

SPAGHETTI FEED HONORS LEGACY OF NANCY AFFINITO

Cars lined Main Street this past Thursday, wrapping around the historic Burkholder Building as roughly 100 area residents gathered to enjoy plates of homemade spaghetti prepared by brothers Nic and Alex Inhat, owners of Backstage Bakery and the sons of the late Nancy Affinito. The community-style supper was their way of honoring their mother, as well as her legacy. With the help of a handful of volunteers, the brothers worked to provide a heartfelt meal for the many guests who had come to pay tribute to Affinito.

"For many of us, we can recall a person that left a deep and lasting impression on our lives," said native Cottage Grove resident Jeremy Eckstine, who explained how, in some cases, that person is a mother, sister or friend. "In others, it is someone we happen upon in a brief interaction. They ... showing us kindness, wisdom and love — an outpouring of genuine care. With such people, their character continues on well past their physical time here on earth. For each person in attendance, Nancy was such a person."

Affinito's children, friends and family decided the greatest way to honor her spirit was by gathering the community.

"Worries and cares were put away while people were



hugged, laughed, and shared memories," said Eckstine. "It was a tribute to one incredible human being whose mere mem-

ory reminds us of the power and importance of showing the world grace, compassion and a warm smile.

"Nancy left us with an incredible legacy, the beauty found in true community."

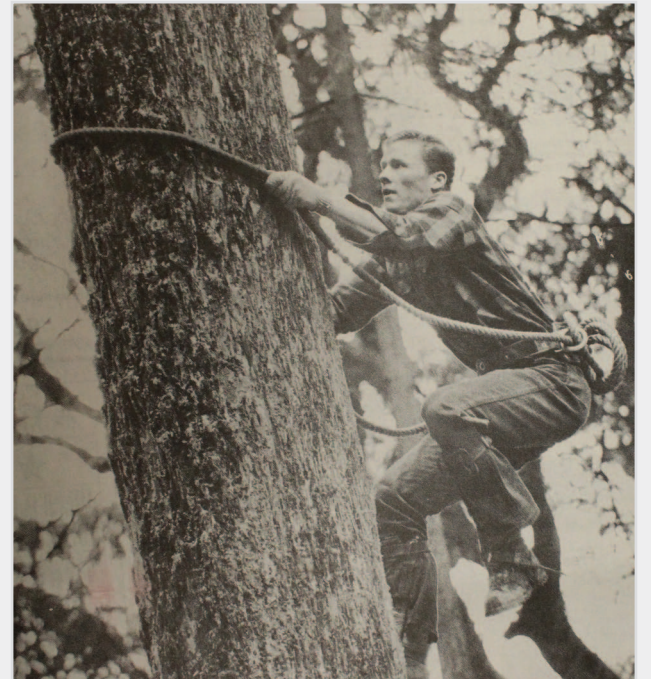
Cottage Grove Retrospective

A look back at Sentinel stories from 30 and 60 years ago

Putting skills into competition

May 11, 1988

Sentinel Staff Reporting



People often grouse about athletics being put before academics at the high school level. These people should be happy about what is going on in forestry classes at the various schools.

At Cottage Grove High School, athletics and academics are mixed in forest skills competitions held throughout the state.

The team competed in a skills contest last Saturday at Pleasant Hill, the last competition before the state forest skills contest this Friday and Saturday at Chemeketa Community College in Salem.

"The basic idea is to take what we've learned in the classroom and apply it in competition," explains Al Kennedy, instructor of the forestry classes and advisor to the timber skills squad. "It's kind of like a test, but not the written kind. And they aren't graded on how they do."

Kennedy compares the forest skills competition for loggers to cowboys competing in rodeos. They take what they do in a normal work day and put it into competition.

A forest skills competition consists of 12 to 15 events, depending on the host school's forestry curriculum, according to Kennedy. These are divided into skill and academic categories.

"Not all the events are physical," says Kennedy. "We want the kids to think in some of the events."

Events in the skill category include log rolling, fire hose laying, power saw bucking, double bucking, spur climbing, choker setting and Jack and Jill bucking.

Academic events include plant and tool identification, compass and map log scaling, timber cruising and first aid.

The degree to which schools compete in the competitions vary from school to school. Some schools, like Scio and Baker, take the competition seriously. Others, like Cottage Grove, compete hard but don't spend much time preparing for contests.

"We don't specifically prepare for these competitions," Kennedy says. "We want to do well, but it's up to the kids how much time they put into preparation."

The number of students who compete in the contests varies from week to week, but one performer is there week after week — senior Rod LaCoste.

LaCoste is the current state champion in spur climbing. Spur climbing involves scaling 30 feet up a special tree (or pole) with the help of spurs attached to the climber's boots and a rope-and-belt mechanism.

"Rod has really worked hard to reach the point he's at," says Kennedy. "He puts a lot of time into it, and he's helped the other kids improve their climbing."

The help with the other team members showed as Cottage Grove took first and second in both the advance and novice climbing events.

LaCoste has been climbing for three years, but has gotten serious about the event the last two years. Serious enough to win the state championship last year.

"When I first started climbing, I was intimidated," admits LaCoste. "But then you're hooked by the challenge of climbing up a tree 30 feet."

The senior spends plenty of time practicing, either on the well-word pole at Pleasant Hill, or in several trees just off Blue Mountain School Road.

"Cottage Grove doesn't have its own climbing pole, so I go out into the woods to get used to climbing trees of different diameters," LaCoste says. "Different competitions have different climbing poles."

LaCoste, who has scaled the 30 feet in 4.20 seconds, would have turned professional, but he will be entering the military after graduation.

Saturday's competition was a small one, according to LaCoste. Some competitions will have 15 or 20 teams entered with 30 or 40 climbers.

The spur climbing and dryland log rolling are divided into novice and advanced divisions.

The Pleasant Hill competition was a big success for the Cottage Grove team. LaCoste won the spur climb, placed second in the choker setting, fifth in double bucking and sixth in the advanced log roll.

Dave Nofsinger was first in novice climbing, and Scott Hyde was second in advanced climbing and sixth in novice log roll.

Randy Stutzman finished fifth in double bucking and Chris Ponce was second in novice climbing.

The team of LaCoste, Hyde, Nofsinger, Stutzman Ponce and John Coe placed third in the hose lay event.

"These are fun competitions for both the team and individual," says Kennedy. "It's like an extension of the classroom where you get to put what you learned into an actual situation."

LORANE NEWS

Submitted by Lil Thompson

A great time was had by all attending the taco dinner and the Fandango experience at Lorane Grange last Saturday. Check the posters. If you missed the event, they will be performing at Crow Grange, Crow High School and the theater at the old Central School on Central Rd. and Fleck Rd. this month.

Lorane Grange will be working on the Lorane Grange Cemetery on Monday, May 14, meeting at 10 a.m. Grangers, bring your clippers and other tools for beautifying the cemetery.

On May 19, a Celebration of Life for Lloyd will be held at Lorane Christian Church with a potluck following at Lorane Grange. The Grange doors will be open at 11:30 a.m. to receive food. Jeri asks that everyone wear western attire in memory of Lloyd.

Mark your calendars, Crow Senior Recognition night is May 30 at 7 p.m. in the CHS gym.

Sentinel offering free press release writing workshop

Writing a press release, or public service announcement (PSA), to submit to a newspaper or online media source requires certain elements to improve the likelihood of it getting printed or posted.

During a free one-hour workshop led by *Cottage Grove Sentinel* managing editor Ned Hickson and editor Caitlyn May, participants will learn the proper formatting of press releases, including elements of Associated Press style that are utilized by media outlets around the world.

The workshop will cover what to include in a press release as well as what to leave out; effective PSA structure; standard photo formatting used by media outlets; how to contact media outlets and which formats are preferred by editors receiving submissions.

The workshop, sponsored by *The Cottage Grove Sentinel*, will be held Wednesday, May 16, from 6 to 7:30 p.m., at the Cottage Grove Public Library, 700 E. Gibbs Ave.

"The workshop will be a great opportunity for publicists and individuals from local organizations of all kinds to get the basics on effective press release writing in a fun and relaxed setting," said Hickson. "Newspaper editors see hundreds of press releases each week, and many submissions make the same mistakes. We're looking forward to helping folks improve their press release writing, which helps get the word out about their group or organization and ultimately benefits everyone."

Though the workshop is free, pre-registration is appreciated by calling *The Sentinel* at 942-3325 or email nhickson@cgsentinel.com.

For more information, contact Ned Hickson at 541-902-3520.

CGSENTINEL.COM

Transmissions Plus & AUTOMOTIVE SPECIALTIES

PRACTICING THE ART OF TRANSMISSION REPAIR SERVICE SINCE 1991

- ✓ Manual & Automatic Transmission Repair
- ✓ Tune ups
- ✓ 30-60-90K Services
- ✓ Brakes, belts, hoses and cooling system services
- ✓ Mufflers & Custom Exhaust
- ✓ All makes and models.

MAINTAINING YOUR VEHICLE AFFORDABLY

WE LIVE IN THE SAME TOWN WE WORK IN
"WE MAKE SHIFT HAPPEN!"

www.automotivespecialties.biz

DUSTIN TULLAR & RUSS OWENS
541-942-8022 • COTTAGE GROVE

Andreason's
CREMATION
& Burial Services

Family Owned

\$693

"the affordable alternative."

24-HOUR PHONE 485-6659

320 N 6th Street, Springfield www.andreasons.com

Jeff & Andy Andreason

6-day weather forecast

THURSDAY May 10 60° 41° Mostly Cloudy	FRIDAY May 11 63° 43° Partly sunny
SATURDAY May 12 79° 49° Sunny	SUNDAY May 13 88° 51° Sunny
MONDAY May 14 83° 48° Sunny	TUESDAY May 15 76° 45° Partly sunny

You have a benefits budget. We have a way to make it work.

Call today (541) 942-0555.
PayneWest.com/Cottage-Grove

PayneWest INSURANCE