

LIONS *from B1*

she said. "And none of those players have really gone off yet this year. Do they have the capabilities to? Yes, they absolutely do."

Monday's game at Elmira was never close as the Lions' led 13-0 after the first quarter and coasted the rest of the way to a 53-13 win.

The Falcons had no answer for Cottage Grove's 6-3 senior, Matty Ladd. Ladd poured in 20 points on great feeds inside from her teammates.

Arnold added 13, Blomquist had nine, Teanna Child and Kennedy Royse contributed five each and Kourtney Owens rounded out the scoring with four

points.

The 7-1 Lady Lions will have taken on the 5-2 Marist Spartans Tuesday night (June 15) at the Lion's Den.

Marist's two losses came at the hands of Junction City and the Lions. Cottage Grove played arguably their best game of the season in the second half at Marist.

The Lions turned a narrow halftime lead into a 53-36 rout.

"Marist always come ready to play hard," coach Royse said on Monday. "So, I'm anticipating player-to-player, I'm anticipating zone, I'm anticipating a tough game. So we have to match their intensity for the entire game."

The girls' regular season will come to an end Thursday at Siuslaw.

That will be followed on Friday and Saturday with a mini-tournament featuring the top four teams in the Sky-Em.

The exact schedule will be determined based on the outcomes of the Tuesday and Thursday games.

The site for Friday games will be Junction City, and the first game will begin at 4:30 p.m. Saturday's game is planned to begin at 3:00 p.m. at Pleasant Hill.

Assuming the Lions continue their winning ways, Cottage Grove will be able to celebrate being back in the state playoffs beginning on Tuesday, June 22.

BOYS *from B1*

12, Murphy with 10, and Bascue with 8.

By press time, Cottage Grove boys will have hosted Marist on Tuesday night (June 15) and will end the season by travelling to Siuslaw tonight (June 17) to meet the 4-4 (as of June 14)

Vikings.

Coach Hutchison said the approach will be the same going into the final two games: "You either win or you learn."

Hutchison went on to say one of the keys to success for the Lions in the future is to play more basketball in the offseason.

"I'm going to use these last two games as learning opportunities, and also see what I have going into the offseason," Hutchison said. "We're starting to identify the guys that love the game of basketball and want to be here, and now we will invest the time in those guys and really go at it."



JERRY THOMPSON/FOR THE SENTINEL

Lions' junior, Gracie Arnold, scored 18 points against Junction City and 13 in the win at Elmira.

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Safety tips for cyclists:

Bicycle riding is fun, healthy, and a great way to be independent. But it is important to remember that a bicycle is not a toy; it's a vehicle! Be cool – follow some basic safety tips when you ride.

Safe Riding Tips

Before using your bicycle, make sure it is ready to ride. You should always inspect your bike to make sure all parts are secure and working properly. Remember to:

- 🚲 **Wear a Properly Fitted Bicycle Helmet.** Protect your brain, save your life. For more information see the National Highway Traffic Safety Administration publication "Easy Steps to Properly Fit a Bicycle Helmet."
- 🚲 **Adjust Your Bicycle to Fit.** Stand over your bicycle. There should be 1 to 2 inches between you and the top tube (bar) if using a road bike and 3 to 4 inches if a mountain bicycle. The seat should be level front to back. The seat height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be at the same level with the seat.
- 🚲 **Check Your Equipment.** Before riding, inflate tires properly and check that your brakes work.
- 🚲 **See and Be Seen.** Whether daytime, dawn, dusk, foul weather, or at night, you need to be seen by others. Wearing white has not been shown to make you more visible. Rather, always wear neon, fluorescent, or other bright colors when riding day or night. Also wear something that reflects light, such as reflective tape or markings, or flashing lights. Remember, just because *you* can see a driver doesn't mean the driver can see *you*.
- 🚲 **Control Your Bicycle.** Always ride with at least one hand on the handlebars. Carry books and other items in a bicycle carrier or backpack.
- 🚲 **Watch for and Avoid Road Hazards.** Be on the lookout for hazards such as potholes, broken glass, gravel, puddles, leaves, and dogs. All these hazards can cause a crash. If you are riding with friends and you are in the lead, yell out and point to the hazard to alert the riders behind you.
- 🚲 **Avoid Riding at Night.** It is far more dangerous to ride at night than during the day because you are harder for others to see. If you have to ride at night, wear something that makes you more easily seen by others. Make sure you have reflectors on the front and rear of your bicycle (white lights on the front and red rear reflectors are required by law in many States), in addition to reflectors on your tires, so others can see you.

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Many bicycle-related crashes resulting in injury or death are associated with the bicyclist's behavior, including such things as not wearing a bicycle helmet, riding into a street without stopping, turning left or swerving into traffic that is coming from behind, running a stop sign, and riding the wrong way in traffic. To maximize your safety, always wear a helmet AND follow the rules of the road.

Rules of the Road – Bicycling on the Road



- Bicycles in many States are considered vehicles, and cyclists have the same rights and the same responsibilities to follow the rules of the road as motorists. When riding, always:
- 🚲 **Go With the Traffic Flow.** Ride on the right in the same direction as other vehicles. Go with the flow – not against it.
 - 🚲 **Obey All Traffic Laws.** A bicycle is a vehicle and you're a driver. When you ride in the street, obey all traffic signs, signals, and lane markings.
 - 🚲 **Yield to Traffic When Appropriate.** Almost always, drivers on a smaller road must yield (wait) for traffic on a major or larger road. If there is no stop sign or traffic signal and you are coming from a smaller roadway (out of a driveway, from a sidewalk, a bike path, etc.), you must slow down and look to see if the way is clear before proceeding. This also means yielding to pedestrians who have already entered a crosswalk.
 - 🚲 **Be Predictable.** Ride in a straight line, not in and out of cars. Signal your moves to others.
 - 🚲 **Stay Alert at All Times.** Use your eyes AND ears. Watch out for potholes, cracks, wet leaves, storm grates, railroad tracks, or anything that could make you lose control of your bike. You need your ears to hear traffic and avoid dangerous situations; don't wear a headset when you ride.
 - 🚲 **Look Before Turning.** When turning left or right, always look behind you for a break in traffic, then signal before making the turn. Watch for left- or right-turning traffic.
 - 🚲 **Watch for Parked Cars.** Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).

Sidewalk versus Street Riding

- The safest place for bicycle riding is on the street, where bicycles are expected to follow the same rules of the road as motorists and ride in the same direction.
- 🚲 Children less than 10 years old, however, are not mature enough to make the decisions necessary to safely ride in the street.
 - 🚲 Children less than 10 years old are better off riding on the sidewalk.
 - 🚲 For anyone riding on a sidewalk:
 - 🚲 Check the law in your State or jurisdiction to make sure sidewalk riding is allowed.
 - 🚲 Watch for vehicles coming out of or turning into driveways.
 - 🚲 Stop at corners of sidewalks and streets to look for cars and to make sure the drivers see you before crossing.
 - 🚲 Enter a street at a corner and not between parked cars. Alert pedestrians that you are near by saying, "Excuse me," or, "Passing on your left," or use a bell or horn.