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# Cottage Grove entinel

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high of 75 and a low tonight of 50.

**Full forecast on A5** 

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## Local entrepreneurs complete Business Challenge journey

By Damien Sherwood

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Entrepreneurs, fledgling start-up businesses and local residents gathered at the King Estate Bottling Facility May 22 for the second Cottage Grove Business Challenge awards, an event held to generate more interest and growth in area businesses.

Attendees mixed and mingled as the 15 participating contenders in the challenge stood ready to deliver their business pitches to vote-toting guests, who would determine the final five contestants of



Covered Bridge Brewing Group won the 2019 Cottage Grove Business Challenge's top prize of \$6,000 last Wednesday night.

"This is business being born," said Chamber of Commerce executive director Travis Palmer.

By the night's end, judges had selected three businesses to receive awards totaling \$10,000 in

Covered Bridge Brewing Group, made up of co-founders David Barclay, Nate Sampson, Chrissy Chapman and Liza Barclay (who was not

See CHALLENGE 7A

# Honoring The Fallen



PHOTOS BY DAMIEN SHERWOOD/COTTAGE GROVE SENTINEL



Attendees salute as Sadirah Sheffield sings the national anthem at the Armory on Memorial Day (above). The ceremony included a message from Mayor Jeff Gowing, the reading of local names of the fallen and a speech from United States Army veteran William Fitzgerald. "I would ask that when you leave here and go about the rest of your day, keep the fallen in your minds and the families and their friends in your hearts, for it is their immense collective sacrifices that have helped keep our country safe and free," Fitzgerald said. A rememberance procession ended with a 21-gun salute at the Veterans Memorial plaque at Centennial Bridge (left).

# Farmers Market: Planting seeds for prosperity

By Damien Sherwood DSHERWOOD@CGSENTINEL.COM

Now in its fourth year on Seventh Street, the South Valley Farmers Market is settling into its role as a seasonal downtown fixture. From 4 to 7 p.m. every Thursday, the market caters to shoppers' appetites for hand-crafted, locally-sourced goods, all of which are vetted by market manager Andrea Mull to ensure they fall within the market's vision.

"It's in our actual mission that we're only offering things within a hundred miles," said Mull. "It has to



DAMIEN SHERWOOD/COTTAGE GROVE SENTINEL

Patrons at the South Valley Farmers Market enjoy live music while looking through wares and fresh produce.

different businesses, it has to be reall be sourced from your own prop- assembled to be sold. You can't buy erty or, if sourced outside through something in another location and

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Guidelines for vendors include a preference for handmade crafts, priority given to no-spray food and a prohibition on GMO products.

By extending an invitation to merchants and growers throughout the valley, the group is hoping to be a hub and "business incubator" for

"It's not just Cottage Grove. We are the South Valley Farmers Market for a reason," said Mull. "We want to show the diversity of the products and the creativity of the people in our community."

Various versions of the market have sprung up over the

See MARKET 8A

# **'Safe Haven'** offers second chance

By Damien Sherwood DSHERWOOD@CGSENTINEL.COM

On Saturday, local sober-living support organization Safe Haven opened the doors of their first building in the city, the Booher House, for public viewing at 850 E Quincy

A project nearly four years in the making, the building will be able to house up to five women and a house manager, providing a transitional step for women who have overcome drug or alcohol addiction through recovery programs but still need help restarting their lives. "If they have an oppor-

tunity to stay in the house like what we're going to have, they'll learn how to get a job, how to go to work, how to get a bank account, how to do their own shopping, their own cooking, how to take care of themselves and how to stay sober," said Safe Haven board president Dolores Anderson.

Anderson said that such housing greatly increases recovery success rates.

"Once they leave us, their chances of relapsing are about 10 percent," she said. "That's in any transitional housing. But there is no such thing in Cottage

The lack of sober living opportunities in Cottage Grove was the impetus behind Safe Haven's founding in 2015.

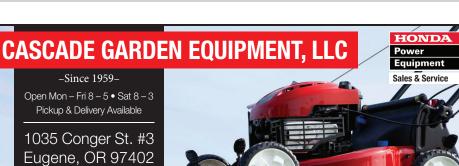
Grove."

A local caretaker rallied concerned citizens to address the need and the group soon began to accumulate enough money through donations and fundraising to search for

Finding an available renter, however, was a struggle in a low-vacancy market and not many landowners were keen on the prospect of renting to recovering drug addicts.

About three and half years after Safe Haven's founding, the caretaker's client, Dan Booher, who

See SAFE 9A







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