

New business on Main St.

Continued from A1

Law Center, a group tasked with tracking hate groups around the country—in 2015.

“Creswell is too small of a town,” Laskey said. The business, which is in the process of moving in on Main St. in Cottage Grove, sells knives, swords and other weaponry. “We do really well at shows and this building is perfect,” she said.

On Wednesday, March 28 Laskey and other family members were renovating the old museum building next to Big Stuff BBQ on Main St. when a small group of protesters appeared in front of the store wielding a sign that read, “No hate on Main.”

Cottage Grove Police re-

sponded to the scene. “I was admittedly confrontational,” Venice Mason said. Mason, a Cottage Grove resident, said she heard about Wolfclan moving into town and came down to protest the business.

“They’re known racists,” she said.

Law enforcement confirmed that the group was permitted to protest peacefully.

Laskey said she and her husband are not racist. She contended that they had been “threatened” by Antifa and that, while she couldn’t discuss her son’s latest court case, she believed he had stopped taking his medication. The last post to

the Wolfclan Armory Facebook page was Jan. 18. Jacob Laskey was arrested on Jan. 20 in connection with a Jan. 19 stabbing.

He was photographed with known hate group American Front after his release from prison.

“We’re Christians,” she said.

According to the city manager’s office, the city of Cottage Grove does not approve businesses and only issues licenses to taxi services and used merchandise stores.

Cottage Grove Area Chamber of Commerce Executive Director Travis Palmer said he would have to consult the chamber’s regulations to see if the group had anything on the books that would bar Wolfclan Armory from becoming chamber of commerce members.

“If it’s true, then I would hope that there wouldn’t be enough support for that in Cottage Grove,” he said with regard to the business and its place on Main St.

LORANE NEWS

Lorane Grange meets this Thursday, April 5 at 7 p.m. RAC/Lorane Grange Talent Show is scheduled for this Sunday, April 8 at 3 p.m. We want your talent, singing, playing an instrument including piano, dancing, acting or any other interesting talent. Stationary talent like rugs, art, jewelry will be displayed in the kitchen area where some refreshments will be available. Call Lil at 541-943-5701 or Lisa Livelybrooks or come at least 15 minutes early to sign in. The April CAL School Board meeting is at Applegate Elementary on the third Thursday, the 19th. It is Kindergarten Roundup time for the students starting in the fall for the 2018-19 school year. If your child will be five prior to September 1, 2018, come to Applegate Elementary on Thursday, April 26 at 3:15 p.m. You will meet the teacher and see the classroom. It is a five full-day program. Bring your child to see their new classroom. Call 651-935-2100 for more information.

TURNING 65 AND NEED HELP WITH YOUR MEDICARE CHOICES?



Call Paul to help simplify the complicated.

541-517-7362

Paul Henrichs ~ Independent Agent
coverage4oregon@gmail.com



delicious FAMILY DINING

We'll make you feel right at home with great food and friendly service!

Daily Specials
20% off for Active Military & Vets.
Tuesday Night is Senior Night 4-8 pm.

OPEN DAILY
Breakfast, Lunch & Dinner
6am-10pm Sun-Thur
6am-10pm Fri & Sat.

the FAMILY RESTAURANT
Vintager Inn

1590 Gateway Blvd. • Cottage Grove
541-942-7144

Celebrate beauty Repair Damaged Hair

Keeping your hair shiny and healthy can be harder than it looks — and with so many products out there claiming to do it all — it can also get confusing. Luckily, the American Academy of Dermatology has some tips and tricks to keep your locks luscious. The academy notes that when hair is damaged, the protective lipid layer of fat on the outside of the cuticle (which makes hair shiny) is removed. How does that happen? Chemical damage is one of the most common causes of hair damage, leading to dried-out, frizzy hair that can look dull and not hold a style.

What to do

Speaking to the academy, dermatologist Zoe D. Draelos, MD, FAAD, noted a few things that can go a long way toward avoiding, and repairing, that damage. • He recommended using conditioning shampoos and conditioners regularly to improve the appearance of frizzy hair. 2-in-1 shampoos that remove oil from

the scalp, clean the hair, then condition the hair in the rinse phase also are good choices. • He also recommended products containing dimethicone, which is available in shampoos, conditioners, sprays and creams. This ingredient has been shown to decrease static electricity, increase shine and improve manageability. • An obvious one: Stop dyeing your hair and opt for hair’s natural hair color instead. If you feel you must dye, try to stay “on shade” within three shades of your natural color, to lessen the chemical affect.

Look out for heat

Heat is another major factor leading to unhealthy hair, as too much heat can turn the natural water in your hair into steam, which leads to frizzy ends that can easily break. It can also cause your hair to even smell burnt. Put simply, Draelos said too much heat can “cook” your hair. To fix and avoid those problems, he recommended: • Allow hair to air dry when possible.

- When using a hairdryer, do not use the highest heat setting immediately. Work your way up.
- When straightening hair with a ceramic iron, put a moist towel in the device to protect the hair from direct heat.
- Moisturizing your hair regularly will help the appearance of heat damaged hair, but he noted stopping the source of heat damage is essential.



HEALTH & BEAUTY | RELAXATION

Spa Day

There is no need to feel guilty about announcing these words: “Honey, I’m headed to the spa.” In fact, having a spa day is one of the best ways to alleviate the stress and anxiety that come with daily life. Allowing yourself the opportunity to relax – and get pampered in the process – is key to improving your overall health.

The Benefits

Spa treatments and massage therapies foster many benefits for both your mental and physical health. Studies from Florida State University and George Mason University have shown that the frequency of visiting a spa may directly correlate with better quality sleep, fewer sick days, reduced absenteeism from work and fewer

hospitalizations. Additionally, the heat from a hot tub, sauna or steam shower can loosen joints and soothe aches from arthritis, fibromyalgia and other issues. Some spas even offer Pilates and yoga, which have been proven to improve flexibility and breathing.

Skin Care

Another reason to visit the spa often is to detoxify your skin from built-up waste and bacteria. Mud baths accomplish this by exfoliating and nourishing the skin through natural elements like soil, clay and water. Cleansing your skin is important in the defense against environmental toxins. Facials also release stress tension from the head and neck, which can prevent headaches. Spas use products such as

lotions, scrubs and wraps to increase the physical and mental health benefits of your service.

Immune Boost

Massage therapy is effective because it stimulates your lymph flow, which in turn strengthens your body’s defense system. Massage can also draw out metabolic waste, excess water, toxins and bacteria from the muscles.

All of these benefits can help you remain healthier and fight off sickness, while also reducing swelling and general soreness. Other boosts from regular massages include improved circulation and posture that can help you feel healthier and more energetic each day.

Rubi's Beauty Salon

PHONE: 541-942-3731
CELL: 541-210-7682

ANA RODRIGUEZ
STYLIST

811 E. MAIN ST, SUITE A
COTTAGE GROVE, OR 97424

MON - SAT 9AM - 7PM
CLOSED SUNDAY

se habla español

TANA STOOPS
Owner/Stylist
Hair Cuts, Perms & Colors

TANA'S CUTTIN CORRAL
541-895-5115

134 W. Oregon Ave.
Creswell, Or. 97426
Hair • Tanning • Massage

Impressions Hair Design

Full Service for the Entire Family
Acrylic & Gel Nails, Facials,
Waxing, Pedicures

1059 E. Main Street
Cottage Grove, OR 97424
(541) 942-7762

Whistle Stop Barber Shop
258 E. Oregon Ave.
Creswell, OR 97426
by car wash and laundromat
541-658-5058
Tues 8-5 • Sat 9-3