

Gleaners

Continued from A1

However, Gleaner Sherry Adams said the group was appealing the decision and asking that the suspension be lifted until the situation could be properly litigated.

"If they lift the suspension, we'll be gleaming this Friday," she said.

Adams also said that the crux of the suspension, from her understanding, stemmed from a complaint that the organization's mandate that residents work in exchange for boxes of food violated Bureau of Labor and Industries (BOLI) standards.

"Google it. 90 percent of Gleaner organiza-

tions in the state make people work for their food," Adams said. The local organization asks people to help clean-up after distribution nights and help sort the food obtained by Food for Lane County. It's Adams' contention that, because the Gleaners come after local food pantries in line to receive food, there is more work involved in collecting and distributing it. "We do more work than a regular food bank," she said.

Adams also said the local Gleaner organization will be filing a complaint of discrimination with the Oregon Food Bank and USDA

Civil Rights. "We're being discriminated against," she said.

Several Gleaners organizations across the valley varied on whether they required people to work for their boxes. Sweet Home Gleaners in Linn County does not have a work requirement while the Eugene Area Gleaners does not currently offer boxes. According to a representative, the group connects people with gleaning opportunities. Those that take part in the opportunities are allowed to keep what they glean. Extra food is then offered to the group. According to Edmonds, the Cottage Grove Gleaners

have up to 90 days to comply with the changes Food for Lane County has requested. When asked if those changes included ceasing all mandates that people work to receive food, Adams noted that the group planned to appeal the decision and that "sometimes it's nice for people not to get a hand out."

Until the situation has resolved, those utilizing the local Gleaners organization for food are left to find other sources. Director of Community Sharing, Mike Fleck said, "I'm 99 percent sure it's the same USDA income requirement," for his program.

Name a park after you in CG? Die, wait a year



By Caitlyn May
cmay@cg sentinel.com

During the Monday, August 14 city council meeting, councilman Jake Boone had a suggestion: don't name anything after anybody until they've been dead for at least a year.

Boone's suggestion came during the portion of the meeting that allows board members

to voice concerns or report on issues. Boone noted that, in reviewing other city council rules, he found this one, meant to prevent the city embarrassment.

"We don't want to have something like the O.J.. Bridge or the Bill Cosby Park," he said.

"They could do something to embarrass the city you than have to do something about," he continued. He also noted the

recent controversy surrounding the University of Oregon and its renaming of facilities bearing the names of KKK members.

It was, however, pointed out during the meeting that the university named the buildings after the men after they had passed away.

Boone is expected to raise the issue as an agenda item at a future city council meeting.

QUAKE

Continued from A1

are different but it is a concern," she said.

Cook's advice to patients is fill prescriptions as soon as possible to build up a surplus of medication.

"I know someone who, in six months, managed to put away about two week's worth of medication," she said.

Residents in rural and coastal areas may need all two weeks. The Cascadia Quake, according to seismologist Chris Goldfinger, is not your average quake. Rather than the ground shaking and splintering, it will wave for up to five minutes. Roads will be subject to what's known as liquefaction and become liquid while dangers of a tsunami for coastal residents remain a possibility. The expected 9.0 earthquake was cited in a 2015 Pulitzer Prize winning article, in which Goldfinger was the scientific source, as having the possibility of creating a death toll near 14,000 and an injury count nearing 30,000.

"They should not wait until the last minute to get their prescription refilled," said Paula Neglele, public information officer for Oregon Emergency Management. Neglele said residents should note the earliest date they are able to refill their medications and place them in an easy-to-access area.

"Our hope is that there will be medical locations open," she said. She also noted that patients could speak with their doctors about their medication concerns, calling the issue a "personal health concern."

"Their physician is the best resource," she said.

Jill Chaplin, chief of primary care for PeaceHealth Medical Group said consequences for stopping medications dead turkey depend on which medications patients are prescribed.

"The consequences of being without chronic medication varies depending on the medication and the condition for which is

was prescribed, and also the length of time the medicine is not taken. Assuming the medication is missed for three to five days, the effect of missing medications would be:

Blood pressure medications: Blood pressure will rise, heart rate may rise, with increased stress on the heart and blood vessels. If a patient has underlying coronary disease, this may trigger angina, or arrhythmia.

Diuretics: Fluid retention. If the patient has congestive heart failure, this may cause acute heart failure, which is an emergency and can be fatal if untreated.

Anxiety and depression medication: Stopping selective serotonin reuptake inhibitors (SSRI) drugs like Celexa or Prozac suddenly can cause withdrawal, with dizziness or "zinging" sensations in the limbs. Stopping tranquilizers like Lorazepam or Clonazepam suddenly can cause rebound anxiety, withdrawal symptoms similar to delirium tremens (shaking, confusion and hallucinations), seizures, and, in some cases, death.

Narcotic pain medication: Can cause withdrawal, with cramps, diarrhea, anxiety, nausea and vomiting, body pain and shakes. This is very unpleasant, but not life-threatening.

Asthma medication: Can cause a flare up of asthma. The severity depends on how severe the underlying asthma is.

Birth control pills: Will bring on menses. It also increases the risk of pregnancy.

Anticoagulation: Stopping aspirin, warfarin, or other oral anticoagulants causes gradual return to normal coagulation, with risk of heart attack or stroke depending on the underlying condition.

Diabetes medication: Elevated blood sugar. In type 2 diabetes, if severe, this can cause illness, with increased urination and thirst, dehydration or blood mineral imbalances. In type 1

diabetes, stopping insulin can cause ketoacidosis, where the body produces excess blood acids. This is life-threatening.

Arthritis medication: Stopping non-steroidal, anti-inflammatory medicine will increase pain. Stopping chronic Prednisone (a steroid used to treat many diseases and conditions related to inflammation) suddenly may cause low blood sugar, low blood pressure and shock."

PeaceHealth stated that its doctors and staff are held to local, state and federal regulations governing medications that limit their ability to prescribe large amounts of medication. Sarah Alleh of PeaceHealth said, "Although we recognize that this means community members are unable to stockpile medications for disaster preparedness kits, these precautions have been established with overall community health and safety as the top priority. We want to assure both Cottage Grove and the surrounding areas that PeaceHealth Cottage Grove Community Medical Center is committed to meeting the health needs of our patients, and our caregivers are trained and ready to do everything they can to address community health needs in times of crisis."

Locally, disaster plans for Cottage Grove are in flux. Previous planning director Howard Schlessor stepped down from his post earlier this year which included leading the local disaster response. Since his departure, the planning and community development offices have combined under new director, former Lane County Commissioner Faye Stewart. According to Stewart, he has yet to take over the lead on disaster due to regulations that require he take classes prior to assuming the role. He is, however, moving toward the role and said he is aware of the dangers posed by the Cascadia Quake.

Lorane News

In spite of the drizzly rain Sunday morning, there was still a good attendance at the Lorane Community Potluck and the Annual Lorane Fire Department Ice Cream Social. It was wonderful to see everyone out and the rain disappeared. The first official day of fall sports began on August 14. Contact the school girl further information. Crow football jamboree at Crow Middle/High School is August 16. Be sure to get your school supplies. There are lots of sales in the stores. Check with the district website for supplies. School begins the day after Labor Day.



DRAIN: HOPE U.M.C.
131 W "A" St. Drain, OR
541-315-1617
Pastor: Lura Kidner-Miesen
Fellowship & Song: 11:30am
Potluck Lunch: 12:00pm
Worship: 12:30pm

COTTAGE GROVE: 6th & Gibbs Church of Christ
195 N. 6th St. • 541-942-3822
Pastor: Aaron Earlywine
Youth & Families Pastor: Seth Bailey
Service: 10am,
Sunday School: 9am for all ages
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

Center for Spiritual Living
Cottage Grove
700 Gibbs Ave.
(Community Center)
Rev. Bobby Lee
Meets Sunday 3:00 p.m.
cslcottagegrove@gmail.com

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

Non-Denominational Church of Christ
1041 Pennoyer Ave
541-942-8928
Preacher: Tony Martin
Sunday Bible Study: 10:00am
Sunday Worship: 10:50am & 5:30pm
www.pennoyervecoc.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

Living Faith Assembly
467 S. 10th St. • 541-942-2612
Pastor Rulon Combs
Worship & Children's Church 10:00 am
Youth 180 Mondays 5:30-8pm

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.hopefellowshippupc.com
"FINDING HOPE IN YOUR LIFE"

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

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

Cottage Grove Faith Center
33761 Row River Rd.
541-942-4851
Lead Pastor: Kevin Pruett
www.cg4.tv
Full Children's Ministry available
Service: 10:00am

Our Lady of Perpetual Help and St. Philip Benizi Catholic Churches
1025 N. 19th St.
541-942-3420 / 541-942-4712
Father: Joseph Hung Nguyen
Holy Mass:
Tue-Thu: 8:30am; Sat: 5:30pm
Sun: 10:30am
Confession: After daily mass,
Sat. 4-5pm or by appointment
St. Philip Benizi, Creswell
552 Holbrock 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: "WE BELIEVE IN MIRACLES"

The News & So Much More

Find Local Garage & Estate Sales
In Print & Online Today!



Get the in-depth local news coverage you need, plus more of what you want, right here in your local newspaper.

Cottage Grove
Sentinel

In Print & Online
Subscribe | Renew | Gift

541.942.3325 • www.cg sentinel.com

Worship With Us!

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 @ 541-942-3325**