs were fine, but the rest of me wasn't there anymore," he said. "After you kind of get rid of that volume of beer, you know, you're in better shape."

Lamothe was instructed to complete a penalty lap.

The top performer of the day was Michael Estis who finished with a time of 8:55.

"I enjoy running and I like drinking beer, it sounded fun to me," said Estis who credited some of his success to his days playing rugby. While Estis noted that he would be eager to compete in an event like this again, this was not the consensus from the competitors.

"At the end of the day we gave money to an organization that supports kid's running in the community," said racer Linzy Jones. "Next time we're just going to write them a check."

Pet tips 'N' tales

By Mary Ellen
"Angel Scribe"



My cat is a dog!

Zina's cat, Arwen's, namesake is Arwen Evenstar, after the half-elf in Tolkien's "The Lord of the Rings" because of the kitten's huge elf-like ears. Her mystical kitty has magically singled-pawedly dispelled myths that cats are: aloof, like to be up high, don't play fetch and refuse to come when called.

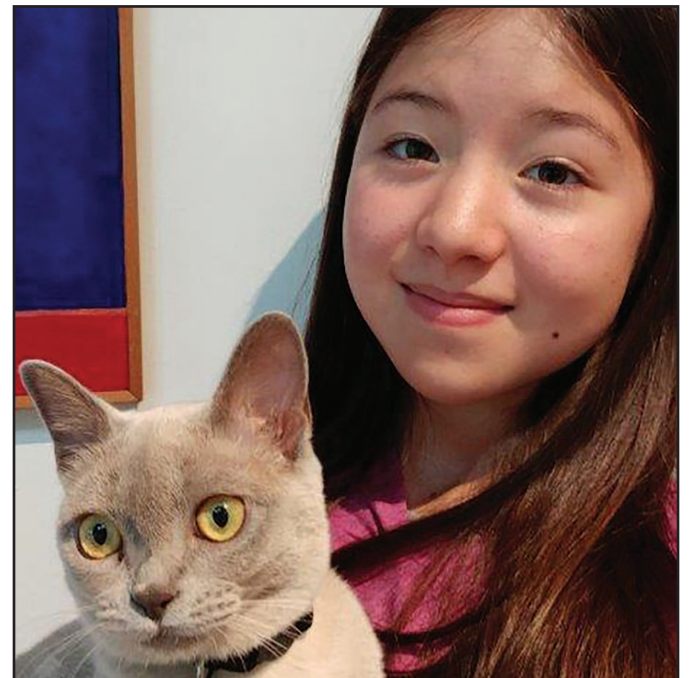
"Most cats love being up high," explains Zina, "Not Arwen! Instead she purr-furs laying on the floor dozing by our hedgehog's heat lamp. She is not independent either! She follows me everywhere, demanding attention and she meows nonstop, until I give her some or pick her up."

She thinks she is my dog and her most dog-like feature is that she plays fetch! Well, sort of! Arwen will chase a tossed toy, pick it up in her mouth, and carry it back to me; but as soon as I reach out for the toy, she runs off and puts her 'prey' in the closest shoe or basket.

As much as Arwen is similar to a dog, she's still a cat. She pounces on anything that moves, and will run up to us, jump on us, and run away purr-ouldy like she has tackled prey. Her favorite toy is her poor stuffed cat. She beats it up in 'their' fights and always thinks she is the winner.

My cat is crazy! She licks the rims of my parents' wine glasses, and then tries to lick in-side! We don't let her drink any though. She also runs laps on our couch for her and our entertainment.

Her all-time favorite thing is going outside. She is only allowed outside with supervision where she loves hunting bugs, squirrels, chases birds and pine cones and



Eleven year old Zina loves her Burmese kitten, Arwen, who "acts more like a dog than a cat!"

attempts climbing trees.

Sometimes when I try to pick her up to take her back inside, she runs away. Fortunately, we trained Arwen like a dog to come when we ring a bell or shake a bag of treats. She is an occasional troublemaker; but she is the cutest, snuggliest, loving, most purr-fect cat I could ever wish for."

TIPS:

Raise a fun kitten into a happy cat. Never roughly rub a cat's belly, especially when it is on its back. This type of wrestling is not "fun" for a cat. It makes them feel defensive and vulnerable and teaches them to play aggressively. You are teaching them that playing with you is not fun and that your hand is an attack toy which will make future grooming difficult.

Yes! Cats get bored just like we do. Their favorite activity and stress release is hunting and chasing a toy at the end of a fishing line like the Da Bird. Cats instincts are geared towards stocking, pouncing and biting into their prey. When a cat "captures" the Da Bird feathers or mouse on a string let them sink their teeth into it as a reward. Do not pull the toy out of their mouth, this can pop out or break their teeth.

Jumping from cats to horses, Pet Tips 'n' Tales biggest fan, 95-year old Bea recalls her neighbor, Grandpa Rucher, "who went everywhere in his horse and buggy." She was five years old he decided to buy a Model T car so he built a garage.

"In those days, they did not have driver's licenses or lessons, so the car dealer would give you a brief demonstration on how to handle the new fangled thing," said Bea.

"Well, I watched him proudly drive by our house, waving, then turn and go towards his new garage. As he approached it, Grandpa R. stood up, still holding the driver's wheel shouting, 'Whoa! Whoa!' but that darn car never stopped like his horse always did.

"He drove that car straight through the front door and out the back wall. He kept the car, learned to use the brakes and never again drove through the garage that he had to mend."

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London School Reunion August 25, 2018 10am-2pm At London School

London School is inviting all current and former students, staff and volunteers to come and reconnect with friends on Aug. 25 from 10 a.m. to 2 p.m. at the London School Reunion.

Help us get the word out to your siblings, parents, neighbors, friends and classmates by sending an email, note, letter, or making a phone call to let others know.

We'd like to see as many as possible at this year's London School All Grades Reunion.

There will be a food cart available for purchasing hamburgers, hotdogs, etc. Attendees are welcome to bring a picnic lunch as well.

Coffee, tea and lemonade will be provided. (No alcohol or tobacco allowed). Dessert provided.

Remember to bring your own chair and any memorabilia you may have from London School including pictures, T-shirts, sweatshirts, etc.

For more information or to update your contact information, or to RSVP contact Deb Wiskow 541-942-7612 or grammar4madisen@yahoo.com

6-day weather forecast

THURSDAY
83° | 51°



Sunny

FRIDAY
79° | 50°



Sunny

SATURDAY
79° | 52°



Mostly Sunny

SUNDAY
73° | 50°



Partly Cloudy

MONDAY
74° | 50°



A.M. Rain

TUESDAY
81° | 52°



Sunny

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