

Scholarship opportunity

Funded by a donation from the physicians and surgeons at the Slocum Center for Orthopedics & Sports Medicine, at least six \$1,500 college scholarships will be awarded in May to Lane County's most promising high school seniors from The Slocum Research & Education Foundation. This scholarship opportunity is available only to local high school seniors who are interested in pursuing health-related education and training. The deadline to apply for the College Scholarship Program for High School Seniors is March 30, 2018. Submissions are welcomed through the Slocum Foundation website at www.slocumfoundation.org.

The Slocum Foundation's Scholarship Program targets well-rounded high school seniors who plan to pursue a career in healthcare, health-related research, and public or community health. Applicant requirements include a grade point average of 3.0 or higher and a significant financial need. Additionally, strong applicants must demonstrate academic achievement, involvement in extracurricular activities, leadership activities, dedication to community service, and outstanding letters of recommendation.

In offering this competitive college scholarship over the past eight years, recipients have been supported in their aspirations for attending technical school, community college, public universities, and Ivy League institutions.

"Our high school graduates have really incredible ambitions, from 3-D printing of blood cells at Carnegie Mellon to serving our most vulnerable populations and impacting maternal health and birth outcomes," said Dr. Brick Lantz, Slocum Center orthopedic surgeon and President of the Slocum Research & Education Foundation's Board of Directors. "And we continue to be impressed with our applicants for their academic merit and commitment to community service."

The Slocum Research & Education Foundation's mission is to improve musculoskeletal care across the lifespan through community-based research, education, and collaboration and supports this through the development of future healthcare professionals through this annual college scholarship program.

Slocum Center for Orthopedics & Sports Medicine, the Pacific Northwest's premier provider of progressive orthopedic care, and The Slocum Research and Education Foundation have worked collaboratively to provide the Eugene community and the surrounding areas advanced, highly specialized musculoskeletal care and community-based research and education for nearly 30 years. Both named in honor of Donald B. Slocum, M.D., a world-recognized leader in orthopedics and considered one of the founding fathers of sports medicine as an orthopedic subspecialty, Slocum and The Slocum Foundation continue the tradition of innovation and leadership through research, commitment to advancing musculoskeletal care training, and community partnerships. Slocum is The Official Orthopedic Sports Medicine Team Physicians for University of Oregon Athletics Since 1967.

FREE FLU SHOT

Basic Family Healthcare is offering FREE Flu Shots for individuals who are uninsured and over the age of three while supplies last. Basic Family Healthcare is a Non-Profit Family Healthcare Clinic located inside the Cottage Grove United Methodist Church at 334 Washington Ave. If you or a family member is uninsured and over the age of three, call to schedule a Free Flu Shot while supplies last at 541-241-3071.

Lane deputy arrested on rape charge



Matthew Hitson

A deputy with the Lane County Sheriff's Office was arrested on Friday on charges of first-degree rape, delivery of marijuana to a minor and furnishing alcohol to a minor.

Matthew Hitson, 40, has been placed on unpaid administrative leave from his post in the county corrections division after the Springfield Police Department requested assistance from the

Lane County Sheriff's Office (LCSO) in identifying him as a suspect in its investigation.

The victim, according to the LCSO, is an 18-year-old female.

"The sheriff's office is saddened a member of the organization may have been involved in actions that lead to the above charges, and the impact it has on our community," a statement released by the LCSO read. "The

conduct reported is not acceptable, and fails to meet the standards expected of members of the sheriff's office."

Hitson has been with the LCSO for three years.

The office is cooperating in the Springfield investigation.

A criminal case is being referred to the district attorney's office.

Change in leadership at PeaceHealth

Oregon Chief Executive Rand O'Leary left PeaceHealth. This according to a press release from the company set out Monday. The change is effective Friday, April 20, marking the end of O'Leary's four years with the organization.

"We are so grateful for Rand's valued contributions - and express our thanks for his leadership and commitment to our mission, patients and communities we serve," the release stated.

Executive Vice president and Chief Operating Officer Richard DeCarlo said, "Rand asked me to share the following personal messages with you. 'I am confident that the new Oregon Executive Team leadership will ensure long-term sustainability of the Network. My nearly four years with PeaceHealth have been inspiring and fulfilling, and I am so grateful for the opportunity to serve Oregon alongside dedicated and amazing leaders and caregivers - who live the mission each and every day. Thank you.'"

According to the press release, O'Leary will help in the development of a transition plan. "Together we will ensure Oregon continues to remain successful as we carry on the healing mission of our Founding Sisters and their influential legacy," the release stated.

Spring break: Tips to keep kids engaged

Anywhere from between one to three month's worth of educational achievement can dissipate during prolonged breaks from the classroom. To help ensure that those hard-earned lessons are not so easily forgotten, parents can help children remain intellectually engaged in various ways over school breaks.

- Stick to a schedule. Try to maintain a schedule similar to school, with children waking at the same time each day and going to bed at similar hours. This will make it much easier to get back into a routine when school starts again.

- Encourage reading. Set aside time for reading each day. All it generally takes is 15 to 30 minutes of reading per day for kids to remember their vocabulary lessons and maintain their fluency and comprehension skills.

- Keep a math book handy. On long car trips or rainy days, children can do a few math problems to keep their skills sharp.

- Plan educational trips. Vacations and day trips can be fun, entertaining and educational all at the same time. Science centers, museums and living history locations can bring to life information learned in the classroom, even on family vacations.

- Learn at camp. Many children attend camp for a portion of their school breaks. Look for camps that do not simply babysit children, but engage them through enrichment activities.

- Take a class. Children and families can learn together by exploring new skills. Enroll in something educational and enjoyable, such as a music or dance class, a STEM seminar or something else that engages the mind and body. This gives everyone a chance to learn something new and have a great time together as a family.

Parents and educators can reduce lesson loss over school breaks by encouraging families to remain intellectually engaged in any way they can.

Wilco
Fertilizer and Amendments Available Here!

LANDSCAPE AND BUILDING MATERIALS
Open 7 days a week!
79149 N. River Road
541-942-4664

BOYCE & SONS

U-HAUL
AUTHORIZED DEALER

Relay For Life
Western Spaghetti Night

Spaghetti, Green Beans, Salad, & Bread

When: Saturday, April 7th • 6pm
Where: Elks Lodge • 755 N River Rd
Cost: \$10/person at the door

Purchase your advanced dinner tickets for only \$8 by visiting the Cottage Grove Sentinel or by emailing SouthLaneRFL@gmail.com

Country dance music after dinner!

RELAY FOR LIFE
American Cancer Society

You Can Count on Us!

We provide prompt and reliable, public transportation. Our experienced, courteous drivers will take you to appointments on time.

Medical Offices • Pharmacies
✓ Serving the Communities of South Lane County
South Lane Wheels
1450 Birch Ave, Cottage Grove
www.southlanewheels.org
541-942-0456

Disclaimer: All vehicles are operated in accordance with the Americans with Disabilities Act. South Lane Wheels complies with Title VI of the Civil Rights Act of 1964. Information about the transit agency, including information in non-English alternative formats, may be obtained by calling 541-942-0456 or rlmso@southlanewheels.com

Family & General Dentistry

Douglas G. Maddess, DMD

"Brightening Lives One Smile at a Time"

914 S. 4th Street
Cottage Grove
541-942-1559
www.douglasgaddessdmd.com

NOTICE OF CITY OF COTTAGE GROVE PLANNING COMMISSION VACANCY

The City of Cottage Grove Planning Commission has one vacancy to this volunteer body term ending 12/31/18. The Commissioners are appointed by the City Council. The Planning Commission meets twice a month on the 2nd & 3rd Wednesday evenings. People interested in applying for this position need to complete a Planning Commission application available at the Community Development Department at City Hall or online at: www.cottagegrove.org/PlanningCommissionApp.pdf. The deadline for receiving applications is April 16, 2018 at Noon. For further information please contact the Community Development Department at 541-942-3340.

SPRING Tune-Up

Only \$99*

We'll make sure your system is running effectively and efficiently. Call for details and an appointment today, and beat the spring rush!

Complete Heating & Cooling System Service
Reasonable Rates • All Work Guaranteed

JAMES HEATING & AIR CONDITIONING
COMMERCIAL & RESIDENTIAL

www.jamesheating.com
115 Lawrence St., Eugene, OR 97401
CCB #47396
Bus. (541) 461-2101 • Fax: (541) 686-4820

GRANTS HEARING CENTER

SAVE \$1000
On Most of Our Digital Product Line
(Based on 2 Instruments)
Not to be combined with any other offer. Previous purchases excluded. EXPIRES 3/31/18

Three For Free
3 years FREE batteries
3 year loss and damage insurance
3 year comprehensive warranty
Batteries in sizes to fit all makes, all models. See office for details. EXPIRES 3/31/18

\$995 per aid
The wait is over! 100% digital that's affordable. Grant's Hearing Centers is offering the CIC model for \$995. This 100% custom digital instrument automatically adjusts to enhance speech clarity and manage background noise.
Not to be combined with any other offer. Previous purchases excluded. EXPIRES 3/31/18

Eugene - (541) 344-4442
Cottage Grove - (541) 942-8444
www.grantshearing.com