

## Meet and Greet deemed a success by businesses

On Saturday an all day meet and greet for local businesses and non-profit organizations was held for networking and expansion purposes. Tupperware representative Glenna Miller (center) found new customers and had many people show interest in her products. WomenSpace, a Lane County non-profit organization focused on domestic violence was represented by Kat Harrison, who says events such as these are essential for the success of the organization and for them to help as many people as possible.



photo by Sam Wright

## School Board discusses District's pesticide use

BY SAM WRIGHT  
The Cottage Grove Sentinel

The South Lane School District has been trying to move away from spraying pesticides on school grounds. Due to health issues, there has been a call to reduce the amount of spraying when dealing with pest management. A few concerned citizens approached the School Board at its Sept. 12 meeting in order to make people aware of the dangers of pesticides.

"We don't disagree with what these people are saying," Superintendent Krista Parent said. The School Board also recently agreed to a moratorium on spraying.

The School District is required by the state to have an Integrated Pest Management plan. One plan was originally adopted by SLSD in 2012 and was recently re-adopted in 2015.

In a little under five years, the School District has reduced the amount of spraying by 85 percent, however the difficulty of completely moving away from pesti-

cides lies in the amount of manpower.

Groundskeeper Matt Allen says that he and one other worker manage a total of 267 acres of school grounds. With the lack of manpower, spraying pesticides still remains necessary in order to adhere to city fire codes.

"If I had enough volunteer effort, I wouldn't spray a drop," Allen said.

To reduce a lot of the spraying over the years, Allen says that they have switched

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## Cleanup planned for Black Butte Mine

Work is probably 'a year or so out,' EPA says

BY JON STINNETT  
The Cottage Grove Sentinel

The latest chapter in the ongoing effort to clean up a hazardous former mercury mine outside Cottage Grove continued last week with a public meeting held to take comments and detail the next steps of

the proposed cleanup.

The Black Butte Mine, which mined mercury from the late 1890s to 1969, was one of five significant mercury mines in Oregon, and it is also identified as the dominant source of the mercury that can be found poisoning Cottage Grove Reservoir downstream from the mine, according to the Environmental Protection Agency, which listed the mine on its Superfund list of contaminated sites in 2010.

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## Cooking fire blamed for Dorena Lake blaze

A representative of the Oregon Department of Forestry said that an errant cooking fire is to blame for a blaze that consumed just under four acres near Dorena Reservoir last week.

Justin Patten of the Eastern Lane division of ODF said the agency, which is tasked with protecting forestlands from fire, responded to a report of a fire at Milepost 7 of Row River Road near Harms Park at about 4:30 p.m. Wednesday, Sept. 14.

Patten said that a transient admitted to starting a cooking fire and that "the wind blew and it got away from him." Firefighters were able to extinguish the flames, and a 10-person crew responded the next day to mop up the fire, Patten said. He added that he is unaware if charges are being pursued related to the incident.



photo by Ryan Thompson

## Corps plans controlled burns near Bake Stewart

The U.S. Army Corps of Engineers announced last week that the agency and its partners are planning controlled ecological burns near Dorena Reservoir this fall. The burns are scheduled to take place on 28 acres of land north of Bake Stewart Park, east of the Row River and west of Row River Road.

Partners for the project include the Al Kennedy Alter-

native High School and the Bureau of Land Management. Those organizations have been protecting and restoring important habitat at Bake Stewart Park and the adjacent East Wildlife Area for several years. Part of that management includes controlled burns to manage and restore natural areas. The Corps said that controlled burns also benefits plant and animal communities,

particularly endangered plants and butterflies.

According to the announcement, experienced and highly-trained fire crews will manage these controlled ecological burns using detailed burn plans, which provide maximum protection for the community. The Lane Regional Air Protection Agency reviews and approves the plans and specifies the conditions the burns can proceed.

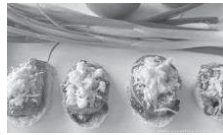
The Corps said that, because of evolving weather conditions, the days that burning will occur cannot be specified, more than 24 hours in advance of burns. More information and updates about the burns are on the Willamette Valley Prescribed Fire Facebook page at <https://www.facebook.com/>

**The National Center on Addiction and Substance Abuse**  
**Family Day**  
*Be Involved. Stay Involved.*

## Celebrate Family Day – September 26, 2016

### Family Fun in the Kitchen

Make Cheesy Bean Toast with your teen using this easy recipe by *Family Day* partner, Amy Roskelley of [Super Healthy Kids](#)



Ingredients: 2 c. cooked pinto beans, ½ c. barbecue sauce, ½ c. grated parmesan cheese, 1 bunch green onions, 3 plum tomatoes, sliced, Whole wheat bread, sliced, Salt and pepper, to taste

Step 1) Slice and arrange tomatoes on a parchment lined sheet pan and sprinkle with salt and pepper. Broil for 5 minutes, or until tomatoes start to wilt or brown.

Step 2) While tomatoes are broiling, mix beans, barbecue sauce together in a bowl. Remove tomatoes from pan and set aside.

Step 3) Arrange slices of bread on pan, then top with beans. Then add tomato slices, then green onions, and then Parmesan.

Step 4) Broil on high for 3 minutes, or until cheese starts to bubble and brown.

### Get Active

Try some of these fun activities with your teen this week!

- Re-do your teen's bedroom. Look up some fun, easy ways to decorate together.
- Volunteer at a soup kitchen, animal shelter, or any local charity that could use you and your teen's help.
- Go to a sporting event together and cheer on your favorite team.
- Take a trip to the movies or watch a movie you both love at home.



### Start the Conversation

Here are some great questions to ask your teen!

- What is your favorite family memory from when you were younger?
- What inspires you to write, draw or create any kind of art?
- What helps motivate you to accomplish the goals you have for yourself?
- What subject in school do you wish you could learn more about?
- What sport or activity that you're involved in now could you see yourself doing in college?



### Be Creative

Use the inspirational words below to write a song or rap. Ask your teen to do the same. When you're done perform the finished product in front of the rest of your family members. Let them be the judges and decide the winner!

- Shine
- Achieve
- Dream
- Discover
- Believe
- Soar
- Goal
- Embrace
- Motivate
- Accomplish
- Successful



THIS MESSAGE  
BROUGHT TO  
YOU BY THIS  
PARTICIPATING  
RESTAURANT

**FAMILY DAY**  
MONDAY, SEPTEMBER 26th  
Kids 10 & Under Eat FREE from Kids Menu  
with the purchase of Adult Entrée

**Good for Dinner  
from Regular Menu Only  
No Other Discounts or  
coupons on this offer.**

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