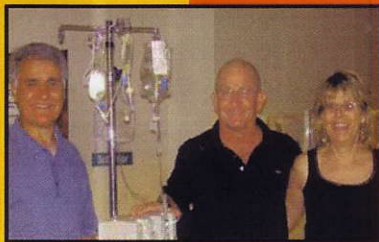
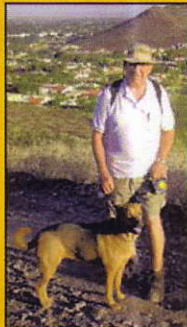
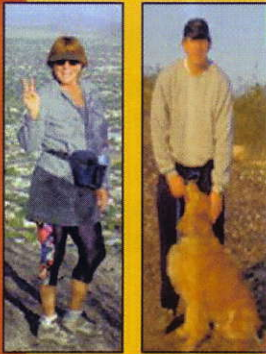


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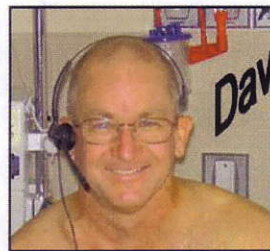
# August 2007



## Hiking Shaw Butte Mountain Daily

*Sharing Nature and time at the dawnings of each day brought me a circle of community I never knew before*

For 14 years now in the summer months I have been getting up in the wee hours of the morning, putting on my hiking boots, and joining my sleep deprived fellow hikers up the mountain to beat the heat. I have met hundreds of great people over the years, and very privileged to call many of them my friends. One person in particular really stands out, Dave is my hero and my friend, Even though he is battling his own medical issues with cancer and treatments, he has always encouraged me with my business, and listened to me as I unloaded my personal stuff (life) on him, and always with smiles, a hug, and a story to tell. To some he is known the Mayor of the mountain, He is also the Web-Master of our Shaw Butte web site. Armed with a new camera a few years ago, he started click-



ing away and created this site for all to share:

[www.light-maker.com/shaw](http://www.light-maker.com/shaw)

Almost any morning he can be seen at his (office) out front of AJ's, with fellow hikers trying to solve the world's problems over a cup of coffee. I am so blessed to have met such an inspiring special man, and will pray for his continued recovery and keep you all posted (thanks to all that signed the card for him last

month)! OPPSI! gotta go it's 5am, I'm late for the mountain.



**It so happens that the "community" includes peoples beloved 4-legged family members too! All are included and happy to be a part of greeting the beginning of the day walking up Shaw Butte as dawn's light first shines on our Valley of the Sun.**

## Household Tips

### Sweeten Up Your Stinky Dog

**Get Rid of Wet Dog Smell!**



Keep a supply of dryer softener sheets by the door and when your pooch comes in dripping, rub him/her down and they'll smell fresh as a daisy! If the smell calls for a bath, place a rubber mat in your tub so that your dog won't slip. Next, cover the drain with a piece of screen or tea strainer to prevent your pipes from clogging. Use warm (not cold or hot) water. Brush your pets coat well before washing. Add a bit of baby oil or cream rinse to tangles and work them out with your fingers. For the rinse water, add a couple tablespoons of lemon juice, vinegar or baking soda. It will get rid of the stinky smell, cut the soap scum and leave your dog's coat soft and shiny. Make sure to have plenty of old towels on hand for drying!

What works for people works for dogs. For bad breath, try mixing in some chopped parsley with your dogs food once a day. Plaque is often the cause of bad breath. Be sure to brush your pet's teeth or consider having them cleaned by your veterinarian.