

# State grad rates come in 48th

## Cottage Grove breaks away from dismal rate



By Caitlyn May  
cmay@cgsentinel.com

According to the latest national data, Oregon continues to fall below nearly every other state in the union in regard to its graduation rate.

The National Center for Education Statistics ranked Oregon as 48 out of 50 in the nation. The only states with lower high school graduation rates are Nevada and New Mexico.

In 2016, Oregon graduated 74.8 percent of its seniors, Cottage Grove High School came in higher than the average, graduating 93.62 percent in the 2015-2016 school year. That percentage, however, is aided by the existence of an alternative high school in the area. Al Kennedy High School works to catch the students who drop-out of Cottage Grove High School and eventually, graduate them under the four or five-year graduation plan.

In 2016 more than 8,000 students in Oregon dropped out of high school, according to the report, while 3,307 earned their degree in five years.

South Lane School District has repeatedly said that graduation depends on students wanting to be in class. Once a student turns 18 years old in the state of Oregon, they are no longer required to attend school. Prior to that, students who habitually miss class can be cited for truancy and fined. At the end of 2016-2017 school year, South Lane School Board voted to allow students to be denied prom and the ability to walk at graduation if they were labeled as chronically absent students. The statistics for the 2017 drop-out rate are due out at the start of 2018 and will detail the number of students who have failed to complete high school since the changes went into affect.

## LORANE NEWS

Everyone had a fantastic dinner at the Lorane Grange Christmas dinner on Sunday and fun was had by all.

Come out tonight, Wednesday, December 13 at 7 p.m. to Crow High School to see the drama production of the play, "A Kidnapped Santa Clause." An interactive play with a few carols will find you cheering and even some booing. It costs \$3 with canned food, \$5 without food donation. 12 and under, only \$1. Hot chocolate and gingerbread cookies served at the end of the play.

Applegate Awards Assembly and winter party is Friday, December 15. Winter party starts at 12:30 p.m. At the end of the day, holiday vacation begins until Tuesday, January 2, 2018.

Please remember to stop by the Angel Trees at Crow High School and the Lorane Family Store. Help a child have a merrier Christmas.

The food boxes are still up in all the organizations. All non perishable foods will go to the Christmas Baskets for those less fortunate in Lorane. Remember them when out shopping.

The Lorane Fire Department will have their Christmas gathering on Monday, December 18 at Lorane Grange. This is for all volunteers, their spouses, and the fire board members. After that night, the food boxes will be picked up to put all the Christmas baskets together.

Please drive carefully with our cooler temperatures, fog and some icy corners. Be safe.

# FLU EXPECTED TO HIT HARD

By Caitlyn May  
cmay@cgsentinel.com

Only 0.9 percent of emergency room visits between October 1-7 this year were due to influenza. But according to health officials, that is not indicative of the flu season they expect here in Oregon.

While last year's flu season saw an uptick in cases, this year's bug is expected to be just as bad or worse. Stories spread of packed hospital beds up and down Interstate-5 and patients being shipped to Washington during last season's flu outbreak.

There are several strains of the flu, which is why individuals who receive the flu shot can still get sick. However, officials often look to the southern hemisphere, which experiences its flu season prior to the season in the U.S., for signs of which strain may hit the nation and how bad the season might be.

This year, officials have named H3/N2 as the likely culprit for this year's flu strain and warn that this particular strain affects seniors particularly hard.

"Every flu season is a bad flu season, but we can all do our part in keeping flu numbers down by getting a flu shot before the season really hits hard," said Ann Thomas, MD, public health physician in the Acute and Communicable Disease Prevention Section at the OHA Public Health Division.

Flu is a virus that causes mild to severe respiratory illness and can lead to hospitalization. The virus kills thousands of people in the U.S. each year. People at higher risk of severe illness or death include children, adults older than 65, pregnant women and those with chronic medical conditions or weak immune systems.

Your best bet at avoiding the flu and what to do if you get it:

### Foods

Food can be used to fend off the flu. Common foods that many people already have in their pantries can be powerful flu-fighters. Garlic, for example, contains compounds that have direct antiviral effects and may help destroy the flu before it affects the body. Raw garlic is best. In addition to garlic, citrus fruits, ginger, yogurt, and dark leafy greens can boost immunity and fight the flu, according to Mother Nature's Network. The British Journal of Nutrition notes that dark chocolate supports T-helper cells, which increase the immune system's ability to defend against infection.

A study published in the American Journal of Therapeutics showed that carnosine, a compound found in chicken soup, can help strengthen the body's immune system and help fight off the flu in its early stages.

### Flu shot and medications

Annual flu shots administered in advance of flu season can

help protect people and their families from getting the flu. The U.S. Food and Drug Administration says that, in select situations, antiviral medications — which are usually prescribed to treat the flu and lessen symptoms — can reduce the chance of illness in people exposed to influenza.

Many over-the-counter medicines can alleviate symptoms of the flu, but cannot fend it off.

### Stop germ proliferation

Germs can be spread easily between persons through direct contact and indirect contact with surfaces sick individuals have touched. Doctors recommend staying home for at least 24 hours after a flu-induced fever has dissipated. Well individuals should avoid contact with sick people.

Frequent hand-washing with soap and water can stop germs from spreading. When soap and water is not available, alcohol-based hand sanitizers can help. People also should avoid touching their eyes, noses and mouths after being in public places or around someone who is ill.

### Rest and restore

Those who feel symptoms coming on should begin drinking more liquids to keep the respiratory system hydrated and make mucus less viscous. Remember to get adequate sleep, as a tired body cannot effectively fight the flu virus.



### 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 times: 9am & 10:30am  
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.  
cslcottagetrove@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.cgible.org

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

**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

**Hope In The Grove**  
700 E. Gibbs • 541-520-9529  
Pastor: Wayne Husk  
Sunday services:  
Worship: 8:30a  
Coffee Fellowship: 9:30a  
Bible Study: 9:45a

**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.hopefellowshipupc.com  
"FINDING HOPE IN YOUR LIFE"

**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

**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.pennoyeravcocc.com

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

**Our Lady of Perpetual Help  
and St. Philip Benizi**  
Catholic Churches  
1025 N. 19th St.  
541-942-3420  
Father: Joseph Hung Nguyen  
Holy Mass:  
Tue-Thur: 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  
Mid-week Service: Wednesday, 1:00

**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)  
1st & 3rd Monday 5-6:00pm  
umcgrove.org

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

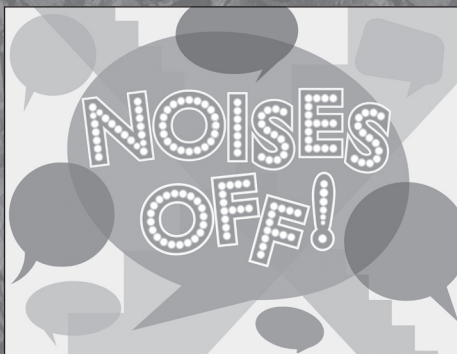
# CT COTTAGE THEATRE

Great Holiday Gift!

Save up to 30% with 2018 Season Tickets

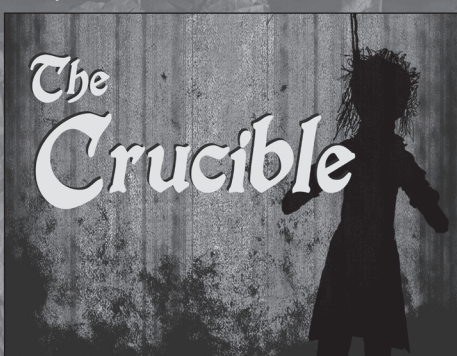
February 2 – 18

The outrageous, door-slamming,  
backstage farce



June 8 – 24

A cautionary tale of hysteria  
and persecution



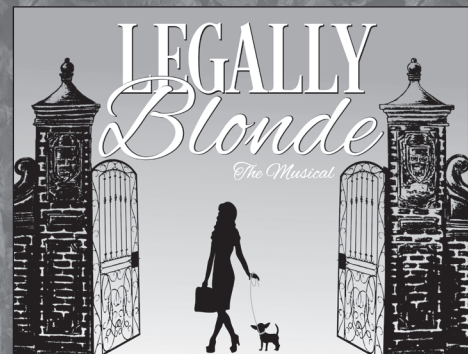
October 5 – 28

The fantastic fairytale adventure  
for the whole family



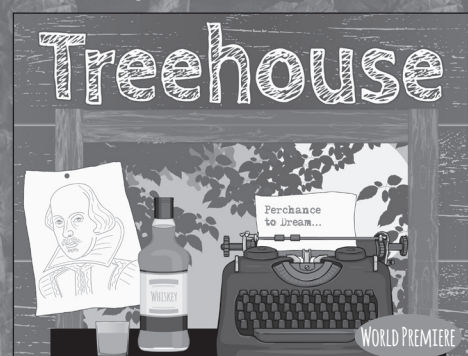
April 6 – 29

The musical comedy of love, law, and  
everything pink



August 10 – 26

A riveting story of love, loss,  
and healing



Nov 30 – Dec 16

A touching fable about passion  
and innocence



700 Village Drive, Cottage Grove 541-942-8001  
www.cottagetheatre.org

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