

LINCOLN *from B1*

program that began at the start of the 2016-17 school year.

For the students, the day-to-day now includes working on exercises like squats, burpees and sit-ups with the idea of self-improvement at the core. The gym turns into a frenzy of movement as students are competing various workouts all at once.

"One of the really cool parts about this program is that it caters to all needs of students," said sixth grade PE teacher Heather Devine. "So everybody's working the same amount of time at different levels and that's what I think makes it work. It's not competing against you or her or him for who finishes first, it's you work until the time is up. They don't know where everybody else is at. Just everybody is working. It kind of levels the playing field. It's very cool."

In this setting, individual achievement takes a back seat to hard work. Or, more specifically, to grit. Grit, the buzzword that has gained prominence in education circles was central to the new workouts. The teachers wanted to have their students be

able to persevere and have that determination play out in their lives.

"This is something that's really difficult to measure of course, but in terms of talking about what grit is, and a lot of schools talk about it... we're noticing the kids are having to demonstrate it while they're working out. Because it's intense," said LMS PE and Health teacher Jason Corwin. "And they're embracing it and what we're finding is those skills that they're developing, or recognizing, when they're out in the PE department they're also starting to show up in the school. Or in the classroom. When they're having to finish assignments, when they're having to stay focused a little longer."

Corwin isn't the only one noticing a change in how students behave. From students regularly changing for PE to kids no longer wandering towards the office to find an excuse to get out of the class, vice principal Emily Wren sees that the current program has helped the school and is one factor in helping with behavioral issues.

"Kids are consistently getting exercise or getting great tips.

There's this community feel, this family feel within the PE program so I'm sure it does play a part and there would be a correlation I would say," said Wren. She also noted that the Tiger Pride room, a room focused on helping students through disciplinary actions at school, and having teachers work with trauma informed care have also helped with discipline.

"I think our PE program is pretty phenomenal," she said.

The department then got a boost this winter when the Cottage Grove Community Foundation awarded a \$1,000 grant to the school to buy 30 kettlebells – steel weights that are utilized in many different types of workouts.

"We were so lucky and so fortunate to be chosen as recipients for this grant. We're so grateful and this is so positively impact hundreds of students every day. Seriously, hundreds of students every day," said Devine who wrote the grant.

With the weights in place in addition to pull-up bars and bands and a wrestling room that was revamped to be a modern weight lifting room, the school continued to grow their pro-



PHOTO C/O JASON CORWIN

Lincoln students pose for a picture with their new kettlebells that were funded by a grant from the Cottage Grove Community Foundation.

gram. The school offers three different levels of PE: life fitness, PE and advanced fitness. But no matter the level, the goal has been to get each student to see improvement.

One was this has been seen

this year is with push-ups. Coming into the year, students did a baseline push-up test that saw about 50 percent of students achieving their goals. But after a year of working at it, over 85% of students have exceeded their goal in this one particular area.

"It's really amazing, it's really cool to watch. It's all them," said Devine. "We set it up for them, they do it. The students have been amazing. They like it. They like it better than the old PE style."

Boaters reminded to clean boats to protect waterways

The Marine Board, Oregon Invasive Species Council and Department of Fish and Wildlife are reminding boaters to "clean, drain and dry" their boats and equipment to prevent the spread of aquatic invasive species. This effort, in conjunction with border inspection stations will help protect the fragile balance of Oregon's aquatic ecosystems.

"Clean, drain and dry your boat after every outing," said Glenn Dolphin, the Marine Board's Aquatic Invasive Species Prevention Program Coordinator and 2018 Chair of the Oregon Invasive Species Council. "Recreational boaters, whether propelled by paddle, oar or motor, can help protect our waterways by draining all water within any interior compartments and letting everything thoroughly dry. If every boater embraces this practice, it will go a long way in preventing the

spread of invaders that are already in Oregon."

Aquatic invasive species (AIS) are non-native animals, plants, microorganisms and pathogens that out-compete or prey on Oregon's native fish and other wildlife. They can harm the environment, hinder salmon recovery efforts, negatively impact human health and hurt local business economies. They come to Oregon from other states and provinces on trailers, boat hulls, motors, wading boots, fishing equipment and via many other vectors. Once they become established in one lake or river, they can easily spread to more waterways in Oregon.

In addition to boaters taking personal responsibility to ensure their boats are clean, six inspection stations are operating along the Oregon borders targeting out-of-state boats. Inspection stations are open in Ashland, Ontario, Brookings, Klamath

Falls, Umatilla and Burns. Ashland and Ontario operate year-round, while the others are seasonal.

All boats being transported are required to stop if an inspection station is open. This includes mounted kayaks, canoes, inflatable boats, stand up paddle boards, catarafts, and trailered boats (including commercially transported boats). Inspection teams are made up of specially trained personnel from the Oregon Department of Fish and Wildlife who look inside and outside of boats for invasive species. Inspections take approximately 10 minutes. If a boat is contaminated, the inspection team will decontaminate the boat on-site. Decontamination can take anywhere from 20 minutes to one hour. There is no cost to the boater for decontamination. "It's extremely important that people stop at these stations to get their boats inspected," Dolphin said.

"We need to make sure plants and mussels are kept out of the state. Right now, on average between 20- 30% of the people transporting boats don't stop for inspections and that's too much of a risk. All it takes is one contaminated boat. The cost of an AIS infestation is enormous. We've already experienced our worst fears with Diamond Lake. All of us need to take action to protect our waterways," Dolphin added.

The inspection stations, equipment and personnel are paid for through funds generated from the sale of AIS permits, which are required on all motorboats and non-motorized boats over 10 feet when boating on Oregon's waterways. Oregon registered motorboats pay the AIS fee as part of their boat registration, so no additional AIS permit is required. Out-of-state registered motorboats and sailboats must purchase a \$20 annual permit.

GOLF SCORES

**Middlefield Men's Club
Monday 6/11/2018
Game: 1, 2, 3 Best Ball**

First Place: -19
Ron Ackerman, Jake Cox,
Don Perkins, Keith Rowling

Second Place: -16
Jim Cunningham, Gary
Ingram, David Morris, Dave
Tooker

Third Place: -14
Adrian Chatigny, Deross
Kinkade, Jerry Pennington,
Richard Vargas

Fourth Place (tie): -13
Tim Martin, Mike Butler, Al
Nelson, Mike Stahl

Fourth Place (tie): -13
Steve Lindholm, Larry Strick-
land, Kevin Bergman, Bob

Martindale BD

Fourth Place (tie): -13
Don Arendell, Frank Gates,
John Kallbrier, Steve Moir

Fourth Place (tie): -13
Bill Avery, Gary Culp, Darrell
Lee, Bud Lefler

Low Gross:
Deross Kinkade 69
Jake Cox 73
Gary Ingram 76
David Morris 78

Low Net:
Tim Martin 63
Don Arendell 64
John Kallbrier 64
Gary Culp 65
Steve Lindholm 65

Closest to the Pin:
#5 Jake Cox
#7 Jerry Singer
#14 Gary Culp

Longest Putt
#10 Dave Tooker

**Middlefield Men's Club
Monday 6/14/2018
Game: Scramble with Tie
Breakers**

First Place: -5
Jake Cox, Gary Nicolay, Jim
Cunningham, Al Nelson

Second Place: -4
Jerry Singer, Don Arendell,
Dave tooker, Darrell Lee

Third Place: -3
Gary Sparks, Adrian Chatig-
ny, Bob Martindale

Fourth Place: -3
Deross Kinkade, Don Perkins,
Jim Hoover, Don Hanly

Fifth Place: -2
Larry Zuvich, Rick Lebrun,
Larry Eyman, Don Tucker

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