

KENNEDY

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Julianne Sullivan also gave a speech about her time at Al Kennedy High School.

"I came here from Las Vegas," she explained. "I was getting into trouble and was more concerned about being cool or how I looked in front of my friends than my own life." Sullivan became pregnant at

a young age, which is what moved her to Cottage Grove, where her grandmother lives.

Kennedy gave all of these graduates second chances. Many of the students at Kennedy have been dealt tough hands in life, and the ceremony was a celebration of their triumph.

Principal Mike Ingman

played a Bob Marley song that alluded to similar struggles that these students have faced. Ingman quoted the song "Cornerstone" that says "the stone that the builder refuses will always be the head cornerstone." The quote conveys a meaning that those who have been rejected and denied will become the most important

ones of all.

"Like Bob Marley, you were all rejected and refused, but today you have become the head cornerstone, and you all will continue to do great things," Ingman said.

Of the 34 students in the Kennedy graduating class, 19 received a diploma and 15 received a GED.



photo by Sam Wright

Al Kennedy Alternative High School students stand excited after receiving their diplomas before heading to the processional social gathering.

CGHS

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of his graduating seniors.

Five of the seven valedictorians elected to speak a few words before the class and family. Bauml, Crum, Dahlen, Forrester and Kidd all gave a short speech during the ceremony. The speeches were typical of a high school graduation commencement, yet were still heartfelt and moving to the class of 2016 and even attendees who have already gone through a similar ceremony.

Quotes were taken from

famous philosophers such as Confucius, who Bauml quoted: "choose a job you love and you'll never have to work a day in your life." There were also original reflections, such as those from Crum, who noted that the class had begun a journey in high school together, yet as they start to move on, "everyone's journey is unique."

After some thoughtful words, the diplomas were then handed out by School Board Chair Tammy Hodgkinson and

Superintendent Krista Parent.

There was one particularly touching moment as Udosenata acknowledged Dave Presley, who served as athletic director for 15 years and is now leaving Cottage Grove High School along with all of the seniors. As Presley's son, Payton, approached the podium to receive his diploma, Presley was handed the microphone and announced his own son's name and was able to congratulate his son personally as he accepted his diploma.

The class then moved their tassels from the left of their cap to the right, and in an unorganized fashion, threw their caps in the air in celebration.

The class motto is from A.A. Milne, and it reads: "If ever there is a tomorrow when we're not together, there is something you must always remember. You are braver than you believe, stronger than you seem and smarter than you think."

TASERS

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no longer be Tased while they run away, as lawsuits have followed their use in subjects who fell after being Tased.

Most of the time, Butler said, the Taser is effective, though he admits that its use is "not an exact science." He also added that it's better to attempt to talk subjects into compliance whenever possible.

"It's not used as often as people think," he said. "A lot of times, it's as effective as a visual tool."

Data compiled by CGPD shows how often local officers deployed their Tasers in the past decade:

2007 — Nine
2008 — 11
2009 — Two
2010 — Zero
2011 — One
2012 — 13
2013 — Eight
2014 — Seven
2015 — Eight
2016 (to date) — Three

Commander Conrad Gagner said that many officers have themselves been Tased as part of their training, though undergoing such training is still voluntary. He estimates that there are only two or three officers

that have not done so.

"When they take a hit, I write a nice letter saying that this puts them in the best possible position to understand at what point they would be willing to subject someone else to this treatment," he said.

"When you've been exposed to it and know what it feels like, it makes you think before doing it to someone else," Butler said.

The Taser is one of a series of weapons and deterrents that add about 30 pounds to the typical CGPD officer's uniform, including a baton, flashlight, pepper spray, handcuffs, handgun and two magazines of ammunition.

Butler said this array of weapons helps police match or exceed the level of force of a dangerous individual, and as such police are also wise to keep themselves in excellent physical shape.

"There are quite a few of us that train regularly," he said. "An officer should be in good shape, because looking squared away is in itself a deterrent. And it's always better to talk people into compliance."

SUNSHINE

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healthier direction," he said.

For 40 years, Beaman said he's watched as new customers visit Sunshine seeking that new direction. And, perhaps surprisingly, he's seen other stores in Cottage Grove and elsewhere follow Sunshine's lead.

"In the early years, if you wanted tofu in Cottage Grove or certain kinds of supplements, we were the only store that offered them," he said. "Now other businesses have adopted some of our products. The market has changed, and what was

once on the fringe has now become more mainstream."

Still, despite the marching of the years, Beaman said it doesn't feel like he's been in business for so long. "It's crept up on me," he said. "Time goes by really quickly. A lot of the original crowd has moved on, but there are still customers we've had for 40 years. I've seen their children grow, and that's part of the pleasure of having been here so long."

The store has persisted through ups and downs, Beaman said, but his main interest remains to try to promote healthy living in a welcoming environment. And he doesn't plan on going anywhere anytime soon.

MULCH

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the newspaper still intact. Landscape fabric or plastic would do the same, but aren't free.

"From my point of view, the best mulch is one we don't pay very much for or is a waste product," she said.

An example of that is mint compost from local farmers, usually available in August and a good source of nutrients. An easier option for urban homeowners would be the wood chips generated by tree pruning or removal. Catch them as you drive around the neighborhood or call a few companies to see if they sell to the public and how much they charge.

When applying mulch, how much depends on which type you're using. Spread finer-textured products such as yard debris compost or mint compost 1-1/2 inches deep. Coarser wood products such as bark dust, wood chips and arborist waste can be as deep as three inches. Keep any material at least two inches away from the base of trees, shrubs and woody perennials.

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WATER SAFETY TIPS

Whether it's a trip to the beach or a dip in the community or backyard pool, you can ensure that swimming is as safe as it is fun by following a few basic safety tips.

THERE IS NO SUBSTITUTE FOR ACTIVE SUPERVISION

Actively supervise children in and around open bodies of water, giving them your undivided attention.

Whenever infants or toddlers are in or around water, an adult should be within arm's reach to provide active supervision. We know it's hard to get everything done without a little multitasking, but this is the time to avoid distractions of any kind. If children are near water, then they should be the only thing on your mind. Small children can drown in as little as one inch of water.

EDUCATE YOUR KIDS ABOUT SWIMMING SAFELY

Every child is different, so enroll children in swimming lessons when you feel they are ready. Teach children how to tread water, float and stay by the shore.

Make sure kids swim only in areas designated for swimming. Teach children that swimming in open water is not the same as swimming in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.

Whether you're swimming in a backyard pool or in a lake, teach children to swim with a partner, every time. From the start, teach children to never go near or in water without an adult present.

You can start introducing your babies to water when they are about 6 months old. Remember to always use waterproof diapers and change them frequently.

DON'T RELY ON SWIMMING AIDS

• Remember that swimming aids such as water wings or noodles are fun toys for kids, but they should never be used in place of a U.S. Coast Guard-approved personal flotation device (PFD).

TAKE THE TIME TO LEARN CPR

We know you have a million things to do, but learning CPR should be on the top of the list. It will give you tremendous peace of mind — and the more peace of mind you have as a parent, the better.

Local hospitals, fire departments and recreation departments offer CPR training.

Have your children learn CPR. It's a skill that will serve them for a lifetime.



These Safety Tips brought to you by
South Lane County Fire & Rescue



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