

**FIRES** *from A1*

spond. Unnecessary traffic can cause delays and confusion during the response. Authorities are also asking the public to refrain from flying drones near and above wildfire areas. Recently, crews fighting the Middle Fork Complex Fire have reported an increase in drone activity. Drones flying in an area where fire suppression efforts are un-

derway may force firefighting aircraft out of the area. Air quality in Cottage Grove was unhealthy as of Wednesday noon, according to the Lane Regional Air Protection Agency, and fire authorities have noted that the heatwave this week is likely to cause more fire growth. An excessive heat warning remains in effect in the area until 10 p.m. on Saturday (Aug. 14).

Should more waves of smoke come through the area, the public is reminded to limit exposure, particularly those with heart or lung disease or respiratory illnesses such as asthma. Oregonians can sign up to receive emergency notifications at [oralert.gov](http://oralert.gov). The latest evacuation notices were in effect as of Wednesday morning: **Level 3 (Go Now) Evacuation Notice:**

- All homes, campsgrounds and dispersed recreation along Forest Service Road 18 (Big Fall Creek Road) east of the intersection with Forest Service Road 1821, including Puma Campground and Bedrock Campground.
- Level 3 means leave immediately. Do not take time to gather things.
- Level 2 (Be Set) Evacuation Notice:**
- High Prairie area, Fish

Hatchery area, Oakridge north of Roberts Road, and Oakridge east of Salmon Creek. Level 2 means that you must prepare to leave at a moment's notice, and this may be the only notice that you receive. **Level 1 (Be Ready) Evacuation Notice:**

Creek Reservoir area south of Highway 58 to Larison Cove. • Belknap Hot Springs and Resort area, and structures near Scott Creek and Highway 126. Level 1 means you should be aware of the danger that exists in your area, monitor local media outlets and telephone devices to receive further information.

**BUILDING** *from A10*

necessary. The old Harrison building was established in 1948 and saw additions in 1951, 1956, 1967, 1969, 1974, and 1986. "When you're dealing with asbestos, the concern that you have is that you're trying to keep people from breathing in asbestos dust," explained Ward. "What happens mostly with floor tiles is that they are cleaned and waxed before the school year starts and they work just fine as floor tiles. There isn't a real

issue normally of any asbestos coming loose from the normal wear and tear of actually just walking on the tile." The same applies to insulation around piping in the school's attic space and other areas, the main concern being that material would become airborne, he said. "And that pretty much only happens when people are disturbing it." If work were to be done, an abatement contractor would be hired to properly deal with the asbestos, he added. "But in this case, the

plan really is to move away from the old boiler and hot water or steam system and go to a different heating system altogether," said Ward. This approach will help avoid unsettling hazardous materials in the school's attic. As for lead paint in older buildings, the issue is often handled in a process of encapsulation in which the material is painted over. "Normally, for a building of this age, we would assume that there is lead paint," said Ward, but he noted that the presence of the hazardous materials is

not itself an issue. "I think that it's good to know that there are materials out there that are potentially harmful, but the idea that they exist isn't necessarily a huge concern," he said. Replacing broken doors, for instance, will require that the materials first be assessed and then disposed of appropriately. Much of the process will involve case-by-case assessments and the manner in which they are dealt with will become clearer as the project moves forward, Ward said. "If it were me and my

kids, I would be talking about wanting to be careful about whether or not the stuff is airborne," he said. "But if I were to have my kids going to this school, I wouldn't hesitate. ... The idea that the school has asbestos tile flooring doesn't cause me concern." As ACE is in the process of determining whether or not it can buy the building, a full accounting of the building's still needs to be done. "And once that decision becomes clearer, then we'll end up looking more heavily into pulling together

all the drawings and details for completing all the renovations in order to turn it back into a school," said Ward. "The process for dealing with potential hazards is just starting. ... And as renovations happen, care will be taken to deal with the surfaces appropriately." The Planning Commission will meet at 7 p.m. on Aug. 18 in the City Council Chambers to discuss the conditional use permit. Online attendance is available through the city's website or by accessing [www.gotomeet.me/RichardMeyers/august-18-2021-planning-commission-meeting](http://www.gotomeet.me/RichardMeyers/august-18-2021-planning-commission-meeting).

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**REDWOOD** *from A1*

the removal of the trees under the conditions that: the logs would be milled into lumber and used throughout the city for benches and other projects; that two city-approved trees are replanted in the park strip of the redwoods; that the city repair the damaged street and utilities as soon as possible; and that rounds of the stump of the large redwood are cut for use to memorialize the tree and its history. Executive Director of EcoGeneration David Gardiepy offered to donate four of his own redwoods to the city for planting under the condition that the two removed redwoods are used for local purposes.

**NATIONAL SAVE YOUR SMILE WEEK**

**Why dental hygiene is essential for overall health**

The importance of maintaining clean teeth and healthy gums goes beyond having fresh breath and a white smile. Many people are surprised to discover that oral hygiene plays an integral role in overall health. Research indicates that oral health mirrors the condition of the body as a whole. Also, regular dental visits can alert dentists about overall health and pinpoint if a person is at a risk for chronic disease. An oral health check-up also may be the first indication of a potential health issue not yet evident to a general medical doctor.

**Heart disease**

According to the Academy of General Dentistry, there is a distinct relationship between periodontal disease and conditions such as heart disease and stroke. Joint teams at the University of Bristol in the United Kingdom and the Royal College of Surgeons in Dublin, Ireland, found that people with bleeding gums from poor dental hygiene could have an increased risk of heart disease. Bacteria from the mouth is able to enter the bloodstream when bleeding gums are present. That bacteria can stick to platelets and subsequently form blood clots. This interrupts the flow of blood to the heart and may trigger a heart attack. Brushing and flossing twice daily and rinsing with mouthwash can remove bacteria and keep gums healthy.

**Facial pain**

The Office of the Surgeon General says infections of the gums that support the teeth can lead to facial and oral pain. Gingivitis, which is an early stage of gum disease, as well as advanced gum disease, affects more than 75 percent of the American population. Dental decay can lead to its own share of pain. Maintaining a healthy mouth can fend off decay and

infections, thereby preventing pain.

**Pancreatic cancer**

In 2007, the Harvard School of Public Health reported a link between gum disease and pancreatic cancer. In the ongoing study, 51,000 men were followed and data was collected beginning in 1986. The Harvard researchers found that men with a history of gum disease had a 64 percent increased risk of pancreatic cancer compared with men who had never had gum disease. The greatest risk for pancreatic cancer among this group was in men with recent tooth loss. However, the study was unable to find links between other types of oral health problems, such as tooth decay, and pancreatic cancer.

**Alzheimer's disease**

Various health ailments, including poor oral health, have been linked to a greater risk of developing Alzheimer's disease. In 2010, after reviewing 20 years' worth of data, researchers from New York University concluded that there is a link between gum inflammation and Alzheimer's disease. Follow-up studies from researchers at the University of Central Lancashire in the United Kingdom compared brain samples from 10 living patients with Alzheimer's to samples from 10 people who did not have the disease. Data indicated that a bacterium — Porphyromonas gingivalis — was present in the Alzheimer's brain samples but not in the samples from the brains of people who did not have Alzheimer's. P. gingivalis is usually associated with chronic gum disease. As a result of the study, experts think that the bacteria can move via nerves in the roots of teeth that connect directly with the brain or through bleeding gums.



These health conditions are just a sampling of the relationship between oral health and overall health. Additional connections also have been made and continue to be studied. TF16A492

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