

DanceAbility group welcomes all

By Caitlyn May
cmay@cgsentinel.com

It's open to everyone. It allows for the inclusion of all body types. It's "the art of being together," according to instructor Jana Meszaros. It's DanceAbility and it meets every Monday in Cottage Grove at Opal Theatre.

DanceAbility is a dance class that has cohorts around the globe and is promoted as a class for all body types and all abilities.

"Whether you have experience or not, whether you have different abilities or not, getting together and creating movement is valuable to anyone," Maszaros said.

Maszaros, who has been involved in the industry her entire career, became one of 700 certified instructors and began a class in Cottage Grove three years ago. According to DanceAbility International, the program found its roots more than 30 years ago.

"In 1987, Alito Alessi and his dance partner Karen Nelson began exploring mixed-abilities dance after being inspired by an article that appeared in Contact Quarterly magazine. Together they created the term DanceAbility (DA). Their company, Joint Forces Dance Company (JFDC) produced its first



PHOTO BY ZACH SILVA/COTTAGE GROVE SENTINEL

Dancers of DanceAbility practice on Monday, Jan. 22. The group is open to all body types and abilities and is currently accepting new members. mixed-abilities workshop in 1987 using the dance vocabulary of contact improvisation," the organization's website reads.

Maszaros said she was drawn to the program after meeting Alessi at an industry event.

"I realized how special this part of the industry is. It weaves together dance, art, social activism and community," she said. "It's a lovely way for me to participate in my community and still work with dance and art."

DanceAbility meets every Monday at 5:15 p.m. at Opal Theatre on Main St., a location Meszaros says has been supportive since the start. Currently, the classes run on a sliding scale from \$80 to \$100 for 10 weeks or \$10 for drop-ins.

"We don't turn anyone away for their inability to pay, though. If you really want to participate, we find a way," Meszaros said, noting the program's scholarship opportunities.

The Cottage Grove class has ranged from 15 members down to five last year and ages vary as well, though Meszaros said teens tend to drop in and the age limits are fluid.

And while DanceAbility meets in the theatre, the classes do not put on a final show.

"There's an open house in Eugene at the end of the term and the Cottage Grove class has the option to perform," Meszaros said.

Anyone interested in joining DanceAbility can contact Meszaros at jana@danceability.com or stop by the Opal Center on Mondays during scheduled classes

Flu continues to plague Lane

By Caitlyn May
cmay@cgsentinel.com

The number of emergency room visits attributed to the flu in Lane County are up this week with 149 people hospitalized with the virus.

Flu-related deaths have been reported in the state and around the country and a particularly bad flu season continues.

According to the Oregon Health Authority, one child died from the illness this month, marking the second Lane County death related to the flu, and there are 31 current outbreaks of the virus, up from 15 outbreaks last week.

As of Jan. 18 RiverBend hospital reporting seeing more than 500 people with the flu since December.

The Oregon Health Authority (OHA) begins tracking flu the first week of October each year. The agency publishes data each week of the season on reports of influenza-like illness from hospital emergency departments and sentinel health care providers around the state; positive flu tests reported by 22 hospital laboratories in Oregon; and hospitalizations reported in Clackamas, Multnomah and Washington counties.

While it's difficult to forecast exactly how bad the flu season will be this year, health officials say getting a flu shot is the best way to prepare for however it shapes up.

"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.

Garden Club to host presentation

A rain garden is generally a small, planted depression or "sunken garden bed" in your yard where rain runoff from roofs, driveways, and other impervious surfaces is directed. Once in this garden, the rain water soaks into the ground naturally and is absorbed by plants and trees.

Rain gardens mimic the way that natural forests, meadows, and wetlands process rainwater. They are often planted with native plants, and besides being miniature stormwater treatment systems, rain gardens can also be designed to provide habitat for birds, butterflies, and beneficial insects.

On Tuesday, February 6, Kathy Eva, a public information specialist with the City of Eugene, will join Garden Club to discuss rain gardens, bioswells, and the plants that do well in them. Her presentation will include photos of rain gardens, discussion about soil types, plants, how to conduct a percolation test, and when and why a rain garden might be valuable.

Kathy's work with the city of Eugene focuses on informing and educating citizens about stormwater and surface water-related issues. She is also a member of the Lane Pollution Prevention Coalition, a multi-agency group, which works together to share pollution prevention tips about air, water, groundwater, drinking water, waste prevention and recycling. In addition, she is on the steering committee for the statewide Clean Rivers Coalition whose mission is to help residents understand their role in protecting Oregon's waters. This newly formed coalition is exploring how to reach and work with many groups and communities on a statewide and local level.

Are you a Chamber Member?
Ask us how you can become a member today!

Contact Travis Palmer,
Director of the
Chamber of Commerce
(541) 942-241
travis@cgchamber.com



STILL
RUNNING
OUT TO
FETCH THE
PAPER?



Subscribe to home delivery,
and we'll deliver it to your mailbox!

SUBSCRIBE
At the 2017 Rate
and Save!

Subscribe before
January 31, 2018 to take
advantage of the
2017 rate of \$37.65.

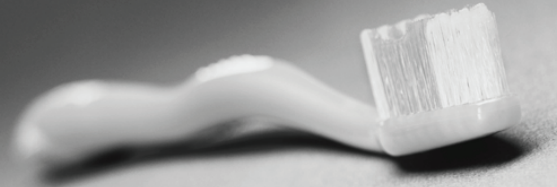
Cottage Grove
Sentinel

541-942-3325
www.cgsentinel.com

*This offer is not transferable and the offer is available those who have not subscribed in the last 31 days. Special introductory offers are limited to no more than two special subscriptions in a twelve month period and must be paid in advance to qualify for special rate. Once the above discounted period ends, you will be billed at the regular subscription rates.

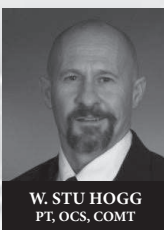
NEW: Digital X-Rays (use less radiation)

Implants • Teeth Whitening • Extractions
Lumineers (no prep veneers as seen on TV)



Cottage Grove Dental
Dr. Brent Bitner, DDS
350 Washington, Cottage Grove (behind Better Bodies)
541.942.7934

South Lane Physical Therapy LLC



Did you know?

Your referral is good
here! No need to
drive to Eugene.

Orthopedic • Sport • Spine

303 Main Street, Cottage Grove OR
Phone: 541.942.6482
Fax: 541.942.6483

Cottage Grove
Sentinel

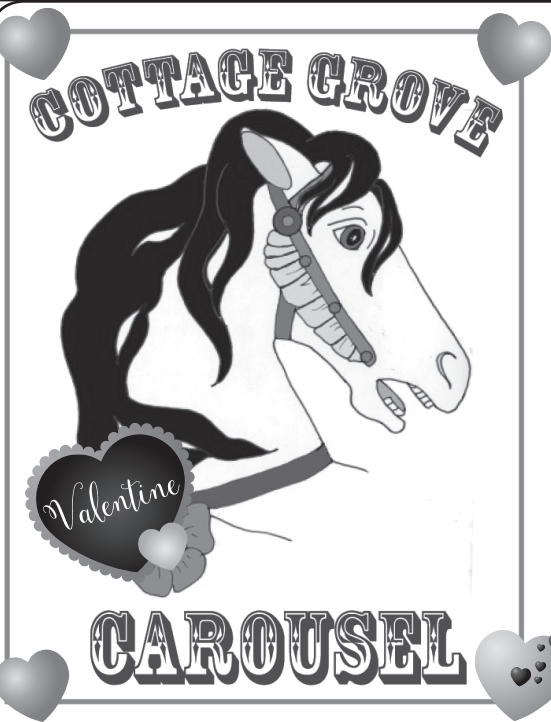
www.cgsentinel.com



@cgsentinel
@cgsentinel
#cgsentinel



Cottage-Grove-Sentinel



**Restoration St. Valentine's
Dinner/Dance Benefit**

Saturday, February 10, 2018
CGHS Cafetorium 6pm-9pm
Doors open at 5:30pm

Tickets are \$30/person
or table of 8 for \$240

Tickets are available at
the Bookmine & Cottage Grove Sentinel

Former KVAL news anchor
Shelley Jack (Kurtz) will be MC for the evening

For more information, contact
Alice Nowicki @ 541-228-8451

All proceeds go to restoration of the 1929 Allan Hershell Carousel & Band Organ