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### Plant The Seeds Of Good Oral Health

(NAPSA)—To keep your smile healthy, you should know that your oral health needs evolve with age. Cultivate strong teeth by planting the seeds for good oral health early and knowing what to watch for at differ-

### ent life stages.

**Babies and Toddlers** Baby teeth are susceptible to cavities and need daily upkeep from the beginning. Before the first tooth arrives, wipe your baby's gums with a soft, clean cloth after each feeding to get rid of unwanted bacteria. Once the first tooth does appear, brush with fluoride toothpaste and toothbrushes designed for babies and younger children. For children under 3 years old, use an amount of toothpaste no more than the size of a grain of rice and no more than a pea-sized amount for kids between 3 and 6 years old. Babies should also have their first dentist appointment six months after their

During these early years, it's crucial that children learn oral health routines that will keep their smiles healthy into adulthood. Teach your little one good habits early by demonstrating how to brush, reiterating the need to brush for two full minutes twice a day and making it fun.

first tooth or before age 1.

**Children and Adolescents** 

Childhood and adolescence (ages 10-19) are the times to reinforce good habits and take steps to guard against common mouth issues. Supervise your child's brushing until age 8 and flossing until age 10. You can also talk with the dentist about preventive measures such as sealants to protect against cavities and mouth guards to protect from mouth injuries.

Dr. Fred Eichmiller, Vice President and Chief Science Officer for Delta Dental of Wisconsin, emphasizes the need for instilling oral health habits in children and adolescents."The risk of cavities is highest in adolescents for multiple reasons, including the eruption of cavity-prone second molar teeth, dietary choices and oftentimes lack of personal oral health care," said Dr. Fichmiller, "Practices including brushing twice a day with fluoride toothpaste, flossing once daily, choosing healthy snacks, drinking fluoridated water and visiting the dentist regularly will



Smart dental practices-brushing, flossing and seeing the dentist-can help keep your smile healthy and happy all through your

help ensure the adolescent

maintains a healthy smile." In addition, pay attention to gum health as adolescence is often the time when gingivitis begins. Symptoms like gum redness, swelling, bleeding and tenderness can indicate the presence of ainaivitis. Alert the dentist if any of these symptoms is present. Adults

and tear your teeth experience over time can become noticeable by causing such symptoms as discoloration, cavity susceptibility and tooth cracks or chips. Keep your teeth strong by maintaining a proper oral health routine that includes brushing and flossing daily, eating mouth-friendly foods and scheduling regular dental visits.

Avoid harmful substances. Tobacco and excessive alcohol consumption can put vou at higher risk for oral cancer, which occurs most often after age 60. Take steps to prevent oral cancer and look out for early signs with home screenings. Mouth symptoms can include sores, red or white patches, persistent pain or numbness, lumps or rough spots, and issues with chewing and swallowing. If you experience any of these symptoms for longer than two weeks, speak to your dentist.

Another factor to consider is that the nerves in your teeth may grow less sensitive, making it less likely that you'll notice the development of cavities. Maintain regular checkups so your dentist can catch any mouth issues early before they progress.

quires dedication, but by tending to your mouth with care, you can keep your smile healthy at any age.

### **Learn More**

For further facts and dental health tips, go to www.deltadentalwi.com.

# 999 **→** PUBLIC

### **NOTICE OF BOARD MEETING**

NOTICE IS HEREBY GIVEN that the next Board meeting of Siuslaw Valley Fire and Rescue will be held on Wednesday, July 18, 2018 at 6:00 p.m. at the fire station located at 2625 Highway 101 North, Florence, OR 97439. The agenda will include: Policies and Procedures and General Business of the fire district.

Publication Date: July 11, 2018

### **PUBLIC NOTICE**

Advertisement for Sale of Personal Property. NOTICE IS HEREBY GIVEN that U-Store Mini Storage facility located at 4425 Highway 101, Florence, Oregon, will sell all the personal property belonging to: Smith Unit 145, Newman Unit 28. Property will be sold at lien sale as complete units on July 26, 2018 at 10:00 AM to satisfy Landlords lien. Units may have reserve. Call 541-997-7330 for more information.

Publication Dates: July 11, and July 25, 2018

### NOTICE OF ELECTION FOR DISTRICT DIRECTORS OF THE

SIUSLAW SOIL AND WATER CONSERVATION DISTRICT Notice is hereby given that on November 6, 2018, an election will be held for the purpose of electing board director(s) to the following positions for the Siuslaw Soil and Water Conservation District:

2018-2022 4 year term Zone 2 4 year term 2018-2022 At Large 2 4 year term 2018-2022

Zone boundaries, eligibility requirements, and copies of the required elections forms may be obtained at the SWCD Office located at 1775 Laurel Way #4, Florence, OR 97439, telephone (541) 997-1272, or send an email request to siuswcd@gmail.com.

Election forms and information may also be found at: http://www.oregon.gov/ODA/programs/NaturalResources/ SWCD/Pages/Elections.aspx

Each candidate must file a "Declaration of Candidacy" and a "Petition for Nomination Signature Sheet" with the Oregon Department of Agriculture, Natural Resources Division. The filing deadline is 5:00 p.m. on August 28, 2018.

Publication Date: July 11, 2018

### **PUBLIC HEARING NOTICE**

The Florence City Council will hold a public hearing at 5:30 PM on July 16, 2018, in the Florence Events Center, 715 Ouince Street, concerning the following Planning Commission recommendations:

### ORDINANCE NO. 10, SERIES 2018 - Housing Comp **Plan Amendments:**

CC 18 10 CPA 01 - Proposed changes to the Florence Realization 2020 Comprehensive Plan, Chapter 9: Economic Development and Chapter 10: Housing Opportunities to address housing and economic development within Florence, address current trends in housing, and the need to strengthen the local economy. These proposed changes are recommendations from work performed on updating Florence' Buildable Lands Inventory, Housing Needs Analysis and Economic Opportunities Analysis in 2017.

### ORDINANCE NO. 11, SERIES 2018 - Beat the Wave **Comp Plan Amendments:**

CC 18 11 CPA 02 - Proposed changes to the Florence Realization 2020 Comprehensive Plan, Introduction and Chapters 7 (Development Hazards and Constraints), 11 (Utilities, Facilities, and Services), 12 (Transportation), and 14 (Urbanization) to address Tsunami threats and development patterns within areas subject to these natural hazards. These proposed changes are implementations of model policies from the Department of Land Conservation and Develop-

For more information contact the City of Florence Planning Department at (541) 997-8237 or visit city's website at www.ci.florence.or.us.

Publication Dates: July 3 and 11, 2018

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# 990 ♦ STATEWIDE

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We will put a graphic or photo in the box to the left. You find it somewhere in the classifieds. Come into our office, Enter your name, phone

## **Good Luck**

KATHY JOHNSON found the National Hot Dog Month Graphic on page 5B (Cash drawer of SHOP LOCAL Cartoon) She has won a gift certificate to The Jolly Egret.

Saturday's Graphic

Here is how it works...

Gift Certificates must be picked up within 2 weeks of winning Deadline for today's paper: Monday by 2:00 PM



MLS

Wednesday's Graphic

**1992 BUICK** 

call after 1pm





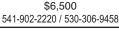


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number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.

Friday the 13th