

Watch from A1

According to data from OHA released Oct. 20, there have been 633 COVID-related fatalities in the state.

OHA also reported 346 newly confirmed cases, bringing the state's total to 40,136.

In the two-week period between Sept. 27 and Oct. 10, Lane County saw a sporadic case rate of 63.6 per 100,000 and a sporadic case count of 241 — the latter an increase of 76 cases since the previous two-week measurement.

“The watch list signifies caution,” Brown said. “When we are able to address community spread early on, the more likely we are to be successful in curbing that spread.

While OHA offers support and resources to help county officials prevent further case spikes, it remains up to all community members to do their part.”

Cottage Grove Mayor Jeff Gowing likewise urged local residents to follow state guidelines to curb the virus' spread.

“I think we're doing a very good job in Cottage Grove,” he said. “But the reality is, the rest of the county impacts us and this is what's coming down beyond our control. So, we want to make sure to do our part if nothing else.”

Meanwhile, the Douglas County COVID-19 Response Team similarly appealed to the county's residents last week to help curtail the spread in light of recent increased metrics.

Though Douglas County has had a relatively low case rate during the pandemic and is still far from being considered for the watch list, there has been a marked increase since mid-September, including in sporadic case

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— Douglas County COVID-19 Response Team

count.

In the response team's press release, Douglas County Public Health Officer Dr. Bob Dannenhoffer stated that almost all the county's cases were from different sources and he anticipates numbers to remain high and possibly increase through the rest of the fall season as a vaccine is not likely to emerge soon.

“It appears that Dr. Redfield and Dr. Fauci are likely correct that the vaccine will not be available for wide use until the second or third quarters of 2021,” he said, referring to the directors of the Centers for Disease Control and Pre-

vention and the National Institute of Allergy and Infectious Diseases, respectively.

The response team's news release pointed to an upswing of cases since Labor Day as worrying considering the time of year and warned of severe health, educational and economic impacts should cases continue their upward trend.

“This should be very concerning for everyone as we enter into the busiest social and cold/flu season of the year,” stated the release. “We not only think we have reached a critical juncture with COVID-19 in Douglas County, we know we have.

“If we do not take action to stop the spread now, the virus could potentially wreak havoc and residents run the risk of seeing these real-life consequences.”

The response team appealed to residents' individual responsibilities in curtailing the spread and bringing numbers down.

“That means we need each and every one of you to make sound choices, evaluate and change how you interact with others and work on implementing COVID safe activities into your daily lives,” the team said.

The response team issued the following recommendations:

- Make a habit of washing and sanitizing your hands. That means washing after you eat, touch new surfaces, go to the bathroom, go to the store, go to the post office or after a meeting.

Remember also to try to avoid touching your face as much as possible.

- Stay at least six feet apart from anyone that is not from your immediate household. This means paying attention to the distance stickers at the store, the bank, at restaurants and at businesses.

- Stay home from work, school and play if you are sick. This includes not running errands or going shopping or inviting visitors to your home. If you need help, reach out to friends, family or utilize an app or businesses that offers no contact deliveries.

- Minimize travel, especially out of the state and limit visitors to your home.

- Wear a mask where recommended.

More COVID-related reopening information for the State of Oregon can be found at govstaus.egov.com/reopening-oregon.

National Crime Prevention Month & Domestic Violence Awareness Month

Safeguard Yourself



At Home

- Be wary of anyone who approaches your home as a solicitor, and install a chain lock as an added measure of security.
- Be alert when entering or exiting your home, keeping an eye out for anyone or anything suspicious.
- If you have workers inside your home, check the locks on all of your home's windows, including the bathroom, at the end of each day.

Around Town

- Stay aware of your surroundings. Headphones and texting can increase your vulnerability.
- Avoid deserted areas and parking lots and walk in well-lighted areas at night.
- Employ the buddy system when walking at night whenever possible.

In the Car

- Have your keys in hand before reaching your car and check your surroundings before unlocking it.
- Once inside your car, lock the doors, start the engine and cautiously exit the parking spot without delay.
- If you feel you are being followed, or if somebody “taps” your bumper when driving at night, drive to the nearest gas station or populated spot. Flash your lights and honk your horn if needed to get the attention of people around you before getting out of your car.

Online

- Install an antivirus software on your computer and keep it up to date.
- Use long passwords with a mix of characters, and update passwords every three to six months.
- Periodically check your credit reports for evidence of identity theft. Federal law entitles consumers to free copies of their credit report each year, and many banks and credit card companies provide customers with ongoing access to credit scores for free.

Protect Your Property

While Home or Away

Whether you're home, at work or on vacation, keep criminals out with these simple yet effective security tips. Trim back trees and shrubs around walkways, doors and windows to eliminate cover for potential intruders.

Use landscape lighting to illuminate and protect your property and install motion-detecting lighting around home entry points.

Use curtains and blinds for privacy, particularly at night when it's easier to see inside your home.

Build a neighborhood network. A community watch group, or simply getting to know your neighbors, is an effective way to raise awareness of any suspicious activity

in the area.

Use your locks, not only on doors and windows, but also on gates, garages and storage sheds.

Post warnings like “beware of dog” or a home security sign in your yard or on your fence.

If you keep an automatic garage door opener in your vehicle while it's parked outside the garage, keep it locked and out of sight in the glove compartment.

Place a hold on mail and newspaper delivery services while you're on vacation. Ask a trusted neighbor to keep an eye on things and pick up any deliveries or flyers from your doorstep while you're away. Consider leaving a spare key with that neighbor in case of emergency.

Install lighting timers to give the appearance of activity inside your home while on vacation or out for the night.

If you have a doorbell, minimize the volume while you're on vacation. Anyone casing your home will be unsure if you're not home or simply didn't hear it.

Don't advertise your upcoming vacation on social media, and delay posting photos until you've returned to your home.

Consider installing a home security system. If a professional system is not in your budget, doorbell cameras and wireless security cameras can be purchased at an electronics store and installed yourself.

Home Break-Ins Now What?

Here's what to do in the event of a home break-in:

If you are inside your home and hear an intruder trying to break in...

1. Make it clear you are home by yelling or flashing lights and immediately grab your phone. Most burglars are looking for an empty home.
2. If you suspect an intruder is inside your home and you cannot safely exit, get to a room with a door and lock it.
3. Call 911 and immediately state your name and address for the operator as clearly as possible.
4. Tell the operator that someone is in your house and remain on the line for further instruction.

If you arrive home and suspect a break-in has occurred...

1. Do not enter the residence. The intruder may still be inside, or you may disturb evidence.
2. Call the police for assistance, and file a police report.
3. Contact your insurance company within 24 hours.

Signs of domestic violence

Domestic violence is a problem that can affect anyone at anytime. Considering victims are usually frightened of their abusers, they often suffer in silence.

The Domestic Violence Resource Center says that 1 in 4 women has experienced domestic violence in her lifetime. Estimates range from 960,000 incidents of violence against a current or former spouse, boyfriend, or girlfriend to 3 million women who are physically abused by their husbands or boyfriends per year. Men can also be victims of domestic violence at the hands of their female partners, and abuse can occur between same-sex couples as well. However, the Bureau of Justic Statistics indicates that women ages 20-24 are at the greatest risk of nonfatal intimate partner violence.

Domestic violence comes in many forms, including physical, emotional and verbal abuse. Many victims of domestic violence are battered into secrecy or are embarrassed that they are being abused and do not share their experiences with others. Others might not even realize what they are experiencing constitutes abuse. But there are some signs of domestic violence that can be observed and a third party may be able to intervene.

- A partner who harbors unrealistic expectations. Experts say that those who engage in domestic violence

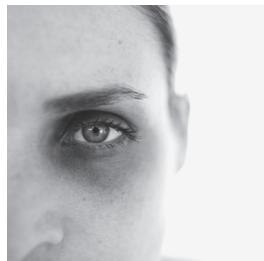
are generally perfectionists and expect those around them to reach unattainable goals and their own perfection. Violence may result when things do not go of without a hitch.

- A partner who is controlling. When a person insists you account for all of your time, the relationship may eventually turn abusive. This behavior generally stems from feelings of insecurity and poor self-esteem on the part of the abusive individual, which is then projected on the partner in terms of abusive words or distrust.
- Escalating threats: In many cases, domestic violence begins with verbal assaults which may develop into physical threats. Whether the abuse is verbal or physical, it can have profound and long-lasting effects on the victim. For those who observe a person continually brow-beating a spouse or talking badly about him or her, this may be an indication of an abusive relationship.
- A partner with a noticeable temper. Sometimes a temper goes hand-in-hand with domestic violence. An individual with a short fuse and a propensity for lashing out with minimal patience in areas outside of his or her relationship may be equally short-fused in the relationship.
- A partner who limits access to money, belongings or the car. You may notice your friend or a family member continually having to ask

permission to use the car or visit with people. Some friends complain about not having access to the checkbook or being kept on a strict budget. While not always a case of domestic violence, it may be a warning sign that something is not right.

- Hidden bruises or excuses for injuries: Michigan State University's Safe Place indicates that injuries that are covered up and happen with some frequency could be an early warning sign of domestic violence. If you know someone who is trying to downplay frequent injuries, it may be a red flag.
- Conflict avoidance: Usually those who are in abusive relationships try to avoid conflict and rarely speak up or voice their own opinions.
- Personality changes: Withdrawal, inability or not wanting to meet up with friends, loss of enthusiasm, or any other personality changes may be indicative of abuse.

Domestic violence is something that takes many forms and is often hidden. But there may be some warning signs that can be observed through an outside party.



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Grace Olson

Starfire Lumber
2795 Mosby Creek Rd
Cottage Grove

Cottage Grove Police
400 E Main Street
541-942-9145

Kevin Pillow CPA
1015 E Main St,
541-942-3395

Fountain Gutters
32370 PICKNELL ST
541-729-9515

DAVE'S PUMP &
CONSTRUCTION
76082 LONDON RD
541-942-9635

Pinocchio's Pizza
795 E Main St,
541-942-5531