

DanceAbility offers classes downtown

DanceAbility International will be offering mixed-abilities classes in Cottage Grove starting Monday, March 28. There is a class for teens, and another class for adults. These creative movement classes are for all people across the full spectrum of abilities and disabilities that are interested in dance and recreation.

Thanks to already-secured grants and donations, DanceAbility will be able to provide full and partial scholarships to any and all that are in need.

"We will not turn a student away,"

said a recent press release. "Siblings, friends, and others that are interested (with or without disabilities) are also warmly invited to sign up and attend classes." Those interested can also visit www.danceability.com or call 541-357-4982 for more information.

The class fee is \$100 per 10-week session (again, full and partial scholarships are available). The Spring session takes place Thursdays until June 6 from 4-5 p.m. for the youth class and 5-6 p.m. for the adult class. Classes are held at the Opal Center, 513 Main Street in Cottage Grove.



Sentinel file photo

Instructor Jana Meszaros is a choreographer, dancer and movement educator based in Eugene, Oregon. She offers a class for all abilities.

ODFW to host family fishing event at Row Nature Park

The Oregon Department of Fish and Wildlife's Springfield Field Office is hosting a Family Fishing Event on Saturday, April 9 in Cottage Grove. Anglers aged 12 and older must have a fishing license. Children who are 11 years old and younger may fish for free without a license.

This free event will take place from 9:30 a.m.-1:30 p.m. at the Row River Nature Park. ODFW will stock the park pond with 2,000 rainbow trout.

Fish and Wildlife says the purpose of these events is to encourage fishing and fun for young people and their families. Anglers of all ages are welcome. ODFW staff and volunteers will be on hand to provide rods, reels, bait and advice on casting; as well as fish identification and assistance cleaning fish. Those who have fishing gear are more than welcome to bring their own if they prefer it.

Registration is not required.

For anglers 12-17 years of age, a \$10 juvenile combination fishing and hunting license is required. Licenses are not available at the event but can be purchased online or at one of ODFW's license outlets. All fishing regulations continue to apply for this event.

Row River Nature Park is located off Row River Road east of Cottage Grove. From I-5, take the Cottage Grove exit (Exit 174). Head east on Row River Road about 1.5 miles. Turn north into the Row River Nature Park parking area near the weigh station.

Licenses may be purchased online by visiting ODFW's website at: http://www.dfw.state.or.us/online_license_sales/index.asp

For a list of other family fishing events, visit ODFW's Outdoor Skills page at: http://www.dfw.state.or.us/education/angling/family_fishing.asp

For more information, contact the Springfield Field Office at: (541) 726-3515.

COMMUNITY BRIEFS

LGBTQIA teen group to begin meeting in April

A professionally facilitated group for those ages 13-19 who are queer, questioning or trans is forming at South Lane Mental Health. It will meet from 4 to 5:30 p.m. on Thursdays beginning April 7 and running through June 9.

Organizers say the group will be a safe place for teens to build community, explore and develop identity, answer questions, develop confidence and find positive role models.

Those interested in setting up an intake appointment or to learn more, contact Jen Donovan at 541-767-4231 or Jennifer.donovan@slmh.org.

Veterans Assistance

Veterans of Foreign Wars Post 3473, located at 3160 Hillside Dr., will be hosting three councilors to assist with any veterans claims or needs on Wednesday, April 6 from 10 a.m. to 1 p.m. and also on Wednesday, April 20 from noon to 3 p.m. The Post Service Officer is available anytime by calling the post at 541-942-7099.

Meet the Police Chief and Sheriff

The Cottage Grove Blackberry Pie Society will host Lane County Sheriff Byron Trapp and Cottage Grove Interim Police Chief Scott Shepherd from 6:30 to 8:00 pm on Thursday, March 31 in the Reception Room at the Cottage Grove Community Center, 700 E. Gibbs, Cottage Grove.

Sheriff Trapp and Police Chief Shepherd will discuss law enforcement that affect Cottage Grove area residents living inside and outside the city limits. They will also present information about the grant-funded program to prosecute low-level drug offenses as felonies, allowing offenders to go through a county drug court and drug intervention programs.

The event is free and open to the public, and refreshments will be available.

For more information about this event, contact: Blackberry Pie Chairperson Leslie Rubinstein at 541-521-2887 or blackberrypie@gmail.com.

912 Project

Hear from two ladies who have protested outside Planned Parenthood for some time at the next meeting of the Cottage Grove 912 Project on Monday, April 4 at 6:30 p.m. at Stacy's Covered Bridge Restaurant, 401 E. Main St. These ladies will discuss how long they have been doing this and share stories of their interactions with potential

clients of the organization.

ECEC volunteers

Elkton Community Education Center (ECEC) is an independent, non-profit organization working to enrich the cultural, educational and social lives of area residents and visitors. Those who have wondered what they can offer ECEC's diverse programs and activities can find out by attending the Volunteer Open House at the center on Saturday, April 9 from 9-11 a.m. For more information about ECEC and its programs and opportunities, call or email the office at (541) 584-2692 or info@elktonbutterflies.com.

Food preservation workshop

The Lane County OSU Extension Service Master Food Preservers will be offering a class on basic food preservation on Saturday, April 2 from 10 a.m.-1 p.m. The class will cover equipment needed, dos and don'ts of home food preservation, what is safe and what is not safe to do at home.

The cost of the workshop is \$25 which includes handouts and snack. The class will be held at the OSU Extension Office 995 Jefferson Street, Eugene. Registration information is on the website: <http://extension.oregonstate.edu/land/announcements/food-preservation-baking-classes>

LORANE COUNTRY NEWS

BY LIL THOMPSON
For the Sentinel

Grange following the service. Grangers will be at the hall from 8:30 a.m. on to receive food prior to the service.

Everything is back in full swing with Spring Break over and the last part of the school year coming soon. There are only a few more days for open enrollment, and those who know of anyone interested in coming to the District can call Lee Ann at the district office.

The exercise group at Lorane Grange resumed this week on Tuesday and Thursday evenings. Call Pam for more information.

Tami Drullinger Oswald's husband, Rick (Oz) Oswald, died last Tuesday, March 22 in a skiing accident while working. A memorial service will take place this Saturday, April 2, at Lorane Christian Church at 11 a.m. There will be a Potluck at Lorane

The time is here for the Rural Arts Council/Lorane Grange Talent Show. Those with talent are asked to come share it or just come enjoy the amazing show this Sunday, April 3 at 3 p.m. Entrants should arrive by 2:45 p.m. to be on the list. It's all free! Each year, the talent is amazing! Finger foods will be available after the show. Wednesday, April 6 is the next half-day art session. This time the students will do papermaking using recycled paper scraps.

Lorane Grange's next spaghetti dinner and bingo evening is Saturday, April 16. It will be the last one until September.

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