

# COVID case 'temporarily' closes South Lane Wheels

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Local transportation nonprofit South Lane Wheels closed this week due to at least

one staff member testing positive for COVID-19 and going into quarantine.

Executive Director Ruth Linoz said she had hoped the nonprofit would be

back to offering services by Wednesday (Sept. 22), but it was dependent on test results which had not been confirmed as of *The Sentinel's* press time.

"It's a moving target," she said.

South Lane Wheels provides transportation services such as a shuttle for people to connect with a

Lane Transit District (LTD) route up to Creswell and the Eugene and Springfield areas.

Linoz noted that regular users of the service had

been contacted about the temporary closure and alternatives had been found.

No updates had been reported as of *The Sentinel's* press time.

# Volunteers recruited for National Public Lands Day

The U.S. Army Corps of Engineers invites volunteers to help it celebrate National Public Lands Day, Saturday, Sept. 25.

This event supports the nation's largest single-day volunteer restoration effort for America's public lands. Scouts, youth groups, civic clubs, families and individuals are encouraged to participate.

For their efforts, volunteers can stay in Pine Meadows Campground at Cottage Grove Lake for free the night of the event. Volunteers will also receive a pass, which is good for free entry any day during the next year at public land sites managed by the National Park Service, U.S. Forest Service, U.S. Fish and Wildlife Service, Bureau of Land Management or the U.S. Army Corps of

Engineers.

"During this event, we will plant vegetation that creates habitat for many species," said Christie Johnson, Portland District park ranger. "We have 93 trees and shrubs to plant, so we are looking for a lot of volunteers to help us."

The event runs from 9 a.m. to 1 p.m. at Pine Meadows Campground. Volunteers will receive snacks and water. All volunteers should wear sturdy closed-toe shoes and long pants. Because COVID-19 is still posing a threat to our communities, please wear a face covering. If you feel ill, please stay home. Additionally, gloves and tools will be available at the event.

The campground is at 75166 Cottage Grove Reservoir Road, Cottage

Grove, Oregon.

Volunteers should pre-register no later than Sept. 20 by contacting the U. S. Army Corps of Engineers park ranger office at 541-942-5631. For more information about National Public Lands Day, go to <http://www.publiclands-day.org/>.

The Cottage Grove Dam and Reservoir is one of 13 dam and reservoir projects operated by the U.S. Army Corps of Engineers in the Willamette River drainage system.

Each dam contributes to a water resource plan designed to provide flood risk management, power generation, irrigation, water quality improvement, fish and wildlife habitat and recreation on the Willamette River and many of its tributaries.



PHOTO COURTESY OF U.S. ARMY CORPS OF ENGINEERS

**Volunteers plant trees and shrubs at Schwarz Campground near Cottage Grove during National Public Lands Day, 2018. National Public Lands Day is the nation's largest single-day volunteer restoration effort for America's public lands.**

# Oregon State Board of Education passes 'Resolution Encouraging Solidarity and Support for Student Identities'

SALEM, Ore. – The Oregon State Board of Education unanimously passed a resolution on Sept. 16 calling on Oregon's school districts to foster the creation of safe space for students.

The Resolution Encouraging Solidarity and Support for Student Identities specifically calls on the Newberg School Board to encourage district staff to celebrate and stand in solidarity with students through the use of signs, flags, placards and symbols, and affirm in words, policy and action that "Every

Student Belongs" and is welcome, appreciated and ensured an equitable access to a high-quality education in Newberg Public Schools.

The Newberg School Board made headlines earlier this year when it voted to ban "political" signs, which included Black Lives Matter and Pride flags.

This month, the board debated the issue again before voting to push the decision to another date.

"Equity does not mean that one side gets ignored or favored. It is quite the

opposite: we have a responsibility to create and maintain humane, livable spaces for children who have consistently lived on the brink of emotional, mental, and physical exhaustion," said Guadalupe Martinez-Zapata, Vice-Chair of the Oregon State Board of Education. "A minimal demonstration of that humanity, a flag, a banner, a sign, is all it could take for a student to feel safe. Each student is unique, and everyone deserves our love and care."

The resolution also en-

courages all districts to show in actions and in words that every student is affirmed in their identities and is made welcome in their schools, regardless of race, color, religion, sex, sexual orientation, gender identity or expression, national origin, native language, immigration status, documentation status, age or disability.

"Now more than ever, we must work to ensure that our schools are safe and welcoming spaces for every student. We know that has not always been the case

– in particular for our students of color, Indigenous, Tribal citizens, immigrants, English learners, and LGBTQ2SIA+ students, as well as our students who experience disability," said Oregon Department of Education Director Colt Gill. "Student identity should be supported and celebrated, and we must recognize the unique needs and perspectives that our students bring."

School districts are advised to welcome and affirm student identity by modeling the use of inclusive language, encouraging the proactive creation of safe and affirming spaces, and engaging in honest and authentic dialogue with

students on who they are and how best to serve their needs.

School boards are also advised to adopt similar resolutions in consultation with their local communities.

"The resolution affirms that symbolism of pride and Black Lives Matters slogans and insignia are statements of love and affirmation, and indicate support and solidarity for students," stated the Oregon State Board of Education and Oregon Department of Education in a press release. "They do not meet the requirements of a hate symbol nor are they attached to specific political candidates or parties."

## Fall and winter skincare tips

As summer transitions to fall, many changes take place. In addition to changing landscapes, men and women may need to adapt their health and wellness habits to ensure that they stay healthy and happy. Part of that daily regimen includes how to care for skin as the seasons change. Just as skin requires certain protection from the sun and heat in the summer, skin has special needs in the fall and winter. Fall and winter are often characterized by cold, dry weather, which can make these times of year particularly challenging for people with dry or sensitive skin. These tips can help people maintain their skin's appearance and health.

- Don't skip the sunscreen. Sunscreen is not a summer-only requirement. UV rays can damage the skin any time of year, even if the rays are not as strong as during the summer. UV radiation accelerates and increases the risk of skin cancer. It also can lead to premature aging. Utilize a sunscreen with an SPF of 30 or higher every day.
- Invest in a humidifier. Dry, cold temperatures can rob the skin of essential moisture, even indoors. Dermatologists suggest using a humidifier at home to boost the amount of moisture in the air. This can make skin more comfortable and can have other health benefits as well.
- Skip hot showers. It can be tempting to sit under a hot stream of water to warm up. However, hot water dries out the skin by depleting its stores of natural oils, says Glacier Med Spa. Take warm showers instead and don't stay in for longer than 15 minutes.
- Limit exfoliation. While exfoliation can remove dead skin, overdoing it can make already sensitive skin more raw. Increase the time between exfoliation treatments. Consult with a dermatologist for more advice about dealing with flaky skin.
- Don't forget your lips. Using a thicker moisturizer on the body and face can help add and retain moisture. But pay attention to your lips and eyes as well. Something as simple as petroleum jelly on the lips can help prevent chapping. Invest in a quality eye cream to help the delicate skin around the eyes as well.

Modifications must be made to skincare routines in anticipation of seasonal weather changes.

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