

AKHS *from A1*

over the school year. "These chairs represent the loved ones that, although lost, have not been forgotten," she said. "I imagine people sitting in these chairs being part of this important ceremony and this important stage of the students' lives."

Following a moment of silence, AKHS graduates took the podium to reflect on their lessons learned during their time at the school.

Ketcher first introduced Isabella Dove, who Ketcher said had been a positive role model for her peers and a dedicated participant in the school's conservation program.

Dove spoke of her admiration for Al Kennedy High School and its teachers, praising the deep relationships and personal motivators a small school can provide.

"I went to three different high schools and Al Kennedy is by far the best," she said. "I got more credits here in two trimesters than I did in my prior two years of high school."

Practical life skills were a part of her curriculum, too.

"They even taught me my rights in case I ever get arrested," she said to laughs. "You guys let me be myself and I cannot thank

you enough because that in itself is the reason why I'm standing here today."

Dove also praised teachers who inspired her to continue learning and to persevere through hardship.

"You're all amazing and you're all part of the reason this is the best school I've ever attended," she said.

Ketcher then introduced Owen Dragt, who she praised for using the school as a turning point in her life.

"The progress that I have seen her make over the past two years deserves to be celebrated," said Ketcher.

Dragt reflected on her time in a conventional high school, which she said she had difficulty connecting with, and lauded Al Kennedy High School's alternative approach.

"They can apply different teaching methods to individual students, which is something that you can't really get at a bigger school," she said. "I am so proud for this to be my school."

Graduate Joshua Cox took the podium next and led the audience on a light-hearted reflection of society's relationship to time.

Quoting the movie "Kung Fu Panda," he relayed the wisdom of a contemplative character: "Yesterday is history. Tomorrow

is a mystery. But today – today is a gift and that is why it is called the 'present.'"

The perspective should find relevance with students of AKHS, many of whom have had to overcome steep obstacles in their past.

"Not many of us were cut out for the mainstream school experience," said Cox. "And if it weren't for Al Kennedy, we probably wouldn't have made it."

Cox cautioned that brooding on the past must be tempered by extracting lessons from it. He encouraged the audience to take command of their present to build agency for their own futures. One way to do this: appreciation.

Cox listed his own reasons to be thankful for his environment and the teachers who guided him.

"As for the future, I don't think it's quite happened yet. And I don't think it ever really will because every time we get there, it just becomes the present again," he quipped. "But with a group of young men and women like this, I'm sure it'll be as unique as our pasts and as treasurable as our present."

Ketcher again addressed the audience and noted how difficult the past year of distance learning was for students who couldn't take full advantage of Al Kennedy High School's opportunities. A typical year would see around 40 to 50 graduates, she said.

"Graduates, no matter what difficulties you may have faced to get here today, you should be filled with a great sense of happiness and accomplishment," Ketcher said. "You have all put in so much effort to be able to sit here today and know that you've earned the right to sit here."

Like the students, Ketcher praised the opportunities the school has provided despite a harrowing last year, including its GED program which helped seven students this year and "sustainability cohorts" which helped another seven students earn a high school diploma.

Teachers then took turns to share their appreciation for each of the graduates in attendance, complimenting them one by one on their individual accomplishments.

Many were praised for

their persistence and determination in the face of adversity, each noted for facing their own challenges. Others were given encouragement to follow through with their particular goals or applauded for various accomplishments while attending AKHS.

"Remember everything that Al Kennedy means to each of you," said Ketcher. "Because all of us at Kennedy will never forget any of you."

The ceremony ended with a recessional song recorded by high school staff. As each of the 12 attending graduates walked one by one from the ceremony, personalized verses were sung to commemorate their achievements and highlight their personalities.

Mayor's Bike Ride rolls out this Saturday

On Saturday, June 19 at 10 a.m. in Row River Trailhead Park, Cottage Grove Mayor Jeff Gowing will be meeting up with any interested members of the community for the annual Mayor's Bike Ride.

The bike ride will start in Trailhead Park (north side of Main Street at 10th and Main streets) with riders going three miles to the Mosby Creek Trailhead.

There will be refreshments at Mosby Creek Trailhead. Riders then can return to town or continue on the trail.

Everyone is invited to join the mayor for the great opportunity to enjoy the Row River Trail.

FREE DATE CHANGES ON 2021 TOURS*

FROM \$2,599* \$2,349*

BEST OF HAWAII FOUR-ISLAND TOUR
12 days, departs year-round

Oahu • Hawaii Island • Kauai • Maui — Enjoy a fully guided 4-island Hawaiian vacation with centrally located lodging in Waikiki on Oahu, and beachfront lodging on the "Big Island" of Hawaii, Kauai, and Maui. Guided throughout by our friendly Tour Directors—your local experts. Includes 3 inter-island flights.

YMT vacations promo code **N7017**
1-866-523-0103

*Free date changes anytime up to 45 days prior to departure for land tours, up to 95 days prior to departure for cruise tours. Deposits and final payments remain non-refundable. Prices are per person based on double occupancy plus \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only, made by 6/30/21. Other terms & conditions may apply. Ask your Travel Consultant for details.

ARE YOU A...
YOUTH SLEEPING ON THE STREETS, IN A CAR, OR AT A FRIEND'S?
YOUTH WHO COULD USE FOOD, CLOTHING, OR OTHER BASIC NEEDS?
COMMUNITY MEMBER WHO KNOWS A YOUTH IN NEED?

IF SO, WE CAN HELP!

LOOKING GLASS COMMUNITY SERVICES RURAL PROGRAM
508 E. Whiteaker Ave.
Office Line: (541) 767-3823
24/7 Crisis Line: (541) 767-3823
Monday - Friday 8:30 AM - 5:00 PM

The Rural Program's drop-in center and street outreach program assists youth age 11-21 who are experiencing homelessness, unstable housing, or who have run away. We support youth in navigating adolescence and creating solutions to improve the quality of their lives.

Services include:
• A safe space to be during the day
• Basic needs: meals, food boxes, hygiene items, and clothing
• Support reaching goals
• Street outreach across the Cottage Grove area

All services are completely free.

Prepare for unexpected power outages with a Generac home standby generator

REQUEST A FREE QUOTE! 877-557-1912

FREE 7-Year Extended Warranty*
A \$695 Value!
Offer valid February 15 - June 6, 2021

Special Financing Available
Subject to Credit Approval

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

Turn your yard into a **Safe & Relaxing Sanctuary**

PRASADA LANDSCAPES LLC

- landscape design & planting
- complete lawn care
- trimming, weeding & mulching

100% Contactless Service! Details Online

Honest. Dependable. Authentic
PO Box 341 | Cottage Grove, Oregon
541-731-8528 | www.prasadalandscapes.com

DENTAL Insurance

Get Dental Insurance from Physicians Mutual Insurance Company. It helps cover over 350 procedures – from cleanings and fillings to crowns and dentures.

- See any dentist you want, but save more with one in our network
- No deductible, **no annual maximum**
- **Immediate coverage** for preventive care

Call to get your **FREE Information Kit**
1-844-328-1291
or visit dental50plus.com/cgs

Includes the Participating (in GA: Designated) Providers and Preventive Benefits Rider. Product not available in all states. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250O); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN); Rider kinds B438/B439 (GA: B439B). 6255

PC GARAGE
SALES, SERVICE & REPAIRS

Complete tech, networking, security and IT solutions for your home or business.

711 E. Main Street | Cottage Grove
541-649-1073 | www.pcgargageoregon.com

Like us on **facebook**

Let us help you select the right wood flooring for any room!
Stop by our showroom for a free design consultation and estimate.

An Unparalleled Selection of **Quality Wood Flooring**

Natural Hardwood | Engineered Hardwood
Pine Flooring | Sustainable Bamboo
Distressed Hardwood | Vinyl | Tile

Rogers and Son Floor Covering

1324 E. Main St. | Cottage Grove
541-942-0500 | rogersandsonfloorcovering.com

SPRING Tune-Up

Only \$129*

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

JAMES HEATING & AIR CONDITIONING
COMMERCIAL & RESIDENTIAL

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

Quality Cleaning Certified Green Carpet Cleaning Specialists

541-942-0420

IICRC CERTIFIED FIRM

PRIMAL PET FOODS INC.
SINCE 2001

NEW PET FOOD NORTHWEST NATURALS

We can beat any price in Eugene! Give us a call, we'll chat.

OLD MILL FARM STORE -Est 1870-

Open: Mon-Fri 10-5
Saturday 10-4

327 South River Road
Cottage Grove, Oregon 97424
(541)942-3024

Swap & Shop

Buy – Sell – Trade

10:05 – 11am
Monday – Friday

3 Items - \$500 limit

This is truly the place to find that hard to find item or turn your unwanted possessions in to other people's treasure.

717 Main Street
Cottage Grove, OR 97424
Lobby Phone: 541.942.2468
Studio Line: 541.942.5548
Online requests: request@knnd.com

Cottage Grove Sentinel Introduces...

GUARANTEED HOME SALES

Moving is one of the most stressful things we do in life, now add to it selling your house! We want to help you with our new...

Real Estate Insurance Package!
We will run your online ad until it sells, for one low price.

Guaranteed Home Sale Package Includes:

- ✓ 50 Words + Photo under featured Homes for sale page online
- ✓ 50 word ad under classifieds online.
- ✓ Over 21,000* unique visitors online.
- ✓ Only \$50** and it runs until its sold.

Normal price is \$45 for 4 issues, insurance is only \$5.

Weekly feature for an additional \$20/per week
limit one listing

Cottage Grove Classified **MARKETPLACE**
"Your 1 stop place to buy & sell real estate in the region"

Call Today
541.942.3325
cgsentinel.com

Sentinel

* Nov '18-Jan '19 **Must be paid at time of placement