Golf from B1

demic. Nonetheless, the City of Cottage Grove is taking the necessary precautions to ensure that Middlefield's reopening was not done preemptively and will remain open for the foreseeable

"We have done some modifications at the course and have new signage," said city finance director Roberta Likens. "Number one being that there's now a shield behind the counter and our employees ... and our employees are wearing masks. We have closed all other areas of the pro shop, we are only renting single-use carts and then we have markings on the ground to enforce social distancing."

For would-be golfers, Middlefield has provided a list of tips to keep all visitors safe and healthy when visiting the course, but Likens also stresses that much of it will depend on the golfers themselves adhering to the guidelines.



Signage reminding golfers to practice safe social distancing while recreating can be found throughout the Middlefield

"Staff is monitoring, but we can't be everywhere all the time, so we do have to rely on the golfers to comply with our

Amongst a number of recommendations, golfers are encouraged to: reserve tee times by phone; carry antibacterial wipes or hand sanitizer for frequent use

handle their own golf bag at all times; not share clubs with other players; not shake hands with playing partners after a round; not linger at the facility after the round is finished; and adhere to safe social distancing guidelines while at the course. The situa-

before,

during

and after play;

regarding tion COVID-19, both nationally and locally, remains fluid, so the continued operation of Middlefield will depend on adherence to these guidelines, but several days after reopening, things seem to be going well.

"We are going day by day making sure

that people can maintain compliance with new guidelines," Likens said. "But, the golfers seem to acknowledge that and have been very receptive to keeping social distancing and understanding

that we've had to make changes. We're glad they're back." While precautions have been put in place for visitors, there are also a number of changes to the course itself to en-

- sure safe usage of the facility: Rakes and ball washers are removed.
- Flag sticks should remain in the hole when putting or chipping.
- Holes are modified so golfers do not need to reach in to pick up his/her ball. The hole is raised.
- A ball is holed when it touches or strikes any part of the cup during a
- Bunkers are considered "ground under repair," resulting in a free lift.
- A full list of changes and safety precautions can be found at the front desk in the Middlefield clubhouse.

GOLF SCORES

Middlefield Mens Club Monday 5/4/2020 Game: 1,3,2 Best Ball

First Place Russell Bryce Larry Eyman Larry Strickland Dave Tooker

Second Place Jake Cox Jim Lehl Erric Morris Gary Sparks

Third Place Ron Ackerman Steve Ellickson Gary Ingram Rudy Nellermoe

Fourth Place John Kallbrier Jerry Pennington Don Perkins Bruce Schennum

Fifth Place (tie) -10 Al Nelson Gary Ordway Mike Stahl Jim Wamsley

Fifth Place (tie) -10 Walter Ali Jack Doleman Tom Marx Dick Winters

Seventh Place Bill Avery **Bob McCarty** Keith Rowling Jerry Singer

Low Gross

Jake Cox 69 Gary Ingram 70 Erric Morris 71 Jerry Singer 73 Todd Dennis 76 Bruce Schennum 77

Low Net Gary Ingram 59 Mike Stahl 61 Keith Rowling 63 Jim Lehl 64 Jim Wamsley 65 Phil Hamilton 65 Dave Tooker 66 Jerry Pennington 66 Russell Bryce

Closest to the Pin #5 Jake Cox #7 Steve Ellickson #14 Al Nelson

Longest Putt #10 Tom Marx

Assisted Living and

Memory Care Apartments

Masks from **B1**

ner was quick to posit her and the rest of the group's work as something that was simply necessary.

"I didn't start doing this to try and get recognition," Hefner said. "It was just my way of being able to help out with everything that's going on because I can sew, I have the ability and I've been doing it for basically 40 years. I've been sewing since before I could walk."

Also, Hefner, like so many millions of Americans, has a personal connection to those myriad workers who stand on the front lines of the battle against COVID-19 in hospitals, nursing homes, grocery stores and more as her daughter is studying to become a nurse and currently working as a caregiver in the Portland area.

Despite the humble approach,

all members involved in the volunteer effort have been hard at work and plan on continuing the manufacture of face masks once their initial list is completed.

"I've been up until two, three, four o'clock in the morning, but this hasn't just been me and Athena only, there's a whole bunch of people that have been helping out," Hefner said. "I figure once this [list] is completed then we'll make another post for the next batch of people that are looking ... but I wanted to make sure I got through this list before overwhelming ourselves with another list of 400 masks that might turn into 1,000."

Regardless of how big or small the total number is, there has been an all-hands-on-deck approach to make up for the country's shortages of PPE, a nationwide movement of which Hefner, Intros and many other local residents are decidedly

It may be months or even years before researchers can figure out the total number of PPE items provided by volunteer groups like the one in Cottage Grove, but if over 1,000 have already been produced locally, it's safe to assume the total number nationally has many more zeroes. When there is a chance in the future to look back on this time with some perspective, these volunteers may very well be regarded as the Rosie the Riveters of the coronavirus shutdown.

While homemade face masks do not provide the same level of protection as N95 masks, there is data that shows wearing one in crowded places like the grocery store has benefits versus no face covering at all, though frequent hand-washing and social distancing are still of paramount importance.

The masks are particularly ef-

from infecting other people, as opposed to becoming initially infected themselves. According to the American Lung Association (ALA) one in four people suffering from COVID-19 show mild to no symptoms, thus, a face mask that partially traps the sneeze of an infected wearer does have benefit in preventing the spread of the virus. The ALA stresses this saying, "These types of masks are not intended to protect the wearer, but to protect against the unintended transmission ... of coronavirus."

fective at preventing the wearer

Center for Disease Control guidelines state that homemade face masks should be washed frequently, depending on amount of use, in the sink or washing machine with hot water and tumble dried on high heat to ensure any potential germs are thoroughly cleaned out.

Parks from **B1**

posted online at oregonstateparks.org or (Monday 800-551-6949 through Friday, 8 a.m. to 5 p.m.) and should be checked before visiting.

Not all restrooms will be open, and parking will be limited. State park camping will return as soon as it can be safely managed, and while preparations are being made, no opening date has been selected.

Guidelines for responsible outdoor recreation

Prepare before you go:

• Limit your recreation activities and recreate only with people in your own household.

- Check what's open before leaving home. Your favorite trail or camp site may remain closed, or need to be closed on a temporary basis, to prevent crowding and protect public health.
- Plan ahead and come prepared as service levels may be different than you are accustomed to.
- Visitors may find limited restroom services available. Plan to bring your own soap, water, hand sanitizer, and toilet paper.
- Bring a mask to cover your nose and mouth. Visit less crowded areas, visit during off-peak times, and have a back-up plan.
- If you don't feel well, don't go. If you have symp-

toms of a fever, cough or shortness of breath, stay

Take care when you get • Be safe and responsi-

- ble by choosing activities within your comfort zone.
- Leave no trace, and pack out what you pack in. • Maintain your own
- personal hygiene like washing your hands often, bringing your own water, hand sanitizer, soap, and toilet paper.
- Avoid crowds. Be prepared for last minute

changes to ensure the safety and health of others.

- All of the standard ways to protect public health apply in the outdoors too, like maintaining physical distance.
- Keep at least 6 feet between you and other Oregonians enjoying the outdoors. Launch one boat at time to ensure other Oregonians have enough space to launch safely and securely.
- Leave at least one parking space between your vehicle and the vehi-

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cle next to you.

• It is wildfire season. Please remain safe and vigilant to ensure forest health and safety. Do not start fires in undesignated areas. Check if your campground or park allows outdoor fires before you strike a match. If permitted, make sure you are building a campfire properly and that you have water or an extinguisher on hand. Before you leave, ensure the campfire is out. If it's too hot to touch, it's

too hot to leave.





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