

Births *from A1*

But it also showed a difference in the attendants.

Midwife, doula, nurse wife — there are a lot of terms associated with individuals who advertise themselves as guides for homebirths. And around the country, those titles come with different certifications and definitions with one constant: a certified nurse midwife are trained and must have a degree in midwifery as well as training from a hospital.

Certified professional midwives do not have to have the same certifications. In 2010, they had double the mortality rate at births they attended. The statistics, then shift when dependent, not on where a child was born, but the care the mother received and the certification of the professional present at the birth.

However, women in America are dying across the board in childbirth regardless of where they give birth.

According to a 2018 study, the U.S. has the highest maternal mortality rate in the developed world; and it's the only developed country where the rate of women dying from pregnancy related complications is rising. The group most affected are African-American women, while a study published in

Obstetrics and Gynecology showed that 700 women a day die immediately before, during or after child birth due to complications.

The reasons range from hospital protocols that fail to deal with potentially fatal complications, to allowing for treatable complications to become fatal. A 2017 report published jointly by NPR and ProPublica noted that some doctors in the United States were able to complete their maternal-fetal medicinal training without ever spending time in a labor-delivery unit.

"There are risks at both," Duncan said of homebirths and hospital births. "Some hospitals have gotten lazy, rushing to get the next baby," he said. "In 1975, women would lie in a room and labor until it was time to have the baby — and then they were wheeled on a gurney into the delivery room, which was basically an operating room, and strapped down on their back to push the baby out. A lot of women didn't like that."

So, when Duncan got to Cottage Grove, he founded the Birth Home and allowed women to labor naturally without being constrained.

"It doesn't matter if the baby comes when the mother is on her back or is on her hands and



PHOTO COURTESY HOMEBIRTH.COM

Water birth, during which a mother gives birth directly into a tub of water, is among the most popular forms of home-birth methods.

knees or squatting. It doesn't cause any extra danger to the baby," he said.

"Well, Tom, he was the only doctor south of Portland who was letting the fathers into the delivery room," said Gail Hoelzle, owner of a Main Street business who also gave birth to

her children in Cottage Grove decades ago.

"Your husband couldn't come in the delivery room," Duncan said of many area hospitals at the time. "And if you had a C-section, everyone was kept out in the lobby until everything was over."

In places like Cottage Grove and those that are even more rural in design like Drain and Yoncalla, home birthing is an alternative to driving miles and miles to the nearest hospital.

"30 years before the home birth movement started up again, there were a lot of babies

born in houses because the population in those areas was fairly small and spread out," Duncan said. "So there were a lot of birthing facilities scattered around the valley. But by 1955, they were kind of shut down."

As the natural birth movement grows, so does the debate over home births. A 2015 study published by the *New England Journal of Medicine* analyzed 80,000 pregnancies in the state of Oregon and found that home births were 2.4 times as likely to end with the death of the child.

However, home births showed to be less likely to result in a C-section and mothers had fewer augmentations to labor as well as fewer lacerations.

For Rolnick, it was about choice and comfort. But she also did her research and found a certified professional to help her in her home birth journey. For other women, the hospital — even if it's 30 minutes away — is the right choice for them.

"The argument," Duncan said, "about home births has gone on ever since 1975 and before, when the home birthing resurfaced.

"And it will probably continue."

**NEW YEAR
NEW TOOLS
Up to 60% OFF**

Up to **30% OFF** Appliances

Up to **20% OFF** Power Lawn & Garden

Prices valid NOW thru Saturday, January 12th

sears
HOMETOWN STORE
LOCALLY OWNED AND OPERATED

Hours: Mon-Fri 9:00am-6:00pm | Sat 9am-6pm | Sun 11am-4pm
118 Gateway Blvd., Cottage Grove (Next to Bi-Mart) • 541-942-7377

**TURNING 65 AND NEED HELP WITH
YOUR MEDICARE CHOICES?**



Call Paul to help simplify the complicated.

541-517-7362

Paul Henrichs ~ Local Independent Agent
coverage4oregon@gmail.com

**SOUTH LANE COUNTY
FIRE & RESCUE**

**The Only Emergency
Medical Transport
Service
in South Lane County**



Call 541-942-4493 for info.
FOR EMERGENCY DIAL 911
Serving South Lane County.
www.southlanefire.org



CGSENTINEL.COM

Latham *from A1*

Tammy Hodgkinson recalled a different past school closure.

"I know it's not a lot of comfort but I was a Bohemia parent when we closed Delight Valley and the kids and parents that joined our school added so much and we just appreciated the addition of that community to our community. It was a positive," she said.

Now that a decision has been made, the district will

present what the logistics of closing the school at February's board meeting.

"We'll work with Latham staff and parents to develop a transition plan," said SLS D Communications Coordinator Garrett Bridgens. "And work with [board member] Jerry [Settelmeyer] and others to develop a plan for celebration of the school. Those are the next steps."

Duerst-Higgins concluded the discussion about Latham by reading a statement from the district about the vote. Bridgens noted two state-

ments were prepared.

Full statement:

So we want to thank the school district staff, the Latham staff and the Latham community for working through this process with us. While this decision has not been easy, we appreciate the work and time everyone has put into this process. The feedback and information presented to the board was thorough and allowed for us to have a sufficient discussion to make an informed decision. It is now time to focus on moving forward by honoring Latham School and its rich history, its staff and students who have made Latham the school it is. As we enter into the second-half of the school year, it is our hope

that we will take the necessary steps to celebrate and honor Latham as Jerry has talked about. It is also a time to think about the transition for the Latham community. We are asking the district leadership to work with the Latham staff and parents to develop a plan for how staff and students will transition into the next school year. It is important that the Latham community clearly understand their options and what the necessary steps are to make this transition as smooth as possible. The school board would like to see this plan presented at a February board meeting, would that be possible? Again, we appreciate everyone's efforts in helping the board make a decision.

Imagine The Difference You Can Make
DONATE YOUR CAR
1-844-533-9173
FREE TOWING
TAX DEDUCTIBLE
Help Prevent Blindness
Get A Vision Screening Annually
Heritage for the Blind
Ask About A FREE 3 Day Vacation Voucher To Over 20 Destinations!!!

NEW: Digital X-Rays (use less radiation)
Implants • Teeth Whitening • Extractions
Lumineers (no prep veneers as seen on TV)
Cottage Grove Dental
Dr. Brent Bitner, DDS
350 Washington, Cottage Grove (behind Better Bodies)
541.942.7934

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
southlanetransit.com
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 rlinson@southlanewheels.com

EARTHLINK INTERNET
HIGH-SPEED INTERNET
Enjoy big-time internet speeds without spending big bucks!
Get connected for as low as **14.95/mo.**
HyperLink™ High-Speed Internet
Connection speeds up to 15 Mbps!
Get connected for as low as **49.99/mo.**
Satellite Internet
What you get with HyperLink Satellite Internet:
• Free service in 30 states • Available in rural areas
• Lower rates available for 100+ per month!
CONTACT YOUR LOCAL AUTHORIZED RETAILER
855-977-9436
Authorized Dealer
EarthLink

**Comprehensive family, medical eyecare
and optical services**

CLEARVISION
PACIFIC CLEARVISION INSTITUTE
COTTAGE GROVE EYE CLINIC
CHAPMAN OPTICAL
257 N. 8th St.
Cataract exams • Glaucoma exams • Lasik exams • Diabetic exams
Serving Cottage Grove Community since 2006
Welcome new patients
Office hours:
Monday thru Thursday 9-5, Friday 9-4
257 N. 8th St. • 541-942-5000
www.PCVI.com

WOW!
Deals so big, they'll make you say wow!
Every day!

Cottage Grove GROCERY OUTLET
bargain market

**SAVE 40-70%
ON GROCERIES.
BEAUTIFUL, HUH?**
200 Gateway Blvd.
Cottage Grove, OR 97424
(541) 942-5400
Mon. - Sat. 8am - 9pm
Sun. 9am - 8pm
Ed & Kori Sowa
Independent Owner-Operators
facebook.com/CottageGroveGroceryOutlet