

SLSD provides tips, info regarding COVID-19 precautions for students, families

As you are aware, a new strain of the novel coronavirus, COVID-19, has been found in a few people in Oregon. The State of Oregon, county health authorities and South Lane School District are all closely monitoring the situation. We are monitoring updates from the Oregon Health Authority and Lane County Health Department. At this point in time, we are operating South Lane Schools as usual. We will notify you if we find it necessary to take more precautionary

measures. **What we know about COVID-19:**

- Washing hands often and thoroughly is the best prevention.
- Public health officials say that based on the history of the virus, few are likely to need medical care.
- Those most at-risk are older adults, and people with compromised immune systems.
- The virus is spread mainly from person-to-person: between people who are in close contact with one another

(within about 6 feet) and through respiratory droplets produced when an infected person coughs or sneezes. The main symptoms of COVID-19 are cough, fever and shortness of breath. If your child merely has a runny nose, your child may attend school. **If your child is sick:** If your child is sick with a fever (above 100.4°) and/or cold/flu symptoms, keep them home until they are without a fever for 24 hours (without fever reducing

medicines). **What we suggest:**

- Help stop the spread of germs
- Avoid touching your eyes, nose and mouth with unwashed hands
- Wash your hands often with soap and water for 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.
- Cover your coughs and sneezes with a tissue (or the elbow of your sleeve) and then throw the tissue in the trash.

- Clean and disinfect surfaces that are often touched
- Stay home if you're sick.
- Avoid close contact with people who are sick.
- Take care of your health overall. Staying current on your vaccinations, including flu vaccine, eating well and exercising all help your body stay resilient
- Establish a child care plan, just in case your student needs to stay home sick.
- Sign up and download the Flash Alert App for instantaneous infor-

mation for all South Lane Schools.

- Check in with SLSD's coronavirus webpage for more resources and information.

Reliable sources of information about COVID-19:

- Lane County Health Public Department
- Centers for Disease Control and Prevention
- Oregon Health Authority
- The Oregon Department of Education
- Dial 211 for Oregon's general information line

Area graduates recognized by university Dean's Lists for fall terms

Oregon State University
Names of students who have made the Scholastic Honor Roll Fall term have been announced by Oregon State University. A total of 1,711 students earned straight-As (4.0). Another 4,920 earned a B-plus (3.5) or better to make the listing. To be on the Honor Roll, students must carry at

least 12 graded hours of course work. Students on the Honor Roll included:

Cottage Grove

- Straight-A Average: Kolby C. Owens, Senior, Mechanical Engineering.
- 3.5 or Better: Benjamin N. Bauml, Senior, Physics; Cora R. Cook, Junior, Natural Resources;

Caitlynn J. Dougherty, Junior, Animal Sciences; Matteo C. Liserre, Junior, Pre-Chemical Engineering; Jasmin Lopez Torres, Senior, Human Development and Family Science. Kenzie M. Parsons, Sophomore, Chemistry; Zachary D. Snauer, Senior, Biology; Areanna M. Walters, Junior, Psychology.

Creswell

- Straight-A Average: McKenzie R. Traetow, Sophomore, General Engineering.
- 3.5 or Better: Alyssa M. Baltrusch, Junior, Kinesiology; Meagan M. Fulbright, Senior, Business Administration; Zachary A. Nelson, Junior, Pre-Forestry; Madison A. Randle, Freshman, BioHealth Sciences;

Tarish Z. Stackhouse, Sophomore, Psychology. Hannah G. Wheeler, Senior, Public Health; Hannah M. Williams, Senior, Psychology. Dorena

- 3.5 or Better: Scott A. Anderson, Senior, Mechanical Engineering.

University of Wisconsin
Cottage Grove gradu-

ate Paxton Nielsen made the 2019 Fall Dean's List at the University of Wisconsin Oshkosh. To qualify for honor roll on the UW Oshkosh campuses, students must take at least 12 credits and earn a GPA of at least 3.3 (out of a possible 4.0). Those with a GPA of 3.75 or higher qualify for the Dean's List.

Deadline for 2020 Master Food Preservers program applications is March 27

This will be the 40th anniversary of the popular Extension Master Food Preservers which strives to help Oregonians learn to preserve foods safely. The Lane County group of dedicated volunteers last year answered over 2,000 consumer calls on

the statewide hotline of which 65 percent had food safety implications. They also presented workshops and classes to over 10,000 individuals at community events. Applications are now being accepted for the 2020 eight-week training program. The full day

classes will be held every Monday starting April 6 and continue through graduation on June 1. The course provides in-depth research-based training in all areas of food preservation including food safety. As part of the program, volunteers also develop

skills in critical thinking, public speaking and building self-confidence while increasing their expertise in food safety/preservation. Volunteers also contribute to Lane County as part of an active OSU Lane County Extension Service.

Applications are available on the Lane County OSU Extension website at www.extension.oregonstate.edu/lane/events/master-food-preserver-volunteer-training-lane-county, or at the Lane County Extension office at 996 Jefferson in Eugene.

Cost of the program is \$175 plus a minimum volunteer payback of 70 hours in the year following the training, or the course can be taken for \$375 without the volunteer payback. Deadline for applications is Friday, March 27.





Meet NATHAN FUGATE

Nathan has worked at Brad's since 2008, he has 12 years experience diagnosing and repairing vehicles. Nathan is a graduate of Cottage Grove High School and a graduate of WYO Tech. Nathan is ASE Master Tech Certified. Nathan is a life long resident of Cottage Grove

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