

Humane Society offers tips for pet safety as hot weather approaches

As the weather gets warmer, Greenhill Humane Society has some important tips to share on keeping pets safe. Please remember:

- Leave pets at home when running errands. Leaving your animal in a parked car, even for just a few minutes can easily cause heat stroke or brain damage. A car's interior temperature can increase in

minutes, even with the windows slightly open. Dogs are especially vulnerable to heat stress because they do not sweat in the way that humans do; they release body heat by panting.

• Oregon's "Good Samaritan" law (dogs / kids in hot cars) states the following:

- 1) Anyone — not just law enforcement — may enter a motor

vehicle, "by force or otherwise," to remove an unattended child or domestic animal without fear of criminal or civil liability, as long as certain requirements are met. To fulfill these requirements, a person must:

- a) Have a reasonable belief that the animal or child is in imminent danger of suffering harm;
- b) Notify law enforcement or emergency services either before or

soon after entering the vehicle;

- c) Use only the minimum force necessary to enter the vehicle; and
- d) Stay with the animal or child until law enforcement, emergency services, or the owner or operator of the vehicle arrives.

- Keep pets inside during the heat of the day; do not leave them outside unattended.

- Make sure pets have access to

water bowls full of cool, fresh water.

- When pets are outside, be sure there are shaded areas for them to rest in and invest in a misting hose or kiddie pool for a cool place for your pets to play.

To learn more about Greenhill or tips on keeping your pet safe in hot weather, visit www.green-hill.org.

Show sensitivity for combat vets, others with PTSD this July Fourth

For combat veterans and others with Post Traumatic Stress Disorder, explosions and fiery displays during the July Fourth holiday can ramp up anxiety and bring back traumatic memories of gunfire, bombs and terror.

City or community firework shows aren't usually the problem — they're scheduled and adver-

tised well in advance, giving those who might be affected time to plan accordingly.

But fireworks set off randomly can be the worst triggers for PTSD. PeaceHealth Medical Group psychologist Steve Rolnick, Ph.D., encourages the public to be sensitive to their neighbors and keep the really loud stuff to a

minimum.

Veterans themselves can take steps to prepare and cope over the holiday, he added. For example, he said, it's OK to ask your neighbors if and when they plan to set off fireworks, so you can be better prepared.

"Your neighbors may have no idea that the activity could cause

you distress, and would almost certainly want to avoid that," he said.

A yard sign is another option. In 2017, the nonprofit organization Military with PTSD created lawn signs that read "Combat Veteran Lives Here. Please be Courteous with fireworks." They can be ordered free through the group's

website at www.militarywithptsd.org or purchased online from Amazon and other retailers.

"If symptoms persist or worsen, don't hesitate to seek help from a provider who offers trauma-focused therapy — and if you're in crisis, contact local crisis stabilization services of the Veterans Crisis Line at 800-273-8255.

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Alma from A7

for the county to continue keeping security detail on payroll.

"The county was paying in excess of \$200,000 a year to have people out here," Buckwald said, adding that his relationship with the land was a good selling point. "Because I've always been affiliated with this camp, it was a very good fit."

In October last year, the county transferred the property to Legacy Veterans for just \$1 and the 105-acre plot was named Camp Alma at the dedication ceremony, in homage to Alma Johnson, the first female settler to the area.

After so many years of sitting unattended, however, volunteers soon found how much work needed to be done.

"Every roof out here leaked," Buckwald said.

Black mold had festered everywhere in a dormitory building, briars had free reign of the land, the greenhouses had collapsed and there was no water — but plenty of flood damage.

"You open things up and it's like Pandora's Box," said Buckwald.

Veterans Legacy's first \$10,000 went to getting wells up and running, fixing water leaks coming

from reservoirs and replacing water heaters. Since then, innumerable other details have slowly been chipped away by improvement efforts and countless hours of volunteer work invested into the project.

Moving at precisely the speed of volunteerism, work parties have provided bumps of productivity, but it remains an ongoing process.

"It's difficult. It takes time," said Buckwald. "I'd say we're close to 80 percent right now."

When the doors do open, the first five veteran residents will help to establish a strong foothold for the camp as a legitimate therapeutic operation.

"We wanted to focus on PTSD, but we're not going to be able to start like that, so we're going to focus on veterans that are homeless that want to come out here and build upon our community to reinvent themselves through agricultural therapy, through reconstruction skills," Buckwald said.

With a strong start, doors will also open for the camp to apply for state or federal grant funding.

While Veterans Legacy is committed to helping Lane County veterans, Camp Alma's legitimacy and effectiveness in part relies on a discerning intake pro-

cess.

"This isn't a crisis center," said Buckwald. "When you come out here, you can't be withdrawing from drugs or alcohol."

Buckwald also emphasized that to be admitted, applicants have to show real interest in improving their lives.

"When the veteran comes out, they have to acknowledge that there is a problem. And when you come out here, you're going to work on that problem," he said. "This isn't an escape by any means."

Treatment is expected to be highly individualized, with residency lasting anywhere from months to years. In the end, however, the executive director stresses that reintegration must be maintained as a constant goal.

"This is a hand up, not a hand out," Buckwald said.

Though there remains much to be done in terms of improvements, Buckwald, by his own admission, comes across as something of a visionary when talking about the camp's future.

Among upcoming projects, Buckwald is intent on the camp making and selling its own tobasco sauce, erecting metal, autobody and paint shops, installing a windmill, building sports fields, setting up end-of-

life care and constructing an amphitheater down by the Siuslaw River.

Plans are even in motion to obtain a fire truck, opening the possibility for first responder classes.

And, while broadband is prohibitively expensive for the time being, Buckwald hopes to eventually bring in telepsychiatry, telehealth and higher education through online courses.

"I think we only limit ourselves by our own imagination," he said. "I think there are lot of different things that we can do out here. And if nothing else, at the end of the day we can provide hope that tomorrow is going to be a better day."

While Buckwald's passion for the project is a force of momentum unto itself, Veterans Legacy is still looking for help.

On July 6, the nonprofit will host a volunteer work party at the camp which aims to tackle many of the core improvement needs of the site including gardening and carpentry. Thus, a wide range of skills and skill levels is welcomed. The work party will run from 9 a.m. to 2 p.m. and lunch will be provided.

For more information, visit the Veterans Legacy website at veteranslegacy-oregon.org.

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