

# Rotarians donate dictionaries

The Cottage Grove Rotary Club recently donated over 200 dictionaries to the third-graders in South Lane School District. Representatives say the kids were excited to receive the dictionary for their very own to keep. Rotarians gave some instruction on how to use the dictionary as well.

On Thursday, Rotary members and guests also heard from eight graduates of Rotary sponsored Rotary Youth Leadership Awards (RYLA), a Rotary sponsored youth education leadership academy which was founded in Australia in 1959. These eight students graduated from the camp held at Grove Christian Camp on the Row River in Dorena.



courtesy photo

From left, Rotarians Shauna Neigh, Chandra LaHusen and Nadine Kelley display dictionaries recently donated to South Lane third-graders.

## BIRTHS

A daughter was born to Darcy and Marco Lomeli. Cosima Isabel Lomeli was born Jan. 22, 2016 at 12:19 p.m. at Kaiser Permanente in San Diego, Calif.



Jan. 24, 2016

To Monique and Calvin Wells of Creswell, a son.

Jan. 28, 2016

To Ashley Fetter and Timothy Robins, Jr. of Cottage Grove, a son.

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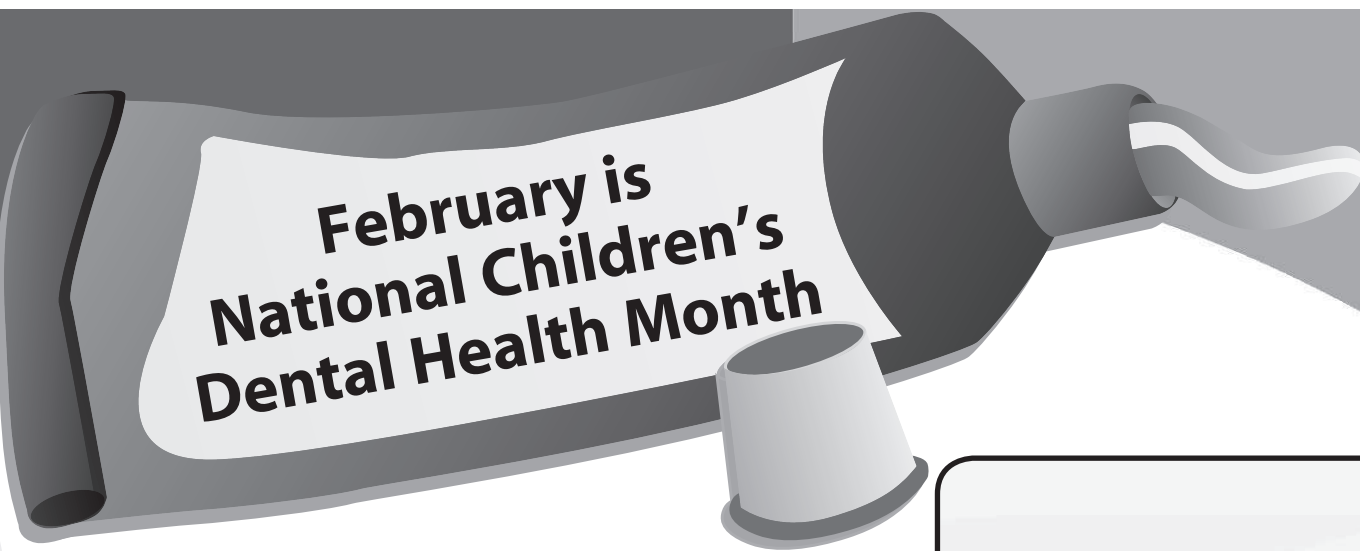
## 6-day weather forecast

<b>THURSDAY Feb. 4</b> 37°   50° Poss. showers	<b>FRIDAY Feb. 5</b> 40°   56° Partly Cloudy
<b>SATURDAY Feb. 6</b> 38°   52° Poss. Showers	<b>SUNDAY Feb. 7</b> 34°   55° Partly Cloudy
<b>MONDAY Feb. 8</b> 34°   59° Sunny	<b>TUESDAY Feb. 9</b> 39°   47° Showers

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## February is National Children's Dental Health Month

# The tooth, the whole tooth and nothing but the tooth


Who's the top-grossing actor in kids' tooth decay stories? Sugar. And in February 2016, during National Children's Dental Health Month, the American Dental Association is bringing "Sugar Wars"™ to a dentist's office near you.

Your child's dental hygiene isn't only about brushing and flossing. The best way to prevent tooth decay and the costly dental cavities that result is to tackle the problem where it starts: eating sugary foods.

Everyone likes a treat now and then, but when you and your kids do indulge, it's extra important to remember a couple of things.


- Don't eat candies or sugary foods throughout the day; the bacteria that cause decay feed on sugar, so it's important to give your mouth a break.
- Brush your teeth with a dentist-recommended toothpaste after you've eaten a sugary snack or dessert. This does two things: it removes any stuck food particles from the teeth and gums, and it helps the saliva return to a normal pH level that doesn't favor tooth decay.

Generally, it's best to avoid eating sugary foods every day for your dental health and overall health. Opt for desserts that feature fresh or frozen fruits, nuts and low-sugar recipes. At snack time, choose fresh fruit or vegetables, nuts, cheese, whole-grain products or other low-sugar foods that don't easily get stuck in the teeth. Plan an attack on sugary sodas, fruit drinks pastries and candies.



Teaching your kids good dental habits is the best way to fight the Sugar Wars. Remind them to brush at least twice a day (once before going to bed), rinse after snacking, floss daily and choose low-sugar snacks.


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