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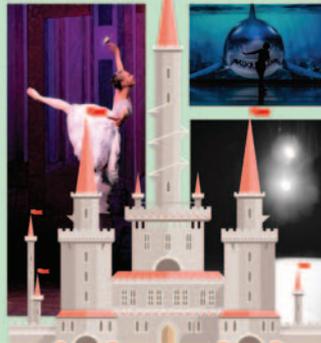
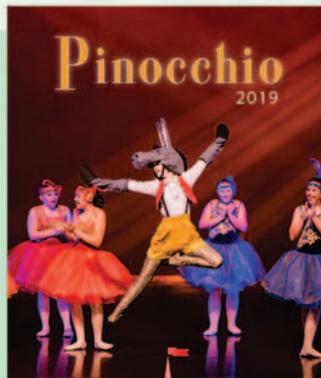
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Kid Time is still here for you!

By Sunny Spicer

Kid Time Is an Interactive Children's Museum and Early Learning Center in Downtown Medford, Oregon. Serving up to 100,000 visitors a year with hands-on exhibits and instructed drop-in programs, and over 100 students in it's full-time, Reggio-Emilia inspired preschool, Kid Time is a premier location for early and family learning in Southern Oregon.

On March 13th of this year, Kid Time! Children's Museum closed the Central Ave location due to the COVID-19 Crisis. Since that time, the organization has relocated to 413 West Main Street (the Historic Carnegie Library).

At Kid Time, we recognize that childhood doesn't stop during a pandemic! While our doors remain closed, there is still much happening.

- The Kid Time! At Home project, in collaboration with AllCare Health and the Medford School District offers a number of age-appropriate videos to watch with your children, including stories, crafts, and ways to deal with emotions and much more. FREE activity kits are

also available for pick up at various MSD lunch sites and at the NEW Kid Time! Locations. Schedules available on the Kid Time Facebook page.



- The Ivy School, formerly the Learning Loft Preschool will open for the upcoming school year with full-day and part-time schedules. Income-based scholarships are available – visit www.kid-time.org for more information.

- Though the mandate prohibiting interactive museums from opening remains in place, we are using this extra time to continue construction and modify our plans to adjust to new requirements. Our new facility will be filled with new exhibits, new programs, and beautiful outdoor experiences. We can't wait to show the community all that the NEW Children's Museum will have to offer.

Kid Time! Children's Museum is located at 413 West Main Street in Medford Oregon. 541-772-9922 www.kid-time.org

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When your summer fun involves swimming, an ounce of prevention is worth a pound of cure.

By Captain Brian Bolstad
Jackson County Fire District 5

Consider these tips:

- Never swim alone. Always have a buddy—or, ideally, a lifeguard at a designated swim area—and maintain constant supervision of a swimmer. Follow rules of swimming areas.
- Never leave a child unattended near water.
- Make sure everyone in your family learns to swim well. Swim lessons Wearing a US Coast Guard-approved life jacket can help young or inexperienced swimmers, but do not rely on jackets alone. Always maintain a watch on a swimmer.
- If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
- If a child is missing, check the water first. Seconds count in preventing death or disability.

Whether in a backyard swimming, in a community pool or in the ocean, always watch your child closely in and around water.



Don't turn your back on the ocean!

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SOUTHERN Oregon

Family MAGAZINE

Aug./Sept. 2020

Family Friendly Events & Kids Activities

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“Back to School” for the Younger Set



It starts in the middle of summer at which time I am not quite ready to think about what it means -- those rows of pencils, crayons, and lunch boxes at the local store. However, it is now August and there is no avoiding the fact that seeing those school supplies on the shelves indicates that summer is almost over and a new school year is fast approaching.

Younger siblings look on with envy as their older brothers and sisters get new notebooks, backpacks, clothes and athletic shoes. They can't wait until the day THEY get to go to school, too!

This is a great time to think about educational opportunities for those younger siblings who will be so proud of having their own class to attend!

Music, dance, karate, and gymnastics classes provide little ones with a sense of purpose and allow them to make friends and participate in activities that they enjoy. Just as important, each of these pursuits offers its own set of benefits that help young children learn to function in a group, listen to a teacher, relate to their peers with patience and respect, and provide an opportunity to learn skills and concepts that will prepare them for future success in school and in social situations.

Since music is my area of expertise, I'll focus on Kindermusik as an example. Kindermusik is an award-winning early childhood curriculum for children from birth to age 7. The class activities are designed by child development experts to harness the power of music to help children learn and develop in an atmosphere of family and community. While children are loving the instrument play, creative movement, story time, and music games played

with you and their young friends, they are also receiving the amazing benefits of active music making like development of fine- and gross-motor skills, eye-hand coordination, bilateral



coordination, and balance as well as opportunities for practicing self-control, sharing, patience, and turn-taking. Kindermusik activities also promote music skills such as the ability to keep a steady beat which helps a child learn to use a scissors, ride a bike, dribble a basketball, and accomplish anything that requires repeated rhythmic motion.

Unique to Kindermusik is the parental involvement in classes, either for the entire class or during the last 15 minutes. These precious years before children head off to school are the perfect time to make memories together – dancing, rocking, laughing, snuggling, singing, and playing together with your little one will provide a foundation for a close life-long relationship that you will both cherish.

So sign your young child up for their own class this fall. The routine of weekly early childhood classes like Kindermusik can prepare your littles ones for regular preschool and kindergarten classes. If the class doesn't include parent participation, create the opportunity at home to ask your child to show you the activities they engaged in and do them together. Let the classes provide an opportunity to bring you closer and to develop the routine of sharing that will continue into their school years.

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MSD will continue to provide excellent in-person learning opportunities for students with safety measures in place. For details on our MSD Framework visit www.medford.k12.or.us/MSDForward.

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 0 - 9 mos. <small>with participating adult</small>	Village	Thursday 12:30-1:15 <small>Beginning September 3</small>
 Ages 9 mos.-2 <small>with participating adult</small>	Level 1	Wednesday 1:00-1:45
 Ages 2 & 3 <small>with participating adult</small>	Level 2	Wednesday 10:00-10:45 Thursday 11:15-Noon <small>Beginning September 3</small>
 Ages 3 & 4 <small>with participating adult</small>	Level 3	Tuesday 1:45-2:30 (August) Tuesday 1:00-1:45 (September) Wednesday 11:00-11:45
 Ages 4 & 5 <small>adult joins last 15 minutes</small>	Level 4	Thursday 1:00-1:45 (August) Thursday 3:00-3:45 (Sept.)
 Ages 5 - 7 <small>adult joins last 15 minutes</small>	Level 5	Wednesday 3:45-4:45 <small>Beginning September 30</small>
 Mixed Ages 2 & 3 years <small>with younger siblings</small> <small>with participating adult</small>	Level 2	Wednesday 10:00-10:45
Mixed Ages 3 & 4 years <small>with younger siblings</small> <small>with participating adult</small>	Level 3	Wednesday 11:00-11:45

Oregon Symphony debuts Symphony Storytime!

Entertaining and educational online storybook series for kids
featuring musicians playing alongside readings

Symphony Storytime is a 13-episode educational digital series and musical adventure in which an Oregon Symphony musician accompanies the reading of an illustrated children's book and shares fun details about the featured instrument, with both English and Spanish language books.

Artistically produced on a custom-designed set, Symphony Storytime is curated especially for pre-k through elementary aged children and their families, and introduces children to classical music as they hear how instruments can bring children's stories to life in an imaginative way.

The program features highly repeatable, quality content that's entertaining and educational, giving sound to these published stories and the book characters' own musical journeys. All 13 episodes of Symphony Storytime are now available for free on Oregon Symphony's website and YouTube channel — nine episodes featuring books in English and four in Spanish.

Symphony Storytime was inspired by parents' desire for meaningful digital content for their young children, as families are now encouraged to stay home during the COVID-19 pandemic. "We hope that Symphony Storytime helps spark an interest at a young age in classical music. The series is a unique, engaging and approachable first introduction," says Norman Huynh, Oregon Symphony Associate Conductor and creator behind Storytime's digital series.



The chosen books tell stories about a character with a love of music or who plays an instrument — all with a strong message of learning and discovery. Kids follow along with the narrator-read book as it's featured on screen and music plays in the background. Each episode includes an introduction to the instrument, musical accompaniment to the reading of illustrated books, and shares fun facts about the featured instrument.

"Part of the fun of Storytime is seeing Oregon Symphony musicians in this environment, feeling the joy of playing their instrument, off the formal stage and in this youthful context," says Huynh. "They're emoting the same delight we hope kids feel as they're watching, and you get a sense for how these professional musicians grew from just that pure love of music."

Visit www.orsymphony.org.



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D.I.R.T. & ZomBees

Direct Involvement Recreation Teaching (DIRT) and ZomBee Apiary are super excited to announce the creation of a bee club for youth called the Bee Cool Club! This exciting new club has a focus on bees and all their needs and how we can help provide the thing they need. This program will engage and empower youth in monthly workshops designed around everyday things we can do to help the planet and our bees. This will be an outdoor educational experience so be prepared to be in the elements of nature and dress accordingly.

The goal of the Bee Cool Club is to offer authentic, hands on learning for educating youth about the importance of bees and promoting pollinator environments! The club will be led by experienced mentors from the local ZomBee Apiaries who are Master and Journeyman Beekeepers. These mentors will guide the participants through safe, onsite training and education to help each child reach their Bee Cool potential as backyard beekeepers and stewards to the planet we all call home!

Participants will need to commit to the Bee Cool Club, attend monthly meetings at the Skyram Arboretum (4588 N Pacific Hwy, Central Point, OR), and agree to be ambassadors to our communities sharing the information gained with those around us. While on site we will learn what we can do every day to promote healthy bee communities, and how to inspire others to be the change they wish to see in the world today. Bees need our help, the planet needs our help, and we want to teach you to be a Bee Cool!

Our vision at DIRT is to build community while creating meaningful, hands on experiences for youth that incorporate outdoor education and

DIRT

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youth empowerment while simultaneously beautifying our surroundings. Times are difficult and this club will help bring light into our community through recognition that we can change our community for the better, we just need the tools and information.

The Bee Cool Club will start at the end of August for more information and registration (no cost) check out our website at www.mydirtpark.org, registration is limited, the Bee Cool Club sessions will be aprx 90 minutes.



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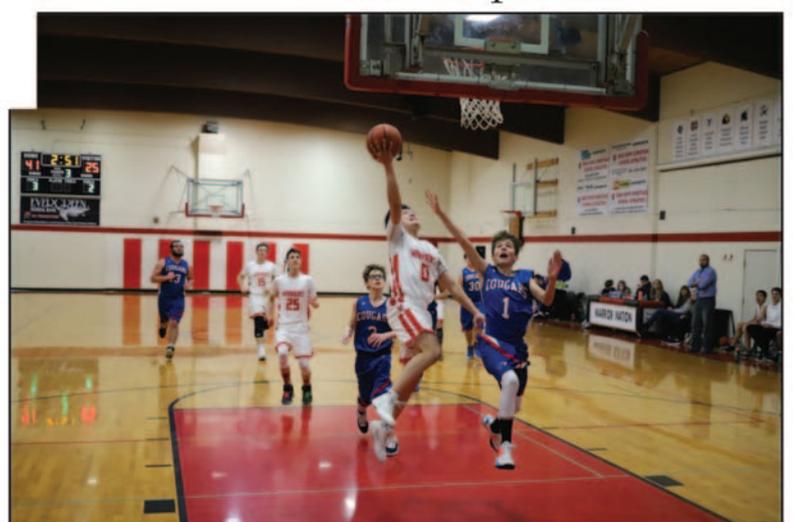
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More info:
Go to Facebook, [GreaterMedfordMulticulturalFair](https://www.facebook.com/greatermedfordmulticultural)
Email: medfordmulticulturalfair09@gmail.com

Annual Multicultural Fair is just a mouse click away this year

Free fun for parents and kids awaits at livestreamed Greater Medford Multicultural Fair Sept. 26

You've heard the saying that the show must go on. Organizers of Medford's 27th annual Greater Medford Multicultural Fair are taking the concept to heart this year.

Faced with a state ban on large gatherings because of COVID-19, they've decided to move

Medford attorney who has been on the fair's organizing committee for many years. "As we plan for this year, we are grateful for the opportunity to be a bright light and to serve as a reminder of how strong, just, and inclusive our



community can be. We've always said the fair brings us all together. We're so happy we can continue to do that this year in a virtual way."

Closer to the fair, look for details about the day via the Facebook or Instagram links above. Organizers will accept submissions from entertainers who want to be part of the online fair through August. See details at the Facebook link above or at <https://tinyurl.com/ycbleh7u>.

To take part in the art contest, anyone can submit art that has been created within the last year on the theme "Power of Community." Artwork can be made in any medium and must be family friendly. Artists are limited to one entry, and prizes will be awarded. Find more via the group's Facebook page, <https://www.facebook.com/greatermedfordmulticultural>.

the annual day of fun and multicultural learning online. The resulting day of activity—still free—will be livestreamed from 10 a.m. to 4 p.m. Saturday, Sept. 26.

Access it via the group's Facebook page,

<https://facebook.com/greatermedfordmulticultural>; Instagram, <https://www.instagram.com/medfordmulticulturalfair/>; or YouTube, <https://www.youtube.com/channel/UCtnrIb7hFrfgxo51eBo7quQ>.

Popular radio personality DJ Gemineye will emcee the event this year, presenting an eclectic mix of music and dance from around the world. Also planned: cooking demonstrations from the region's great cooks, multicultural storytelling for kids, opportunities to engage in diverse conversations, and perhaps a few surprises. A highlight will be announcement of winners of the fair's third annual art contest, this year with the theme "Power of Community" (see entry details above).

"2020 is a year unlike any we have ever experienced," said Debra Lee, a

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10 Tips to Help Kids Develop Healthy Habits

I was just watching an interesting documentary. Fast food, video games, increase in sugar consumption and too much TV, combined with a decrease in exercise, have put today's children in an obesity epidemic!

Currently 1 in every 3 children are considered overweight by the American Obesity Association and that figure is expected to grow to 1 out of every 2 children within the next few years.

This is a sad, and amazing fact that all parents are going to have to deal with. And we are here to help!

At Premier Martial Arts, one of our primary goals for our children is to not only increase their level of physical fitness, but to teach them fitness concepts that will stay with them for life. We develop healthy children with healthy minds so they have the energy and fitness to be leaders and succeed at life's challenges.

You can help your child develop healthy habits early in life that will bring lifelong benefits. As a parent, you can encourage your kids to evaluate their food choice and physical activity habits.

Here is a great article by the American Heart Association that you find helpful.

Top 10 Tips to Help Children Develop Healthy Habits

1. **Be a good role model** - You don't have to be perfect all the time, but if kids see you trying to eat right and getting physically active, they'll take notice of your efforts. You'll send a message that good health is important to your family.

2. **Keep things positive.** Kid's don't like to hear what they can't do, tell them what they can do instead. Keep it fun and positive. Everyone likes to be praised for a job well done. Celebrate successes and help children and teens develop a good self-image.

3. **Get the whole family moving.** Plan times for everyone to get moving together. Take walks, ride bikes, go swimming, garden or just play hide-and-seek outside. Everyone will benefit from the exercise and the time together.

4. **Be realistic.** Setting realistic goals and limits are key to adopting any new behavior. Small steps and gradual changes can make a big difference in your health over time, so start small and build up.

5. **Limit TV, video game and computer time.** These habits lead to a sedentary lifestyle and excessive snacking, which increase risks for obesity and cardiovascular disease. Limit screen time to 2 hours per day.

6. **Encourage physical activities that they'll really enjoy.** Every child is unique. Let your children experiment with different activities until they find something that they really love doing. They'll stick with it longer if they love it.

7. **Pick truly rewarding rewards.** Don't reward children with TV, video games, candy or snacks for a job well done. Find other ways to celebrate good behavior.

8. **Make dinnertime a family time.** When everyone sits down together to eat, there's less chance of children eating the wrong foods or snacking too much. Get your kids involved in cooking and planning meals. Everyone develops good eating habits together and the quality time with the family will be an added bonus.

9. **Make a game of reading food labels.** The whole family will learn what's good for their health and be more conscious of what they eat. It's a habit that helps change behavior for a lifetime.

10. **Stay involved.** Be an advocate for healthier children. Insist on good food choices at school. Make sure your children's health care providers are monitoring cardiovascular indicators like BMI, blood pressure and cholesterol. Contact public officials on matters of the heart. Make your voice heard.



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Parenting through COVID 19

By Tammi Pitzen, Executive Director of the Children's Advocacy Center

One thing that is certain is there is a lot of uncertainty out there about how to proceed during the COVID 19 outbreak. Parents are having to face decisions about risk for their children in new ways. Who would have thought we would need to scrutinize and agonize so much over whether to send our children back to school, whether it was safe for them to accompany you to the grocery store and where and how to get a good haircut? But this seems to be the current situation. Add into the scenario the uncertain job market, financial instability, food insecurities, lack of child care, the isolation from friends and support systems. It makes for a very worrisome situation. In times of stress, it is not uncommon to see child abuse reports spike. Stressed out parents who never developed good coping skills and support systems, many times as a result of their own child abuse or trauma history, make decisions they would not generally make and behave in a reactive way. In some communities, the spike of reports has not hit yet because children are still not in regular contact with mandatory reporters.

We are not in control of a lot of things right now but we can be in control of how we interact with our children and we can control how we interact with stressed out parents.

First recognize that if you are feeling anxious and stressed out, chances are you children are feeling that same way. Information about what is going on may relieve some of the anxiety. Children like structure and while it is easy to shield them from what is happening sometimes that lack of information adds to their worries.

Here are a few tips to help children cope during the COVID 19 crisis.

Have a conversation about what COVID 19 is and what you can do to stay safe. Talk about why washing hands are important and talk about what social distancing is and why it is important.

Keep a routine. Children find safety in a routine and knowing what is going to happen in their day. Regular meal times, bed times, chores, and a structured day helps children feel more in control.

Limit what your child's exposure to the news and social media. There is a lot of misinformation or confusing information circulating—even for adults.

Isolation can sometimes lead to depression. Depression is younger children

may be displayed as anger, and aggression. They have not developed skills quite yet to talk about their feelings. Watch for behavior changes, or for more physical complaints like stomach aches or headaches. Plan family activities and encourage your children to stay connected with friends through virtual platforms, phone calls or good old fashion letter writing.

Mostly, give yourself a break. Ask for "do overs" when you need them with your children. Stay connected with your friends, coworkers, and families. Take a time out if you are feeling stressed or upset. It is okay to have some time alone to recharge. When you need for help, ask for it. We are all in this together.



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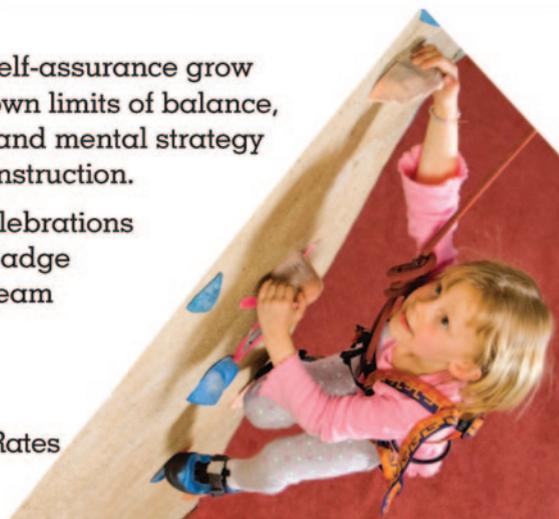
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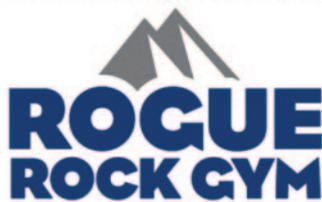
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SUN SAFETY

- Keep babies younger than 6 months out of direct sunlight. Find shade under a tree, umbrella, or the stroller canopy.
- When possible, dress yourself and your kids in cool comfortable clothing that covers the body like lightweight cotton pants, long-sleeved shirts, and hats.
- Select clothes made with a tight weave – they protect better than clothes with a looser weave.
- Wear a hat or cap with a brim that faces forward to shield the face.
- Limit your sun exposure between 10:00 am and 4:00 pm, when UV rays are strongest.
- Wear sunglasses with at least 99% UV protection (look for child-sized sunglasses with UV protection for your child).
- Use sunscreen.

How to pick sunscreen

- Use a sunscreen that says “broad-spectrum” on the label that will screen out both UVB and UVA rays.
- Use a sunscreen with an SPF of at least 30 but not greater than 50. The higher the SPF the more UVB protection the sunscreen has. Look for “PABA-free” sunscreen if possible.
- For sensitive areas of the body such as the nose, cheeks, tops of the ears, and the shoulders, choose a sunscreen or sun block with zinc oxide or titanium dioxide. While these products usually stay visible on the skin even after you rub them in, some now come in fun colors that kids enjoy.
- **For babies younger than 6 months.** Use sunscreen on small areas of the body such as the face and the backs of the hands if protective clothing and shade are not available.
- **For babies older than 6 months.** Apply to all areas of the body but be careful around the eyes. If your baby rubs sunscreen into his/her eyes, wipe the eyes and hands clean with a damp cloth.

How to apply sunscreen

- Use enough sunscreen to cover all exposed areas, especially the face, nose, ears, feet, and hands and even the backs of the knees. Rub it in well.
- Put sunscreen on 30 minutes before going outdoors. It needs time to absorb into the skin.
- Use sunscreen any time you or your child might sunburn. Remember that you can get sunburn even on cloudy days. Also, UV rays can bounce back from water, sand, snow, and concrete so make sure you are protected.
- Reapply sunscreen every 2 hours. Sunscreen wears off after swimming, sweating or just from soaking into the skin.



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Help Your Kids Prevent Cavities

When you're out enjoying summer fun with your family, your child's dental health may be the last thing on your mind! However, there are some easy things you can do to help prevent sugar from sitting on their teeth, and in turn, prevent tooth decay. These tips may not seem like a big deal, but over time they can make a big difference in avoiding cavities!

When it comes to choosing snacks and drinks for your kids, it's helpful to think in terms of "good, better, and best." Of course, that doesn't mean you always need to choose the "best" option, but it's still good to be informed as you make your choices.

Say you're packing snacks for a road trip and won't be brushing teeth for a number of hours. Crackers or pretzels may seem like good options, but apple slices or even dark chocolate would be better! The best choices would include nuts, string cheese, or crunchy vegetables. Regardless of which snack you choose, have them swish some water around afterwards. This is a great habit to encourage your child to develop, as it helps wash off excess sugar and starch. You could even offer some chewing gum with Xylitol in it, such as Trident or Spry. Not as good as brushing your teeth, but it's better than nothing when you're on the go!

The American Heart Association recommends that children should have less than 25 grams of sugar a day. Some popsicles have even more than that in just one popsicle! If you're looking for a cold treat on a hot day, consider the brands Goodpop or Outshine-

-both are naturally flavored and have low sugar options. If you're stocking up on sports drinks for Fall sports, keep in mind that some brands are loaded with added sugar, and brands such as Body Armor or Halo have considerably less. And lastly, don't forget the many, many benefits to choosing water!

Enjoy this last month of Summer and make some wonderful memories with your family! Just remember that when it comes to helping your children prevent cavities, it's the little habits and choices that add up over time that make the biggest difference.



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Tooth Snack Guide

Won't Cause Cavities*	(Usually) Won't Cause Cavities	Causes Cavities Easily
<p>(Low Carb foods)</p> <ul style="list-style-type: none"> Raw, Crunchy Vegetables Raw, Leafy Vegetables Cheese Nuts 100% Nut butters All Meats All Fats Water Eggs <p><i>If you are thirsty, drink water!</i></p>	<ul style="list-style-type: none"> Whole Milk Fresh Fruit <i>Crunchy is best</i> Whole grain bread Popcorn Smoothies Dark Chocolate (>70% Cacao) Yogurt Ice Cream <i>Don't get carried away, but it rises away better than other desserts.</i> Dips & Sauces Oatmeal 	<ul style="list-style-type: none"> Candies Soda Juice Chocolate milk Cookies Dried fruit Fruit snacks/strips Dried flour cereals Pretzels Crackers <i>Please still eat them, just not all day long.</i> Oranges & Bananas Sports Drinks

Remember to give your child age appropriate food. Nuts, hot dogs, grapes, and sausages are common choking hazards, especially in children three years old and under.

This list, including milk and fruit, has the potential to cause cavities quickly if you don't organize meal and snack times. The sugars won't stay in contact with teeth for long with organized eating habits.

Even some healthy foods can cause cavities quickly. Being processed and/or dried is not good for teeth. Fresh bread is better than dried flour for teeth.

*There are always exceptions, especially dry mouth, acid reflux, genetic anomalies, hypoplasia, and unforeseen circumstances.

www.bearcreekpediatricdentistry.com 541-773-3327



Based on the book: *More Chocolate, No Cavities*

Talk with your doctor or registered dietitian before making any major dietary changes

Important Prevention Tips

- Always try to have a sip of water after every meal or snack!
- Give your child 4 to 6 organized "mini-meals" a day with only water in between.
- Disorganized eating or drinking will cause cavities even with healthy foods!
- Help your child brush their teeth daily until they are six or seven years old.
- Only have water after the night time brushing.
- Floss teeth if they are touching for additional protection.
- Schedule an infant screening exam with your dentist at age one.
- Fluoride application at your dentist every six months can also help reduce cavities by 20 to 30%.
- Never leave a bottle in bed with baby!
- Get enough Vitamin D!



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SOGeo



Get Kids Outside with Geocaching!

By Alex & Amanda Smith, Owners:
Southern Oregon Geocaching

If you are seeking fun activities for you and your kids that blend technology and the great outdoors, say hello to Geocaching!

It's an outdoor activity where participants use a GPS receiver or their smartphone to hide and seek containers,

called "geocaches" or "caches" at locations marked by coordinates around the world. Currently, there are over 3 million caches hidden (about 30,000 just in Oregon)!

To begin: Go to Geocaching.com, sign up for a FREE account, you can also download the (free) app, enter your address and watch the fun begin! You create your geocaching name when signing up for a free account. Geocaching.com has great How-To videos to learn the game and answer all those FAQs you might have.

Caching basics: A geocache is a container with a logbook, and often a writing utensil. These containers range in size from tiny to huge! Larger containers may also contain "SWAG" items for trading, such as toys or trackable items. GPS coordinates and a clue will help lead you to ground zero. Once found, sign your geocaching name to the log sheet, return it back to its hiding location so the next person can have a similar experience, and log your experience online.

Geocaching helps kids enjoy spending time outside using technology to foster their relationship with the outdoors. At any age group, there is fun to be



had! With younger children, it's fun to seek out larger geocaches, "Treasure hunting" as we like to call it! Older kids might enjoy reading the geocache descriptions and navigating to the location themselves. As their independence increases, geocaching allows them to learn new skills like geography, navigation, and puzzle solving methods while exploring. Inspire teens to seek out geocaches with high favorite points, exercise their brains with puzzle caches, or check out a Multi-cache!

A newfound love of geocaching and getting outside to explore begins with one simple step: trying it out! Visit geocaching.com to learn more, set up your free account, and start finding caches all over the world. Check out Southern Oregon Geocaching on FB for upcoming events and classes!

Also find adventure in earning collectable Geocoins with GC7NJ04 "JCLS Medford" or the Discover Central Point Geocoin Challenge 2020!



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Keep Your Canine Cool!



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It's summertime ... which means lots of fun outside with your dog. But when the temps soar, take steps to protect your pet.

Never leave your dog in the car. No, not even if you think you'll only be a few minutes. Even when it isn't that hot outside, the temp can soar inside a closed car. On an 85° day, it can reach 102° within 10 minutes. And that's with the windows cracked! After 30 minutes, increases to 120°. Leave your dog at home, or go places where he can come with you.



Watch when you exercise. Limit when and how much you do with your pooch. Take walks in the cooler early morning and evening. And carry enough water for both of you.

Check the pavement and truck beds. Before you head out for a walk, touch the pavement or truck bed with your hand. If it's too hot for you, it's too hot for your dog's paw pads. Walk on the grass and stay off the asphalt. Consider placing carpeting in the bed of your truck.

Plenty of water and shade. Always provide shade and lots of fresh, cool water when your pooch is outside. Add ice cubes when you can. Trees shade

is better than doghouses, since they trap the heat and make it worse. Think about a kiddie pool or a sprinkler to help your pal cool off in the yard.

Make cool treats. Help your canine chill from the inside out. For puppy ice pops, make ice cubes with tasty treats inside. Or fill and freeze a chew toy to make a chilly snack.

Groom your pet. If your dog has long hair, get rid of any mats and tangles to help keep him cool. However, don't clip his coat before you talk to your vet or groomer. The extra fur that keeps him warm in winter may also keep him cool in summer.

Watch for signs of overheating. Your dog can't tell you when he doesn't feel well, so keep an eye out for heatstroke. And remember, short-snouted dogs (like pugs) overheat faster ... they can't get rid of the heat as well as long-snouted dogs. If you see any signs of distress, get him to the vet right away.

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The award winning Ollie Swaddle is launching a new collection of baby bodysuits called Dailies designed to keep baby cool, dry and comfy.

Bodysuits are ubiquitous in the early days of any child's life: they're comfortable for babies and easy to put on and deal with diaper changes, for parents and caregivers. But not all bodysuits are created equal. Dailies go a step further from the standard cotton bodysuit by bringing science into the mix.

A baby's body isn't yet set up to regulate temperature perfectly and their small size means that they can quickly become overheated. The exceptionally soft, custom patented moisture-wicking fabric in the new Dailies brings moisture away from the skin and through to the top of the fabric where it evaporates, leaving the skin dry and baby cool and comfy.



Other benefits?

- Wicking moisture away from skin surface reduces rashes and irritations;
- Helping to regulate temperature and reduce the risk of overheating.

Special thread that is woven into the fabric ensures durability and integrity of the fabric, through many wears and washes. All of which is designed to help baby flourish.

Available as basic bodysuits and in a wrap style, in three of the same colors as the Ollie Swaddle (sky, lavender and stone), the Dailies will become the staple clothing item that parents will rely on to keep baby safe, dry and comfortable. Pricing \$18-\$22.

These patented fabrics have been awarded the Children's Safety Product Certificate, as well as the Standard 100 by Oeko Tex certification, which is a strict globally standardized, independent testing performed on materials.

Dailies are available at <https://theollieworld.com/>.

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to say we now employ more than 140 Rogue Valley residents. Our 24 ground ambulances respond to over 25,000 calls per year. We also serve Southern Oregon and Northern California residents with three Twin Engine King Air C-90s and a Bell 407GX Helicopter. All aircraft are equipped with state of the art medical equipment and highly trained medical crews.

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As of today, over 19,000 households have realized the value of the Mercy Flights Membership Program which is designed to fill the gap between what insurance pays and what you owe. Annual membership drastically reduces or even eliminates out of pocket costs. Once you're a member, should you have a transport, Mercy Flights will bill your insurance and will accept what your insurance pays as payment in full writing off the balance. If no insurance payment is received, or if you do not have insurance, you will only be responsible for 50% of the bill. And all for one low yearly fee. Membership dues range from \$78-\$88 per year with discounts for seniors and groups. Additionally, if you don't use our services during the year of membership before it is time to renew, your membership payment is eligible as a tax deductible donation because Mercy Flights is a non-profit 501c(3). For \$65 you can give the gift of membership to someone you care about with our Angel Program. To learn more about how to sign up or for questions, give us a call at 541-858-2600 or visit mercyflights.com.

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