

c.g. Daytripper

Through visitors' eyes, or the power of 'good morning'

BY JON STINNETT
The Cottage Grove Sentinel

Those who visit the Cottage Grove area this time of year get a glimpse of the best it has to offer — loads of sunshine with cool, pleasant nights; fresh, delicious produce; world-class events and the finest in outdoor recreation.

They come to town for many reasons: visits with family; reunions with friends or to take in the sights and amenities that have earned the area renown.

Lately, my most frequent interactions with visitors take place on pavement, more specifically the 34-mile loop of blacktop known as the Row River Trail. The volunteers at the Chamber of Commerce visitors center will tell you that the area's covered bridges are its biggest draw, though a walk, ride or run on the trail makes it plain how many of them are using the trail to access those bridges. This summer, I've found it helpful to attempt to adopt the visitor's mentality while on the trail myself, and so far it has worked wonders.

On Sunday, I'll be taking my family down south for the final camping trip of the summer, which will double as an opportunity to run the Lake of the Woods Half Marathon. In the past six weeks, I've utilized many of my favorite routes

around town to rack up the training miles I'll need, though I've found my absolute favorite on a five-mile stretch of the Row River Trail, from a trailhead at about Milepost 7, past Harms Park and Bake Stewart Park and approaching the town of Dorena. The trail offers flat, fast pavement, mile markers every half-mile to make interval running a breeze and, perhaps most importantly, no cars. That particular stretch of the trail bypasses the uphill climb at the base of Dorena Dam, in addition to the bumpy stretch of pavement that follows, while offering miles of lakeside scenery.

It also offers contact with the aforementioned visitors, contact that can literally transform one's day. With blistering late-summer heat possible many afternoons, my longer runs typically take place early in the morning, and it seems that the earlier one encounters a cyclist on the Row River Trail, the happier that cyclist is likely to be.

During a spirited 12-mile run last Sunday morning, I was amazed to note that every single cyclist I encountered offered me and my chocolate Lab, Jack, a hearty "good morning." Taken singly, these exchanges can be chocked up to mere pleasantries, but as the "good mornings" mount, the effect on one's mood is impossible to deny, as



photo by Jon Stinnett

Trail visitors take pictures of each other at an idyllic spot at Harms Park.

if it's become necessary to look around and acknowledge that, you know what, it really is a beautiful morning.

Often, I'll catch snippets of conversation as visitors encounter each other: Where did you guys start out? Did you see the covered bridge? Isn't this place amazing?

At times like these, I'm tempted to say to myself, "of course they're happy. They're sitting atop thousands of dollars worth of bicycle, pedaling their morning away, seemingly without a care in the world." It's then that I realize, though, that I'm in the very same frame of the picture right along with them, that I can access this treasure within two blocks of my house whenever I'm able. Taking this to heart never fails to put a little extra bounce in my stride.

Toward the end of these long, glorious summers, it can be easy to take this impossibly blue sky, these unbelievably tasty tomatoes or a too-full calendar for granted. But I've found that taking a moment to view it all through a visitor's eyes can help drive home just how lucky we are to be right here, right now, in one of the world's most picturesque places. For truly, we are all visitors here, and our stay here will be shorter than we wish. Why not take time to acknowledge the scenery along the way?

CG Daytripper celebrates the world-class destinations accessible within an afternoon. To suggest a topic, contact the author at cgnews@cgsentinel.com.

COMMUNITY BRIEFS

Fire Restrictions in Lane County parks lifted

Lane County Parks announced Friday that it has lifted the restriction on fire and open flame in County-operated parks and campgrounds due to the reduction of the Industrial Fire Protection Level System (IFPL) level for this area.

"Cooler temperatures and some rain this week have allowed us to lift our restriction on fire in our parks just in time for the long holiday weekend," said Parks Manager Mike Russell. "We still want to encourage park visitors to be safe and exercise caution with open flame and fire."

For people looking to get outside this weekend, an interactive map and list of parks (County-operated and more) is available at <http://lanecounty.org/Departments/PW/Parks/Pages/CountyParkIndexMap.aspx>.

"We appreciate the understanding our community and park visitors showed during the restriction. Everyone was very understanding of the need to keep our parks safe and reduce the risk of fire," said Russell.

Temporary road closure

Forest Service officials will temporarily close Forest Road 2216 at milepost 2.31 on the Cottage Grove Ranger District beginning as early as Sept. 1 as a contractor replaces a stream-crossing culvert. Any through traffic will be rerouted on a detour using Forest Roads 5850 and 1746. The closure may continue through Sept. 16. The work site is about four miles northeast of Lund Park Campground and two miles north of Upper and Lower Parker Falls.

This project is part of the road reconstruction efforts involved with the Parker Wyatt

Timber Sale. For more information, contact the Cottage Grove Ranger District office at 541-767-5000.

Bow Wow Around Town

The Humane Society of Cottage Grove will host its 10th annual dog walk, entitled "Bow Wow Around Town," on Saturday, Sept. 10. The walk starts in Prospector Park at 10 a.m. (registration starts at 9:30). Participants walk a two-mile loop ending back in the park. It features door prizes, free doggie scarves and refreshments for people and dogs. Donation is \$10 per person or \$15

Support for families in transition

Beginning in mid-September,

South Lane Mental Health will be offering a professionally facilitated support group for families experiencing transitions and related challenges.

The group is open to those ages 18 and up who want help with:
Improving family communications
Parenting children transitioning to teenagers or young adulthood
Introducing new members to the family
Setting boundaries with family members
Blending families or separating families

The group will meet on Wednesdays from 4:30 to 6 p.m. at South Lane Mental Health, 1345 Birch Ave. in Cottage Grove.

For more information or to participate, contact Nick Fossett at (541) 767-4191 or Nick.Fossett@slmh.org.

Congratulations! to our

Employee of the Month
Paula Johnson



Resident of the Month
Candi Jaatinen

for the Month of August, 2016

MagnoliaGardens 541-942-0054
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Worship Directory

WORSHIP WITH US

DRAIN:
Gateway Family Fellowship
Church of the Nazarene
337 "C" St. Drain, OR
Sunday School 9:30am
Worship 10:45am
Living Hope Free Lunch
Wed. at 12:30pm
541-836-7051 www.drainnaz.org

HOPE U.M.C.
131 W "A" St. Drain, OR
541-315-1617
Pastor: Lura Kidner-Miesen
Bible Study: 10:45am
Potluck Lunch: Noon
Worship: 12:45pm

COTTAGE GROVE:
6th & Gibbs Church of Christ
195 N. 6th St. • 541-942-3822
Pastor: Aaron Earlywine
Youth & Families Pastor: Seth Bailey
Services: 9am and 10:30am
Christian Education
Nursery for pre-k - 3rd Grade
www.6thandgibbs.com

Calvary Baptist Church
77873 S 6th St • 541-942-4290
Pastor: Riley Hendricks
Sunday School: 9:45am
Worship: 11:00am
The Journey: Sunday 5:00pm
Praying Thru Life: Wednesday 6:00pm

Calvary Chapel Cottage Grove
1447 Hwy 99 (Village Plaza)
541-942-6842
Pastor: Jeff Smith
Two Services on Sun: 9am & 10:45am
Youth Group Bible Study
Child Care 10:45am Service Only
www.cgcalvary.org

Church of Christ
420 Monroe St • 541-942-8565
Sunday Service: 10:30am

Cottage Grove Bible Church
1200 East Quincy Avenue
541-942-4771
Pastor: Bob Singer
Worship 11am
Sunday School: 9:45am
AWANA age 3-8th Grade,
Wednesdays Sept-May, 6:30pm
www.cgbible.org

Cottage Grove Faith Center
33761 Row River Rd. • 541-942-4851
Lead Pastor: Isaac Hovet
www.cg4.tv
Summer Schedule: Sunday Service 10am
Full Children's Ministry available

Covered Bridge Nazarene Church
152 S. M St.
541-942-4422
Pastor: Cindy Slaymaker
Sunday School: 9:30am
Worship 10:30am

Delight Valley
Church of Christ
33087 Saginaw Rd. East
541-942-7711
Pastor: Bob Friend
Two Services:
9am - Classic in the Chapel
10:30am - Contemporary in the Auditorium

First Presbyterian Church
3rd and Adams St • 541-942-4479
Pastor: Karen Hill
Worship: 10:00am
Sunday School: 10:00am
www.cgpresbynews.com

Grove Community Church
77820 Mosby Creek Rd.
Cottage Grove, OR 97424
541-942-0123

Pastor: Bryan Parsons
Worship: 10:30 a.m.
Nursery: Infant - Pre-K
Kid's Church: K to 5th grade

Hope Fellowship
United Pentecostal Church
100 S. Gateway Blvd. • 541-942-2061
Pastor: Dave Bragg
Worship: 11:00am Sunday
Bible Study: 7:00pm Wednesday
www.hopefellowshipupcc.com
"FINDING HOPE IN YOUR LIFE"

Living Faith Assembly
467 S. 10th St. • 541-942-2612
Pastor Rulon Combs
Sunday School All Ages 9am
Worship & Children's
Church 10:00 am
Sat Evening Service 6:00pm
Youth 180 Mondays 5:30-8pm

Non-Denominational Church of Christ
1041 Pennoyer Ave * 541-767-0447
Preachers: Tony Martin & Robert Evans
Sunday Bible Study: 10:00am
Sunday Worship: 10:50am & 5:30pm
www.pennoyeravecoc.com

Old Time Gospel Fellowship
103 S. 5th St. • 541-942-4999
Pastor: Jim Edwards
Sunday Service: 10:00am
Join us in Traditional Christian Worship

Our Lady of Perpetual Help and St. Philip Benizi

Catholic Churches
1025 N. 19th St.
541-942-3420 / 541-942-4712
Pastor: Roy L. Antunez, S.J.
Euch. Liturgies; Sat. 5:30pm
Sun. 10:30am
St. Philip Benizi, Creswell:
552 Holbrook Lane • 541-895-8686
Sunday: 8:30am

St. Andrews Episcopal Church
1301 W. Main • 541-767-9050
Rev. Lawrence Crumb
"Church with the flags."
Worship: Sunday 10:30am
All Welcome

Seventh-day Adventist Church
820 South 10th Street
541-942-5213
Pastor: Kevin Miller
Bible Study: Saturday, 9:15 am
Worship Service: Saturday, 10:40 am
Mid-week Service: Wednesday, 1:00 pm

Trinity Lutheran Church
6th & Quincy • 541-942-2373
Pastor: James L. Markus
Sunday School & Adult Education 9:15am
Sunday Worship 10:30 am
Comm. Kitchen Free Meal Tue & Thur
5:00pm TLC Groups
tlccg.com

United Methodist Church
334 Washington • 541-942-3033
Pastor: Lura Kidner-Miesen
Worship: 10:30am
Comm. Dinner (Adults \$5, Kids Free)
2nd & 3rd Monday 5-6:00pm
cottagegroveumc.org

"VICTORY" Country Church
913 S. 6th Street • 541-942-5913
Pastor: Barbara Dockery
Worship Service: 10:00am
Message: 11:00am
"WE BELIEVE IN MIRACLES"

Our Worship Directory is a weekly feature in the newspaper. If your congregation would like to be a part of this directory, please contact the Cottage Grove Sentinel at 541-942-3325.