

Oregon data shows areas at risk to high radon levels

New Oregon radon data show that many regions of the state are at moderate risk of having high radon levels, with several pockets of high-risk areas around the Willamette Valley, and in eastern and southern Oregon.

The Oregon Radon Awareness Program collects radon test data from test kit manufacturers to understand which areas of the state have the potential for high radon levels.

Oregon's areas of highest risk for radon are in Clatskanie, Columbia City, Dundee, Scappoose, Banks, and North Plains, as well as Boring, Parkdale, Milton-Freewater and La Grande, according to the data published on the Oregon Radon Awareness Program website.

A large swath of Portland, particularly in the north, northeastern and southeastern parts of the city, also was found to be at high risk.

People can take steps to reduce their exposure to radon by testing their homes for radon and, if necessary, hiring a professional to reduce it to a safe level. The best time to test is during the heating season, when the windows and doors are closed up tight.

Testing homes for radon is simple and inexpensive. Radon test kits can be purchased at local hardware and home improvement stores, or online from radon test kit supply companies.

Many test kits are priced

between \$15 and \$25. Radon problems can be fixed by qualified contractors for a cost similar to that of many common home repairs such as painting or having a new water heater installed.

Radon is odorless, tasteless and invisible. It is a naturally occurring radioactive gas that comes up from the ground and is drawn into buildings, where it can build up to dangerous levels.

The U.S. Environmental Protection Agency estimates that radon is responsible for more than 20,000 lung cancer deaths per year in the United States. Radon is the second leading cause of lung cancer in the U.S. after cigarette smoking, and the leading cause

of lung cancer among non-smokers.

There are many cities and ZIP codes in the state for which the Radon Program has little to no data.

The program is offering a free radon test kit to residents whose homes are in ZIP codes with fewer than 20 radon test results.

Residents can send an email to radon.program@dhsosha.state.or.us to receive instructions on how to get a free test kit, which will be provided while supplies last.

For more information on radon levels in neighborhoods, radon testing and mitigation, radon-resistant new construction, call the Oregon Radon Program at 971-673-0440 or visit www.healthoregon.org/radon

SLSD *from A1*

in executive session on Monday, Feb. 17 and will be attended by the screening committee.

Following the interviews, the board will publicly identify the finalists and begin its third phase of the process, which will include site visits by the candidates and reference checking.

Final interviews are currently scheduled for March 9 and will include a moderated Q & A during which staff and community members may attend. Details of the "finalist forum" will be announced by the school board at a later date.

"We definitely welcome the public to look for those dates and show up where they're invited," said Baas.

Plead *from A1*

for five years. Davies cannot possess nor have physical care of any other horses, including boarded horses.

The agreement also stipulates that Davies shall provide Lane County Animal Services and the Oregon Humane Society with monthly, unaltered photos of the horses she possesses and allow officials access to the property to evaluate the horses and any other animals on the property.

Davies is also ordered to pay restitution in the amount \$49,557.36, in-

cluding: \$18,540.07 to the Oregon Humane Society, \$10,637.90 to Lane County and \$20,379.39 to Sound Equine Options for costs related to the care of the seized horses.

The Lane County Sheriff's Office thanked Deputy District Attorney Jacob Kamins from the Benton County District Attorney's Office, the Oregon Humane Society, Lane County Animal Services, Sound Equine Options, Emerald Valley Horse Rescue, and Lane County Land Management for their assistance in this case.

Privacy *from A1*

Department of Homeland Security nor ICE.

Though these legal protections exist, Wilson warned respondents to protect themselves from potential scams.

A letter has already begun circulation, for instance, which claims to be a form for the "2020 Congressional District Census" commissioned by the Republican Party.

"It looks like a census form," said Wilson. "But at the very bottom of that form it's asking for a donation. No one will ever be asked to pay to respond to the census."

Requests to respond to the census over email, phone or text message are also suspect and it is rec-

ommended that such solicitations are not given a response.

"It's really important people respond to [the census] and they respond to the actual one," Wilson said.

When invitations come in the mail, respondents are instructed to count everyone in the household, including infants, and can respond by phone, online or through mail.

Computers at the Cottage Grove Public Library will be available for those in the community who lack internet access.

Paid supervisory and non-supervisory positions are still available with the Census Bureau in Lane County. Applications may be found online at 2020census.gov/jobs.



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Encourage children to floss

Children should learn that flossing is just as important as brushing.



NATIONAL CHILDREN'S DENTAL HEALTH MONTH

Learning to brush their own teeth is a lesson all children must master. Although parents ultimately may have children who become proficient at brushing their own teeth, getting them to floss is generally more difficult.

The National Health and Nutrition Examination Survey from the Centers for Disease Control and Prevention found that 41 percent of children aged 2 to 11 had tooth decay in their first teeth. Dental caries are common among children, likely because they have not become proficient at taking care of their teeth.

Soft, sticky foods are commonplace in young kids' diets, and these can promote decay. Even well-intentioned gummy vitamins can be sources of dental decay. Oftentimes, these foods become lodged between the teeth or on the surface of molars. If left in contact with the teeth for too long, food particles become a source of carbohydrates for oral bacteria, and cavities may appear as a result.

To remove food particles from between the teeth, children must floss, advises the American Academy of Pediatric Dentists. It is recommended that parents help their children to floss as soon as two teeth are touching and continue to do so until the child is around the age of 8, when a child should have enough dexterity to do it on his or her own.

Flossing is essential to making sure children do not experience cavities at an early age, and it

can establish practices that promote oral health throughout life. Despite being so important, many parents fail to encourage flossing or are at a loss as to how to make it enjoyable and effective.

Although regular dental floss is one of the first tools for flossing, the dexterity required to wind the floss around little fingers and then thoroughly clean the teeth may discourage children. Parents can look into the wide array of flossing helpers available at the store. In fact, many age-appropriate flossers are now available that feature fun designs and smaller profiles to fit into kids' mouths more easily. Flossers may be attached to a handle to make back teeth more accessible and promote more effective flossing. Manufacturers such as DenTek, Butler GUM, Plackers Kids, Dr. Fresh, Oral-B, and Brush Buddies offer children's flossers.

Kids who shy away from flossing may be more likely to use a children's water flosser. In lieu of string floss, a water flosser uses a pressurized stream of water to dislodge food from between teeth. Although a water flosser may be more messy, children may enjoy the opportunity to "play" with water and the cleaning sensation provided.

To prevent the buildup of plaque and the development of dental caries, parents should educate children about proper flossing techniques.

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