

Local doctor opens new wellness clinic

Dr. Mary Gabriele begins new endeavor for family medicine

BY JON STINNETT
Cottage Grove Sentinel



photo by Jon Stinnett

Dr. Mary Gabriele's new clinic is located at 1260 E. Main St. in Cottage Grove.

A local family practitioner said that a desire to spend more time with her patients has led her to strike out on her own.

Mary Gabriele, MD, who grew up in Connecticut and practiced at PeaceHealth Community Medical Center in Cottage Grove beginning in 2008, said she wanted to "spend more time with patients," which led her to open Gabriele Wellness Clinic at 1260 East Main St. in September.

"PeaceHealth was too demanding," Gabriele said. "I don't like to race people through."

Gabriele, who also worked at Sunshine General Store before beginning medical school, described her new endeavor as a "family medicine and functional medical practice" for patients age 12 and up.

Services include well-patient physical exams and treat-

ment of various complaints, including irritable bowel syndrome, high blood pressure and thyroid issues.

Gabriele said business has

been brisk so far. The clinic employs two people — front-desk/scheduler Mary Hendricks and LaMer Steptoe, LPN, nurse and scheduler.

Hours are Mondays, Wednesdays and Fridays from 8 a.m. to 5 p.m., and the clinic can be reached by phone at 541-649-1450.

Grants help local non-profits upgrade infrastructure

Opal Center for Arts and Education and Bohemia Mining Days receive money

BY JON STINNETT
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Two Cottage Grove-based non-profits plan to utilize grant funding from the Oregon Community Foundation to upgrade their infrastructure.

Kathryn Porter, a Foundation representative, told the Sentinel last week that the Opal Center for Arts and Education and Cottage Grove's Bohemia Mining Days Festival were named as recipients of \$4,000 and \$2,500 grants, respectively.

Porter said the OCF program, which offers grant opportunities to small arts organizations with budgets under \$100,000, is offered once a year.

Opal Center Director Leah Murray said the funds will be used to augment the equipment in its theater, located at 513 Main St. in downtown Cottage Grove, which hosts children's productions of the Storybook

Theater, an annual Halloween mash-up and other productions.

"The goal of this project is to upgrade our technologies and equipment to make our systems easier to use for anyone wishing to use the Opal Center," Murray said.

She said the center has older sound and lighting boards but no dedicated computer system to control them, which means that sound and lighting projects must be created from scratch manually for each production.

"This project will include the purchase of a gently used iMac and QLABS Pro software," she said. "This will allow us to create and control a performance lighting and sound program relatively easily. We will also purchase new lights that will be LED."

As part of a three-year strategic plan, the theater also updated the look of its frontage and purchased and installed new seats last month.

Meanwhile, Bohemia Mining Days Interim Coordinator Cindy Weeldreyer said the \$2,500 grant was "inspired by a collaborative process that began last November."

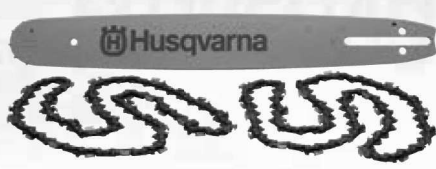
"The BMD Heritage Association took the lead ... to invite other community event organizers to work more collaboratively to share resources that support all of our organizations," Weeldreyer said. "We began a ... process that lasted for months at the beginning of this year to apply to OCF's larger Community Grant Program to purchase tables, chairs and shade coverings."

She added, "We committed that if our request was funded we will share the electrical spider boxes and shade canopies with other community event producing organizations. All of the community event organizers would benefit from more tables, chairs and a newer, lightweight performance stage. These are the big-ticket items we hope to get funded through the OCF Community Grant in the future."

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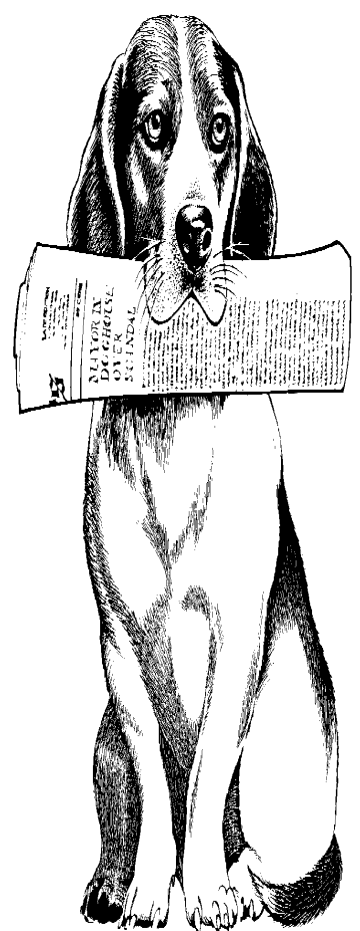
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