



I just remembered:
I'm slowly replacing
my memory with
Post-Its

When my wife called to remind me about letting the dogs out at noon, I instinctively retrieved a Post-It from the desk drawer and scrawled *Dogs at noon*, then stuck it to the computer monitor. This required shuffling a series of other yellow Post-Its into order of importance, with things like *Call about hair cut*, *Go to dry cleaners* and *Clean out car* written on them. That one, of course, was moved to the very

Humor at the Speed of Life
James Kazad — (Remembrances of life before COVID)

end of the line. Sadly, they're all things I should be able to remember on my own and usually do; like when I'm staring into the closet for a pair of pants to wear. Later, I got into the van and was gently reminded by a shocking-yellow piece of paper to *Get gas*. It was while sitting at the pump a short time later that the notion of Post-It dependency hit me. In the beginning, I was only an occasional user, jotting down out-of-the-ordinary reminders. You know, things like a doctor's appointment, or that it was time to change the oil. Then, *Change cat box* and *Take out trash* began appearing on the bathroom mirror, or stuck to the alarm clock — pain-

fully obvious things that were reminders in and of themselves. My life was becoming sort of a dot-to-dot, or in this instance pad-to-pad, existence, moving from one reminder to the next. What was next? *Breathe?* *Swallow?* *Don't drink soda with Alka-Seltzer?* So, I decided enough was enough. It was time to end the addiction. For those of you who followed my attempt to give up coffee, you probably know where this is going. Still, I reached into my shirt pocket, snatched my last, still-cellophaned package of pads and tossed them out the window and into the trash. This was my moment, something I would long

remember without a scrap of yellow paper conveniently laced with stick-um. "Excuse me, sir," the gas attendant said, interrupting my moment of triumph. "You got another gas card? This one's expired." Confused, I thumbed through my wallet as the attendant handed me a yellow slip of paper. "By the way, this fell off the back of your card." I took it from him and stared at my handwritten reminder: *Call about gas card*. After handing the attendant my cash, I reluctantly stepped from the truck and, with no small amount of humiliation, dug the Post-Its back out of the trash, opened it and made myself a note. *Get more Post-Its*.

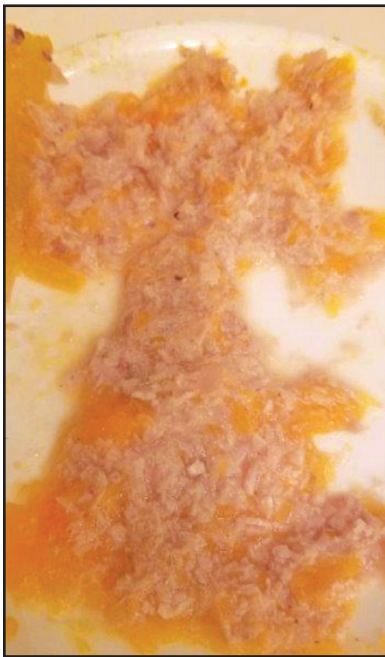


Pet Tips
'n' Tales

By Mary Ellen
"Angel Scribe"

Cats draw an angel

Instead of canned or bagged cat food, I make our cat's natural food for their health. They eat with gusto then leave the kitchen to wash their faces and paws. I then check their plates to make sure both our 18-year-old kitties had their fill. That's when a little voice said, "Look down at the cat food. Wouldn't it be wonderful if it had an image in it?"



A little voice whispered, "Look down at the cat food." Imagine my shock when I saw an angel.

"Oh sure! That would be crazy," I thought giggling to myself. "What are the odds? I have looked at cat food for 60 plus years, so why would this time it have an image?"

I looked down at the half empty plate and low and behold, the cats had eaten their way to an Angel figure! Only at my house, only my cats! There is hope and miracles everywhere we look! May you and your pets have a life filled with miracles.

Cold Weather Bird Tips

- Birds need water in the winter, both for drinking and keeping their feathers clean and intact. A water fountain or mister attracts more birds than still water (bird bath).
- Bird and feed stores sell heaters for birdbaths to prevent water from freezing.
- Birds eat more before flying south in the winter.
- Forest fires drive birds to new areas for their food source.
- Chickadees stash sunflower seeds in tree bark, under dead leaves, and in the ground, only to dig them up later and eat when it snows.
- Some hummingbirds over-winter, so keep their feeders full with a simple white sugar and water mixture. One part sugar to four parts water is the safest and best ratio. NO food coloring. Toss out any cloudy mixture as it harbors fungus. Wash feeders with hot water/soap/vinegar. Check the internet for more info.
- Hummers get their protein from eating insects, insect eggs, and fruit flies, so the sugar water replaces the flower nectar, especially during the winter when flowers are scarce.
- Never feed ducks/swans/birds bread! It expands in their stomach and tricks them into thinking they are full without providing them any nutritional value. Visit your pet/bird/feed store for inexpensive healthy grains that they love.
- Hang bird feeders higher than six feet so cats can't jump up and pull the birds off.
- Purr-chase a colorful "Birdsbesafe" clown collar for your cats so as they stealthily move, the collar's bright colors alert birds. Works better than bells!
- Place paper hearts on your windows to stop birds from flying into them.

ODFW invites artists to compete in annual wildlife stamp art contest

Artists in Oregon and throughout the world are invited to compete in one or all three of ODFW's 2022 stamp art competitions. The winning artist in each contest receives a \$2,000 award and winning artwork is used to produce collector stamps and other promotional items with sale proceeds benefitting Oregon's fish, wildlife and their habitats. For more information on contest rules and to order art prints, visit www.dfw.state.or.us/stamp_contest/index.asp

Stamp art contests:

- Habitat Conservation Stamp — Art entries must feature an eligible species from the Oregon Conservation Strategy in its natural habitat. Species include birds, mammals, reptiles, amphibians, fish, invertebrates, plants and algae. See contest rules and entry form with a list of eligible species.
- Waterfowl Stamp Contest — Art entries must feature the Northern Shoveler in its natural habitat setting. See contest rules and entry form.
- Upland Game Bird Stamp Contest — All entries must feature the

Chukar partridge in its natural habitat setting. See contest rules and entry form for more information. Entries will be accepted between Aug. 27 and Sept. 24, 2021 by 5 p.m., at ODFW headquarters, 4034 Fairview Industrial Dr., SE, Salem, OR 97302. Artwork can be mailed or hand delivered. Packaging tips can be found on the final page of the contest rules. We welcome all ages and skill levels to participate. A panel will judge artwork based on artistic composition, anatomical

accuracy of the species and general appeal. All artwork submitted will be showcased at a free art show open to the public. Collector's stamps, art prints and other promotional materials are produced from first-place artwork. Proceeds from product sales are used for wildlife habitat improvement, research projects and conservation efforts. Interested artists are encouraged to visit ODFW's stamp art competition webpage for more information on the contests and to view entries from previous years.

As winter weather continues, make sure to 'Know Before You Go'

Winter weather is here, and Oregon Office of Emergency Management State Search Rescue Coordinator Scott Lucas says Oregon is seeing an uptick in lost or stranded travelers on foot and in vehicles. Lucas says he wants to remind Oregonians and visitors of ways to stay safe. In addition, the search and rescue community in Oregon stands ready to respond when needed, but that being safe and prepared should always be the

priority. That means having food, water, maps and other items needed for comfort and safety in the event you get lost or stranded. Also, knowing your route and weather conditions before you go is important, said Lucas. "Technology should not replace sound planning when using GPS in your car, or for an adventure on foot like going out into the woods with your family this holiday season to

look for a tree," says Lucas. "Careless planning can result in discomfort, injury — or worse yet — loss of life. "It is a good idea to have an emergency kit in your car, and extra supplies when you travel on foot." The coordinator recommends not relying on GPS alone and using resources for Oregon travel like tripcheck.com or calling 511 for road conditions. The Oregon Office of Emergency Management

Search and Rescue program supports a broad spectrum of search and rescue operations in Oregon. That mission includes coordinating activities of state and federal agencies involved in search and rescue, liaising with the Oregon State Sheriffs' Association and other organizations, and providing on-scene search and rescue coordination when requested.

CG Humane Society increases coupon program discount

The Humane Society of Cottage Grove has raised its \$20 off spay/neuter coupons to \$30, starting Jan. 1.

Coupons are available at This 'n' That, located at 33 N. Eighth St., in Cottage Grove, and are good at the vet clinics in

both Cottage Grove and Creswell. HSCG also has a low-income spay/neuter assistance program.

Applications available at This 'n' That. For more information, call Janetta 541-942-2789.

LORANE COUNTRY NEWS

CONTRIBUTED BY
LIL THOMPSON
FOR THE SENTINEL

• CAL students return to distancing learning classes last week and according to the school, learning is going well. The Crow Middle/High School principal

reports that teachers are very creative with their classes. The district has been in touch with parents regarding our governor's plans to resume in-person classes in February. They will let everyone know the plans and schedule for returning.

- Lorane Grange will call or text members on Monday, Jan. 18 sharing if there will be a grange meeting on Thursday, Jan. 21 at 7 p.m. If not, then hope to see members on the first Thursday in February.
- Just want to share with all concerned that

the county is keeping close watch on the pavement on Stoney Point, especially with all the rain. Continue to adhere to the speed signs along this section for your safety and safety of others.

Write us about your fun pet at angelscribe@msn.com
Let's do an article on your pet!
Write: angelscribe@msn.com
Pet Tips and Tales is on Facebook at
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Adopt Loving Pets
www.PetFinder.com
Humane Society for Neuter/Spay Assistance Program.
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