

Week from A1

downtown Cottage Grove.

The Central Philippines delegation, which will take ideas back to its country, was made up of a Rotary District Governor, eight Rotary Past Presidents and a president nominee.

A dedication ceremony was attended by several local Rotarians and eight members of the Philippine delegation to dedicate the

local Rotary Club's adopting a section of the carousel — known as the handicapped section — which meets ADA needs (American for Disability Association).

Larry Bottemiller played the National Anthem of the Philippines by trumpet, with Paul Yap, a member of the Philippine delegation, holding the music. In addition, a presentation of the club's check for adoption was given by Rotary

Club Community Service Director Dana Merryday to Carousel committee founder and president Don Williams.

A few of the Philippine delegation, after signing a liability waiver (until the carousel has been certified, all riders must sign a liability waiver) rode on the carousel — some for their first-ever carousel experience.

"It was a very happy group of people who had a short period of fellowship and learned of a new project they might take back to their own country," said Williams. "Something to bring happiness and goodwill to their community — the love of a carousel."

Williams added that there are approximately 36,000 Rotary clubs in over 200 countries around the world, all with the motto of "Service Above Self."

"Rotarians take this very seriously," said Williams, who noted the Rotary Friendship Exchange and the organization's dedication to the eradication of polio around the world as just two examples of Rotary International's focus on service to the communities they serve and to bring peace and harmony to the world.

Williams also highlight-



COURTESY PHOTO

Members of the Cottage Grove Rotary and Philippine delegation enjoy a moment on the carousel, which is nearing completion.

ed the carousel project, which is still awaiting safety certification and finalization of business agreements that include long-term temporary housing for the carousel, as well as working toward a building fund for land and a building for the carousel.

"We have been blessed with doors being opened when they needed to be opened," said Williams. "We have been fortunate to have so many happy people visit the carousel."

While the Philippine

delegation was making its presentation, the founder and president of the Albany Carousel Board, Wendy Kirby and Rebecca Bond, Executive Director of the Albany Visitors Association, were in attendance.

The day before the Rotary dedication, three members of the former Coquille Carousel Board — Linda Short, Ophie Keene, and Nancy Bangergt — visited the carousel.

Members of the Philippine delegation included: Ramon Cua "Toto" Loc-

sin, Victor Federico "Pip" Acepcion, Ivy Lasanas, Maricar Octaviano, Paul Yap, Joel Jaranilla, Maria Ester "Mate" Espina, Christopher "Popoy" Mah, Joseito "Lito" Sion and PP Maria Antonietta "Toks" Lopez.

"With so many volunteer hours put into the project, it is heart-warming to have questions raised throughout Western Oregon regarding the carousel and its well-being," Williams said.

# HOME PRIDE Painting and Repair LLC

Over 30 years of experience

**Schedule Now**  
For Fall Interior Painting

Get ahead of the crowd!  
Now is a good time to schedule for Spring and Summer 2020 exterior repaints

Call us for a Free Quote!

"We do small remodels, home repairs and decks!"

Serving Lane & North Douglas Counties

**541-735-0089**

ccb# 217560



## SUMMER Tune-Up

**Only \$99\***

We'll make sure your system is running effectively and efficiently. Call for details and an appointment today, and beat the spring rush!

Complete Heating & Cooling System Service  
Reasonable Rates • All Work Guaranteed



www.jamesheating.com  
115 Lawrence St., Eugene, OR 97401  
CCB #47396  
Bus. (541) 461-2101 • Fax: (541) 686-4820

## CREATIVE CHAOS: SOMEWHERE IN TIME

Show Times:

September 13th, 14th, 20th, 21st show at 7:00pm  
September 15th and 22nd show at 2:00pm

Tickets available on-line: opalcentercg.org  
or at The Crafty Mercantile

### OPAL CENTER FOR ARTS & EDUCATION

513 E. Main St. Cottage Grove

For more info, call 541-623-0513

## OLD MILL FARM STORE

### THANKS TO YOU...

We are celebrating our 20th year of Old Mill history!

JOIN US FOR COOKIES & STORIES ON SEPTEMBER 13TH

Open Mon-Fri 10-6  
Saturday 10-4



942-3042 • 327 S. River Rd. • Cottage Grove



## LOW COST

Local & Metro Weekday Trips  
Professional Caring Staff



Your Regional Public Transportation Service

No eligibility requirements.

**541-942-0456**

southlanetransit.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



## HEALTH & BEAUTY | RELAXATION

### SPA DAY

There is no need to feel guilty about announcing these words: "Honey, I'm headed to the spa." In fact, having a spa day is one of the best ways to alleviate the stress and anxiety that come with daily life. Allowing yourself the opportunity to relax — and get pampered in the process — is key to improving your overall health.

### THE BENEFITS

Spa treatments and massage therapies foster many benefits for both your mental and physical health. Studies from Florida State University and George Mason University have shown that the frequency of visiting a spa may directly correlate with better quality sleep, fewer sick days, reduced absenteeism from work and fewer hospitalizations. Additionally, the heat from a hot tub, sauna or steam shower can loosen joints and soothe aches from arthritis, fibromyalgia and other issues. Some spas even offer Pilates and yoga, which have been proven to improve flexibility and breathing.

### SKIN CARE

Another reason to visit the spa often is to detoxify your skin from built-up waste and bacteria. Mud baths accomplish this by exfoliating and nourishing the skin through natural elements like soil, clay and water. Cleansing your skin is important in the defense against environmental toxins. Facials also release stress tension from the head and neck, which can prevent headaches. Spas use products such as lotions, scrubs and wraps to increase the physical and mental health benefits of your service.

### IMMUNE BOOST

Massage therapy is effective because it stimulates your lymph flow, which in turn strengthens your body's defense system. Massage can also draw out metabolic waste, excess water, toxins and bacteria from the muscles. All of these benefits can help you remain healthier and fight off sickness, while also reducing swelling and general soreness. Other boosts from regular massages include improved circulation and posture that can help you feel healthier and more energetic each day.



TAKE A Spa Day



## Dave's Place

SALON ♦ DAY SPA

davesplacesalon.com

704 E. Whiteaker • 541-942-4353

Cottage Grove, OR 97424



Sarah Crabtree  
Aesthetician

DR. LEE B. DANIEL  
AESTHETIC PLASTIC SURGERY • THE SPA SIDE

Spa Side on the Hill  
35843 Hwy 58  
Pleasant Hill, OR 97455

541-687-8900

Fax: 541-683-5389