

LORANE NEWS

Mentorship program 'ASPIRES' to help students plan future

By Caitlyn May
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• A delightful time was had on Sunday, Dec. 9, at the Lorane Grange dinner open house potluck. There was a large attendance, delicious food and much laughter with the gift exchange as many people had their gifts taken several times.

All veterans were recognized as they stood with a round of applause. Two Lorane Grange members, Randy Eshleman and Mike Cantrell, received an award for 2018 Veterans of the Year for outstanding community service since leaving the military.

• Applegate Elementary has its winter program tomorrow night, Dec. 13, with a soup dinner from 5:30 to 6:30 p.m. prior to the 7 p.m. program.

Everyone is encouraged to bring canned goods to donate for those in need in the CAL district.

• Just a reminder, several Lorane organizations, including Lorane Grange, are still collecting canned goods and non-perishables for those less fortunate.

If you need to drop off any goods at the grange, call Randy or Gary T.

• The high school winter band program is Tuesday, Dec. 18, beginning at 7 p.m.

High school is hard. In between self discovery, grade point averages, extra curricular activities and college applications, students have to begin charting a path towards the question that has been looming over their 12-year educational career: What do they want to be when they grow up?

It's a tough question and while traditional classes and career fairs work to help students navigate their choices, Cottage Grove High School (CGHS) is bringing in a new program to ease the confusing task.

The ASPIRE program has been in Oregon for years, offering students a chance to engage in training and edu-

cation outside the classroom. It's billed as the state's sanctioned mentorship program, partnering students with professionals in the community to help them meet their future career and educational goals.

"... while the ASPIRE program is generally geared toward helping students pursue higher education after high school, many of our seniors are not planning to pursue college after graduation," Lacey Guest wrote in response to questions regarding the ASPIRE program.

Guest serves as Cottage Grove High School's college and career transition specialist and recently presented the benefits of the ASPIRE program to several community organizations including the

Cottage Grove City Council. According to Guest, 69 percent of the class of 2019 is interested in attending college — either community college or a four-year school — but 12 percent remained unsure of their future plans.

Eleven percent said they were interested in the military and 8 percent planned to explore apprenticeship or trade jobs.

Guest told the city council that the ASPIRE program could help that 12 percent of the class narrow down its options and explore different careers whether they're based in college tracks or internships.

The program works through one-on-one mentorships with volunteers from the community. Volunteers do not need to have a

college degree or be experts in a particular field to take part in the program.

While ASPIRE has been in other schools around Oregon for a number of years, it's new to Cottage Grove High School this year.

"There were two factors," Cottage Grove High School Principal Mike Ingman said in explaining how ASPIRE was chosen for the school. "Alan Baas, on our school board, was always really supportive of what ASPIRE does and had been talking about it for years."

The second factor, Ingman said, was an all-around effort by the administration at CGHS to aid students in their aspirations.

"As we looked around here at the high school for ways we could increase stu-

dent success after they graduate, we looked at ASPIRE," he said. "It gives our seniors mentors as a way to increase the likelihood they have success whether it's college or a career and ASPIRE increases the number of mentors for the students."

Before the ASPIRE program is offered to CGHS students, the school is looking for additional mentors. CGHS staff and Guest would provide training, support and resources to volunteers and ask that all volunteers be consistent but note volunteer time is flexible.

For more information, contact Guest at 541-942-3391 ext. 225 or lacey.guest@slane.k12.or.us.

Deadline to apply for Oregon Health Insurance is Saturday

SALEM — Time is running out for people who want health insurance in 2019 but do not get coverage through their job or another program. Dec. 15 is the last day to enroll. The Oregon Health Insurance Marketplace has five tips for Oregonians who need to get or renew coverage and financial assistance. The marketplace is the state-level partner to HealthCare.gov.

Tip No. 1: Don't assume you make too much to get help paying for your plan. Families of four making

about \$100,000 a year or less may qualify. The most single people can make and qualify is about \$48,000.

The income guidelines rise every year, so even if you have not been eligible for subsidies in the past, try again this year. Start at OregonHealthCare.gov.

Tip No. 2: Get free, local help enrolling. Licensed insurance agents and certified community partners are ready to help you. Agents and partners are experts on the HealthCare.gov applica-

tion for financial assistance.

They can also guide you through your health plan options before you enroll. Choose an agent or partner in the directory at OregonHealthCare.gov/gethelp, or call the Oregon Health Insurance Marketplace at 1-855-268-3767 (toll free).

Tip No. 3: Look beyond the sticker prices. More than 70 percent of people who got coverage through HealthCare.gov last year also qualified for financial assistance.

That means their coverage cost them less than the full premium. On average, they saved \$421 each month off their premium. The best way to find out how much you might pay once financial

help is factored in is to apply for coverage.

If you want an estimate first, visit HealthCare.gov/see-plans and answer a few screening questions.

Tip No. 4: Read the fine print on deductibles. Sometimes health insurance shoppers wince when they see the deductibles that come with health plans.

Deductibles are usually the amount a person with insurance has to pay for care before the health plan kicks in. The good news is that deductibles do not apply to everything. Even a plan with a deductible will cover eligible preventive care for no extra cost.

Plus, all Oregon plans

on HealthCare.gov with "Standard Silver" in the plan name, and some others, cover in-network office visits even if you have not paid the deductible. You pay only your co-payment for those visits and not the full cost of the visit.

Check for those details when you shop, or work with an insurance agent who can look them up for you.

Tip No. 5: Don't miss the deadline. The deadline to enroll is Dec. 15.

If you miss it, you may go a year without health insurance. Avoid the risk and get started at OregonHealthCare.gov.

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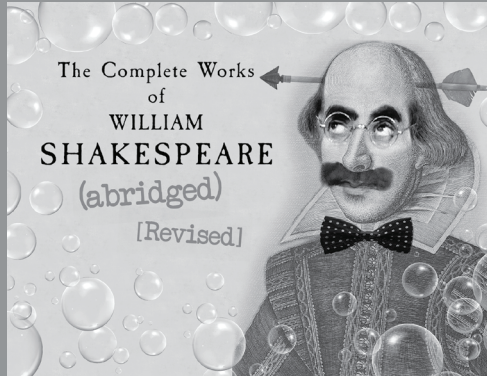
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