

## MEMORANDUM

TO: Mayor and City Council  
FROM: Mike Sauerwein, City Manager  
SUBJECT: Friday Update  
DATE: February 14, 2025

### **Heart Health**

Tuesday, February 25<sup>th</sup> from 1:00 to 2:30 pm, join a conversation with Dr. Charlie Ross about heart health. This free 1.5 hour program is a chance to learn more about factors that affect heart health and ways that individuals can reduce their risk of heart disease.

### **EDA Main Street Revitalization Project**

#### **Week of February 17<sup>th</sup> – 21<sup>st</sup>**

Mobilization begins on Monday February 17<sup>th</sup>. Wildish will install fencing for their storage site and begin to place equipment in the parking lot across from City Hall. There will be a placement of road barriers along the south side of Main Street.

Due to the weather, the prep work did not move as fast as expected.

NW Natural will complete work between 5<sup>th</sup> Street and the Main Street Bridge and move to the 7<sup>th</sup> Street area. They plan to complete their work by Friday, February 21<sup>st</sup>.

City Staff will be on Main Street preparing for the new water main installation.

#### **Week of February 24<sup>th</sup> – 28<sup>th</sup>**

Wildish Construction will start saw cutting the pavement on the south side of Main Street to install the new water main.

### **Cleveland Street Infrastructure Project**

Cleveland Street and the intersection of Cleveland & 6th Street in Cottage Grove will be under construction starting February 19, 2025, through the end of June 2025, for a full reconstruction of the road. 6th Street will remain open throughout the duration of the project. Cleveland Street will remain open to local traffic only. Work is scheduled on Cleveland Street between 7:00 am and 5:00 pm Monday through Friday.

### ***Quote of the Week:***

*“ The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.”*

*~ Helen Keller*

# A CONVERSATION WITH DR. CHARLIE ROSS



## ON HEART HEALTH

TUESDAY, 2/25/25

1:00-2:30PM

COTTAGE GROVE PUBLIC LIBRARY

SHEPHERD ROOM

700 E GIBBS AVE

MORE INFORMATION ABOUT DR. ROSS CAN BE FOUND AT  
[WWW.LIVELIFESTYLEMEDICINE.COM](http://WWW.LIVELIFESTYLEMEDICINE.COM)

