

# Community News

## Free community Christmas dinner being offered Dec. 25

Our Lady of Perpetual Help Catholic Church will be hosting a free community Christmas Dinner at the church Parish Center on Harvey Road and North 19th St. in Cottage Grove.

Dinner will include turkey, ham, gravy, vegetables and dessert, from noon to 2 p.m.

The meal is free but any donations will be accepted and appreciated.

## Communities should protect themselves against norovirus

Nearby communities to the north have been hit by the norovirus in the past few weeks. The week of Nov. 25, the Greater Albany Public School District shut down its campuses due to a norovirus outbreak, inducing students with symptoms such as diarrhea and vomiting. In the past two weeks, another student in the Sweet Home School District contracted the norovirus.

The norovirus is very common during the winter months and is easily spread person to person from everyday objects and airborne droplets of vomit while the virus is viral, usually two to four days.

To avoid an outbreak, health professionals recommend the following advice:

- Always wash your hands with soap and water, as hand sanitizer will not kill the virus. This simple practice is extremely effective.
- Handle and prepare food safely, which also includes washing your hands before preparing food.

— Wash fruits and vegetables thoroughly.

— The norovirus is resistant to temperatures as high as 140°F.

- Actively clean and disinfect surfaces.

— If an individual is sick, infected areas need to be cleaned right away to prevent others from catching the virus.

If you start to feel symptoms like abdominal pain, diarrhea and vomiting, please contact your primary care provider or nearest urgent care who can provide advice and allow you to treat your illness at home to control and not spread the virus.

Hydrate, eat what you can tolerate, immediately wash laundry and, most importantly, stay home.

If you do not feel better and feel increased thirst or dizziness, call a nearby urgent care to confirm if you need to be seen by a doctor. Symptoms usually last around five days.

—Submitted by Kery White, Physician Assistant at Nova Health



DAMIEN SHERWOOD/COTTAGE GROVE SENTINEL

The winning residential holiday lighting display was located at 1803 W. Main St.

## Winners announced in city's holiday lighting contest

Nominations were received for 16 homes within the community for the Residential Holiday Lighting Contest sponsored by The Cottage Grove City Council.

The list of the nominations included homes at: 644 Birch Ave.; 1803 West Main St.; 1990 Clark Ave.; 1157 S. 2nd St.; 1950 S. Eighth

St.; 1304 Dublin Lane; 1226 Dublin Lane; 1130 Dublin Lane; 1147 Dublin Lane; 1213 Dublin Lane; 1225 Dublin Lane; 1247 Dublin Lane; 1305 Dublin Lane; 234 S. 11th St.; 315 Roberts Lane; and 1139 Lord Ave.

After judging by the Council, the following homes were selected as winners:

- 1st Place: 1803 W. Main St.
- 2nd Place: 234 S. 11th St.
- 3rd Place: 1247 Dublin Ln.

The winning displays will be awarded a \$100, \$75 and \$50 credits, respectively, on their city utility bills.

The City Council thanked everyone for their nominations.

## TOPS Weight-loss Support Group to host open house

TOPS (Take Off Pounds Sensibly5M), a nonprofit weight-loss support organization, will hold an Open House Thursday, Jan. 2, from 10 to 11 a.m., at the United Methodist Church, 334 Washington St.

The Open House is free and open to the public. Activities at the open

house will include two inspirational guest speakers; the reigning Oregon State Queen and a former State Queen.

There will also be door prizes.

Founded more than 70 years ago, TOPS is the only nonprofit, noncommercial weightloss organization of

its kind. TOPS offers an individual approach to weight loss and overall wellness, with thousands of chapters in the U.S. and Canada.

Members learn about nutrition, portion control, meal planning, exercise and more at weekly meetings.

Consistent group support, health education and

recognition are all key components to successful weight management.

TOPS members collectively lose nearly 300 tons of weight each year.

For more details about the open house, contact Joanne Farris at 541-649-1530.

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*Our area houses of worship invite you to rejoice this Christmas season with praise, reflection, song and prayer. Their doors are always open, so please join them in celebrating the true meaning of the season.*

<p><b>COTTAGE GROVE FAITH CENTER</b> 33761 Row River Rd Christmas Eve Candlelight service: 4pm &amp; 6pm</p>	<p><b>OUR LADY OF PERPETUAL HELP CATHOLIC CHURCH</b> 1025 N. 19th St Cottage Grove Christmas Eve, December 24th Mass 5:30pm &amp; Midnight Christmas Day, December 25th – Mass at 10:30am</p>
<p><b>DELIGHT VALLEY CHURCH OF CHRIST</b> 33087 Saginaw Rd East Dec 22 Christmas Breakfast: 9am Service: 10:30 am Christmas Eve Candlelight service: 6:30pm</p>	<p><b>6TH &amp; GIBBS CHURCH OF CHRIST</b> 195 N 6th St Christmas Eve Candlelight service: 5pm</p>
<p><b>FIRST PRESBYTERIAN CHURCH</b> 3rd &amp; Adams St Christmas Eve Candlelight service: 7pm</p>	<p><b>COTTAGE GROVE BIBLE CHURCH</b> 1200 East Quincy Ave Christmas Eve Candlelight service: 6pm Christmas Day service: 10:30am Christmas Drama &amp; Music</p>
<p><b>LIVING FAITH ASSEMBLY</b> 467 10th St Christmas Eve Candlelight service: 6pm</p>	<p><b>UNITED METHODIST CHURCH</b> 334 Washington St Christmas Eve Candlelight service: 5pm</p>
<p><b>ST. PHILIP BENIZI CATHOLIC CHURCH</b> 552 Holbrook Ln Creswell Christmas Day, December 25th – Mass 8:30am</p>	