

Cottage Grove's first 2015 baby has New Year's birthday

The Sentinel understands that the life of brand-new parents is a hectic one, so the newspaper is grateful to the parents of one-week old Brooklynn Paige Rust for bringing Cottage Grove's first baby of 2015 by the office for a visit last week.

Cottage Grove's Chelsie (Flagg) Rust and Adam Rust said their first baby was due on Dec. 23. The couple had originally suspected that they might have a Christmas baby, but Chelsie Rust said they're glad that little Brooklynn waited a while.

First, though, Chelsie Rust endured 36 hours of hard labor, with contractions happening regularly every two minutes. Doctors decided she'd be first in line for a Caesarean Section on Thursday, Jan.

1; thus, her baby finally came into the world at 9:36 a.m., making Brooklynn Paige the first baby born at Sacred Heart Medical Center, Riverbend in 2015.

She weighed in at a healthy eight pounds, 15 ounces and was 20 1/2 inches long. Anxious to meet her were grandparents Dave and Debbie Rust and Dennis and Kathie Flagg, all of Cottage Grove. Her parents are both 2007 graduates of Cottage Grove High School.

As the parents of the first Cottage Grove baby of 2015, the Rusts received a complementary one-year subscription to the Sentinel, lunch for two at El Tapatio, a FireMed subscription from South Lane Fire and Rescue and a prize pack from Riverbend Community Medical Center, Cottage Grove.



photo by Jon Stinnett

Brooklynn Paige Rust flashes a smile for adoring parents Adam and Chelsie. She was born at 9:36 a.m. on Thursday, Jan. 1, the first 2015 baby born at Sacred Heart Medical Center.

TEAM-Cottage Grove seeks to improve networking

There's a new TEAM getting together in Cottage Grove.

TEAM-Cottage Grove bills itself as "a new networking organization devoted to connecting our community to itself," according to a recent press release. Its organizers seek to better coordinate the sharing of information about planned projects and events to assist with date-setting, event publicity and matching volunteers to specific tasks needing to be done.

"Experience teaches us word-of-mouth is THE most effective way of disseminating community information in The Grove, which is why this new organization was created," said

TEAM representative Cindy Weelder.

TEAM-Cottage Grove began as a concept nearly a year ago. This planning group of 23 motivated community leaders wants to increase community involvement in local events by establishing the following things:

An e-mail network of appointed representatives from most - if not all - community groups, organizations and businesses.

A phone tree to reach those who do not use computers but want to be informed about what's happening in their town.

A central online volunteer regis-

try to overcome the tendency of 10 percent of our townspeople doing 90 percent of the work to pack the community calendar year after year with fun experiences and to provide worthwhile causes to support.

A group of experts to provide forums that teach those interested how to create press releases and use social media.

TEAM-Cottage Grove's founding members spent months last year creating a current database of 108 local nonprofit organizations that is available by request. The next step is to personally contact each group and invite them to become members of this

new networking group.

TEAM-Cottage Grove launches its weekly email: "Around The Grove" on Friday, Jan. 16 to provide information on what events and opportunities are happening in town each week. Copies are available by email subscription, and a limited number of paper copies will be available at the Community Center's Information Desk and in the lobby of the Village Green Resort.

TEAM-Cottage Grove meetings are held on the second Tuesday of each month from 8-9:30 a.m. at Buster's Main Street Café.

Driver of salmon smolt tanker cited for DUII

Oregon State Police announced last week the filing of charges against the truck driver who lost control of a tanker truck on the McKenzie Highway on Tuesday, Dec. 30.

Police say that, on Jan. 7, state troopers cited Ray C. Lewis, 45, of Umpqua, for the crimes of DUII-alcohol, and Reckless Driving into Lane County Circuit Court. Lewis reportedly had a blood alcohol level of .29, about three times the legal limit, at the time of the crash. Police declined to release additional information on the crash or the charges filed against Lewis. They say they are continuing the investigation into the crash, which occurred on Highway 126E near milepost 11 in Cedar Flat, just east of Springfield.

Lewis had been transporting the fish from the nearby Leaburg hatchery to a destination in the Row River near Cottage Grove, according to Oregon Department of Fish and Wildlife Fish Biologist Jeff Ziller. The smolts perished soon after the crash, Ziller said, and were the last of seven truckloads of young salmon slated for transplant into the Row at the Row River Nature Park just outside Cottage Grove that day. Lewis suffered facial and scalp lacerations and was transported to the hospital for treatment of other unknown injuries. An additional investigation is pending, and OSP is being assisted by the Lane County District Attorney's Office.



About 11,000 salmon smolts perished when this tanker truck left the roadway and crashed on the McKenzie Highway on Tuesday, Dec. 30.

CITY BEAT

City summarizes leaf pick-up data

At the end of December, Cottage Grove Public Works finished the leaf pick-up program for 2014, according to a listing in the City's Friday Update page, which added that Public Works personnel hauled 16 less loads of leaves than they did in 2013. Below is located an equipment, labor and load summary by week.

Week One - Nov. 10-13
Total backhoe hours: 25.5 at \$26 per hour = \$663
Total dump truck hours of 51 at \$21.76 per hour = \$1,109.76
Total of 76.5 labor hours at the shop, average of \$37 per hour = \$2,830.50
45 loads of leaves were hauled (10 yards per load)

Week Two - Nov. 24-Dec. 2
Total backhoe hours 25 = \$650
Total dump truck hours of 49.5 = \$1,077.12
Total of 74.5 labor hours = \$2,756.50
32 loads of leaves were hauled

Week Three - Dec. 16-23
Total backhoe hours: 21.5 = \$559
Total dump truck hours of 21.5 = \$467.84
Total of 43 labor hours = \$1,591.00
17 loads of leaves were hauled

Total backhoe hours: 72 = \$1,872
Total dump truck hours: 122 = \$2,654.72
Total labor hours: 194 = \$7,178.00
\$11,704.72 total cost
A total of 94 loads were hauled, which amounted to 940 cubic yards of leaves.

Get shredding

On Saturday, Jan. 24 between 10 a.m. and noon, the City of Cottage Grove will be sponsoring a shred event, meant as a way to safely and securely get rid of all those old papers or documents that have a name, address, birth date, social security number, bank account number, credit card number or any other piece of information printed on them that should not fall into the wrong hands. There will be a local document shredding company at City Hall with one of their onsite shredding trucks to take documents and shred them immediately, all for the price of a non-perishable food item to be given to Community Sharing.



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Coffee Trivia

Coffee Fun Facts:

- Coffee was originally eaten. African tribes mixed the coffee berries with fat and ate them.
- Coffee is only grown near the equator - from the Tropic of Cancer to the Tropic of Capricorn, within a 1,000-mile limit. (Hawaii is the only place in the US that grows coffee.)
- Coffee is the third most popular beverage in the world (second only to water and tea). More than 400 billion cups are consumed each year.
- Coffee is the second largest traded commodity (oil is first).
- Coffee has 1,200 different chemical components - more than half make up its flavor.
- Mocha is the name of the sea port that was a route to Mecca, which is where coffee was traded.
- The first coffeehouses were opened in Damascus, Syria and Istanbul in the 1530s. Turkey finally opened one in 1554.
- George C. Washington, an English chemist, invented the first instant coffee called "Red-E-Coffee" in 1906. It took another three years to land on store shelves.
- One cup of coffee has 80 to 140 mg of caffeine.
- Decaf coffee still contains a small amount of caffeine. It would take 5 to 7 cups of decaf coffee to get the same amount of caffeine in 1 cup of regular coffee.
- A cup of regular coffee has more caffeine than a cup of espresso or cappuccino.
- Coffee also contains anti-oxidants. The anti-oxidants give coffee its bitter taste.
- Coffee has zero calories!
- 91% of coffee is consumed at breakfast. (And sometimes is breakfast!)
- 79% of coffee is consumed at home. Work is the second most common place for coffee consumption.
- A coffee drinker averages 2-3 cups of coffee a day.

Coffee Legend

One story about the history of coffee, as found on the Internet, claims the following as the origin of coffee. Kaldi, the goatherd, around 600 to 800 A.D., was tending his animals on a mountainside in Eastern Africa, when he noticed that they were acting strangely. He realized that they had been eating the cherry-red berries of a nearby shrub. They remained awake, jumping and leaping around the whole night, even the older goats.

Curious, the goatherd picked some and tasted them himself. He found that they invigorated him and made him more awake. A monk named Chadely, or Scyadly, from a nearby monastery passed by. Kaldi told him about the goats and he demanded to be shown the plant. The monk crushed a few of the berries into a powder and poured boiling water over them to make a drink. This was the first cup of coffee. (It was not until much later that coffee beans were roasted.)

Impressed with the results of the drink in making him wider awake and yet not affecting his capabilities, the monk took the new discovery back to his monastery. Coffee soon spread from monastery to monastery and, therefore, became in much demand with devout Moslems, believing it to be a divine gift brought by an angel.

— By Mary Bellis, About.com



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