

LTD, South Lane Wheels to resume LTD Connector

Lane Transit District (LTD), in partnership with South Lane Wheels, will resume operation of the LTD Connector, the District's mobility on demand pilot program, began Monday, Aug. 17, under new hours of service and fare structure.

Cottage Grove residents can request a ride for an essential trip within the city limits aboard the Connector by downloading and using the TransLoc Microtransit smartphone app or telephone (1-942-0456 ext. 1) to schedule the ride with the dispatcher from 9 a.m. to 4 p.m., Monday through Friday.

The Cottage Grove Connector vehicle capacity is four riders. To provide as much capacity for riders, two buses will be operating except when dropping to one bus as vehicle operators take a meal break.

"LTD is pleased to resume modified service of the Cottage Grove Connector pilot program to provide riders on demand access to the essential places they need to go, such as the grocery store or to medical appoint-

ments," said John Ahlen, LTD's Accessible Services Program Manager. "As part of LTD's Health-First initiative, Cottage Grove Connector vehicle operators and passengers will be required to wear hands free nose and mouth coverings while observing social distancing requirements to use the Connector."

Other Cottage Grove Connector pilot project Health-First actions include:

- LTD/South Lane Wheels will regularly wipe down all hard surfaces in the vehicle
- Vehicle operators will open vehicle windows for fresh air as often as possible
- Vehicle operators' temperatures will be checked prior to beginning work
- Social distancing is required for all persons not traveling together (maximum of three people per vehicle)

The Cottage Grove Connector is \$1 per passenger one-way. Children aged 5 and under ride for free.

LTD fare media, including student ID, half-

fare, or honored rider passes are not currently accepted on the Cottage Grove Connector.

Carry-on items are limited to what can be carried onboard by the passenger and held on their lap or stored under their seat.

To access LTD Route 98 to Creswell/LCC/Eugene, riders can use the Cottage Grove Connector to be taken to the LTD bus stop at Walmart during the Connector's operating hours.

In addition, the Route 98 bus currently travels from Walmart through the center of Cottage Grove before departing for Creswell, Lane Community College, and the Downtown Eugene Station.

Prior to the Cottage Grove Connector pilot program postponement in March due to COVID-19 restrictions, community residents had embraced the service as a convenient way to travel across town.

On average, more than 100 people per day were using the service instead of driving a personal vehicle or using other less efficient means of personal transportation to go to medical appointments, shopping or to visit friends and family.

"The Cottage Grove Connector is convenient and is providing LTD with important ridership data that will help inform future mobility on demand services in Cottage Grove and in other

communities in the District, as well," Ahlen said. "LTD will evaluate the Cottage Grove Connector pilot program in the coming months to determine its viability as a more permanent service option."

Initial funding for the Cottage Grove Connector pilot program was made possible through the Oregon Statewide Transportation Improvement Fund (STIF). This reintroduction is funded from STIF and money awarded to LTD through the CARES Act.

For more information visit www.ltd.org.

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NATIONAL SAVE YOUR SMILE WEEK

No need to fear root canals

Procrastinating in regard to maintaining teeth and gums can prove harmful. Regular dental checkups and cleanings can reduce discomfort and expose conditions before they become especially problematic.

Root canal is one treatment men and women fear when going to the dentist. But root canals are often less painful than the symptoms that require they be performed.

A root canal is an endodontic therapy that can treat and save teeth. The American Association of Endodontists says root canal treats inflammation or infection in the roots of a tooth. This procedure enables dentists to save a tooth rather than extract it.

WebMD explains that, during a root canal, the nerve and pulp of the tooth are removed from the inside. If the tooth's nerve or pulp chamber is damaged, it can eventually break down and bacteria can begin to form within. The most common causes of pulp inflammation or infection are a cracked or chipped tooth, a deep cavity or filling, or another serious injury to the tooth. All of these can allow bacteria to enter the pulp. Debris and bacteria can lead to infection or an abscessed tooth. Abscesses can form at the ends of the tooth roots. Swelling, pain, bone loss, and drainage into the gums may occur if a root canal is not performed.

The AAE says that people may avoid root canal treatment because they fear it is too painful. However, with modern technology and anesthetic medications, the pain that results from root canal is on par with having a cavity filled. Damaged tissues in the tooth and the severe toothache that ensues if root canal is not per-

formed is generally much more severe than anything that occurs during the procedure. Patients who are worried about discomfort can speak with their dentists about pain management. In addition to anesthetic injections, some dentists specialize in medical sedation that can further calm patients' nerves during procedures. The American Dental Association says this is what people can expect during a root canal.

- The tooth is numbed for comfort.
 - A thin sheet of latex rubber is placed over the tooth to keep it dry, and an opening is made through the crown of the tooth.
 - The nerve or pulp is removed. The excavated canal is then cleaned and shaped.
 - Medicine may be placed in the pulp chamber to deter bacterial growth.
 - The root canal is then filled with a rubber-like material to seal it. A metal or plastic rod or post may be placed in the canal to help retain the filling material so it can properly support the tooth.
 - A temporary filling is placed in the tooth. During a subsequent treatment, the temporary filling will be replaced with a permanent crown or filling.
- Root canals are nothing to fear. Such procedures are routine and generally produce little to no pain. TF185991



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