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DRUGS

Continued from page 1A

drug addiction.”

Former Police Chief Mike Grover said that the rise in use of heroin locally is especially surprising.

“It’s all over,” Grover said recently. “It used to be a hidden drug, but it’s everywhere, and it’s cheap.”

Local police believe that the difficulty many users of prescription opioids like Oxycontin have in securing those drugs due to cost and availability has led them to heroin, which is cheaper and more readily available.

“If they’re addicted and they can’t get their pills, they use heroin,” Grover said. He said that the local heroin supply always comes from Mexico, usually by way of Eugene/Springfield or Portland, where locals will travel to get a supply of the drug to sell here.

“It’s everywhere”

To hear one recent inmate in the Cottage Grove Jail tell it, drugs are indeed prevalent among the local population.

“It’s everywhere,” said the self-described “reformed heroin addict,” who we’ll call James. “If you know one person who uses, you can find anything. You can go down to the park and get it. With heroin or pills, you’ve gotta know somebody.

“You don’t have any true friends; junkies will stab you in the back. It’s a miserable community of half-ass friends.”

But meth use is everywhere; I’d bet that you’d find it in one of three houses in this town. You can get it as easy as making a phone call.”

James echoed CGPD’s assessment that the lack of availability of pills leads many to try heroin.

“The doctors have cut down on writing prescriptions,” he said. “If you’re caught with pills, they can go after the doctors, so pills are getting harder to come by. That’s why I turned to heroin — it’s cheaper and stronger.”

James says that the “opiate community” is a rather small and exclusive group, though many heroin users also use methamphetamine.

“With meth, you want to be out and about, doing things, talking to people,” he said. “With heroin, you’ll still want to be doing that stuff, but you’ll be drooling and nodding off.”

James said that it’s usually necessary to go to Eugene or Portland to get heroin.

“It’s well known that you can find it in the Whiteaker area or near the bus station,” he said.

In a larger city, he said, three

arms. I never forgave myself, and I closed every door to my future.”

Still, he said he’s “found hope somehow,” through family if not drug intervention programs.

“There’s AA and NA, but other than that, there’s no support,” he said. “You’re treated like a P.O.S., and you have to make a personal choice. You have to be sick and tired of being sick and tired.”

A lot of drug use among locals, James surmises, comes from “sitting around.”

“That was my downfall,” he said. “I’d be clean for four months, but then I’d get bored and I’d want to hang with friends. You don’t want to twiddle your thumbs sober; that’s no fun. Once you’re out of high school, the window of pleasurable activities dwindles to zero; you have to work and pay your bills or you’re a bum and an addict.”

He also acknowledges, however, that there may be deeper factors behind others’ turn to drugs.

“It seems to me that everybody’s lost,” he said. “Something’s nagging at them, and they need an outlet.”

In an upcoming issue, Part II of this article will explore the efforts by police and the courts to combat drug offenses and the challenges they face.

HOSPITAL

Continued from page 3A

community are extremely supportive, and that goes a long way with the hospital’s relationship to the public.”

In August, Becker’s also named Cottage Grove as one of 50 critical access hospitals to know out of 1,332 critical access hospitals in the United

States (as of April 15).

In its Hospital Strength Index, leading advisory and business analytic services company iVantage placed Cottage Grove as a top 100 critical access hospitals. iVantage’s index criteria are based off of nine pillars: Inpatient Share Ranking, Outpatient Share Ranking, Population

Risk, Cost, Charge, Quality, Outcomes, Patient Perspectives, and Financial Strength, according to their index website.

Finally, to add on to the accolades, Dorinda Gardner received the Environmental Services Employee of the Year award for Cottage Grove.

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Word Search

Find the 7 family related words in the word search. The words will be found vertically, horizontally, and diagonally.



Answer key:

C	S	N	S	I	N	C	I	A	D	I	X
I	E	O	I	N	T	A	E	A	V	T	E
G	R	O	E	X	E	M	A	T	H	Y	
K	A	E	E	D	A	I	L	I	H	Y	N
Z	I	H	E	I	A	I	T	X	G	O	E
A	N	T	R	H	H	I	E	R	E	A	A
I	E	I	N	A	D	O	E	A	X	G	H
O	A	A	D	T	A	K	I	U	I	E	T
A	G	T	I	A	T	I	R	V	O	I	
I	V	X	O	O	O	Y	G	T	E	N	
R	S	E	I	R	O	N	E	H	W	I	D
A	N	Z	H	W	R	E	H	E	S	V	S

Word Bank:

Love
Picnics
Adventures
Playful
Heartfelt
Hug
Memories

S	A	S	E	H	P	R	M	H	Z	N	F
G	I	M	M	E	M	O	R	I	E	S	R
N	F	L	G	A	C	Q	Q	G	K	A	I
I	O	F	A	R	I	L	Y	T	I	D	P
L	E	J	U	T	K	Y	L	C	F	V	Q
O	H	D	K	F	G	U	P	N	I	E	J
V	W	P	B	E	J	H	B	R	L	N	P
E	O	C	X	L	T	V	T	B	H	T	Z
N	A	H	T	T	I	W	D	E	E	U	M
A	H	L	P	W	B	K	J	O	R	R	G
P	L	A	Y	F	U	L	N	I	G	E	T
X	U	P	I	C	N	I	C	S	M	S	C

Conversation Starters

Here are some great questions to ask your parents!

- Did you have more than one best friend when you were a kid?
- What was your least favorite subject in school?
- What was your favorite ice-cream flavor when you were my age?
- What was your favorite holiday when you were growing up?
- What games did you play during recess at school?
- What was your favorite restaurant when you were a kid?
- Who was your favorite superhero when you were a kid?



Guess What I Am!

Use the clues to guess the animal/object below. The blank spaces are for each letter of the answer.

1. I am red, round and can be transformed into a delicious pie. What am I?

2. I rise, I set, and when I’m around kids love to play. What am I?

3. I’m an animal that has spots, very long legs and can reach very tall places. What am I?



Answers:
1. Apple
2. Sun
3. Giraffe

Coloring

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