

BEYOND THE GROVE

News from Lane County and CG's neighbors

New youth diversion program seeks to decrease crime

Lane County Health and Human Services' Youth Services and Family Mediation departments are piloting a youth diversion program that is intended to decrease recidivism (re-offending) rates in youth.

Springfield Restorative Justice (SRJ) is a youth diversion project centered around improving the lives of Springfield youth who are responsible for crime as well as those directly impacted by youth crime.

According to the department, SRJ is different from the traditional juvenile justice system in that it focuses on collectively identifying

and addressing the manner in which the responsible youth caused harm. Through the process, the responsible youth ideally also recognizes the needs and obligations present in order for both parties to heal.

Youth diversion programs similar to SRJ, like Eugene's Teen Court program, have been proven to decrease recidivism rates in the community, encourage empathy in responsible youths and save the city money.

A study conducted by the University of Oregon showed that students who participated in and completed the Eugene Teen Court and its sen-

tencing protocol were less likely to recidivate than those who participated but did not complete the program. Financial reports reviewed by the University of Oregon show that diversion programs tend to also be more affordable than traditional forms of juvenile justice.

According to a 2015 study conducted by the University of Oregon, the average cost for a youth defendant to go through Eugene Teen Court is \$1,204. The average cost of putting a defendant in Lane County Youth Services Detention is \$633.34 per day. This means that after 48 hours, traditional detention

practices become more costly than Teen Court participation.

Lane County Program Supervisor Rob Selven stressed that SRJ is a viable alternative to traditional juvenile courts because it shows responsible youth how their actions have affected others and builds relationships between them.

Selven also pointed to the fact that SRJ is currently taking volunteers who would be assisting youth in a rehabilitative manner.

Those seeking more information on how to apply can call (541) 682-3962 (press#5) or email mediation@co.lane.or.us.

Applications accepted for Master Recycler program

Lane County Waste Management Division is offering a free course this spring that provides comprehensive training in local solid waste issues.

The Master Recycler training course includes 35 hours of classroom instruction: nine consecutive Tuesday evening classes, a Saturday compost demonstration and two Saturday multi-site field trips to area solid waste and recycling sites. Instructors are local experts in solid waste from business, government and non-profit sectors. The course is free for those who volunteer 30 hours to educate and assist their communities in the year following the training. Those who do not wish to volunteer may pay a small fee. More than 850 Lane County master recyclers have contributed 37,500+ hours of education and assistance to local citizens and businesses since the program began in 2000.

Applications are available at <http://www.lanecounty.org/masterrecyclers> or by calling 541-682-2059. Completed applications may be submitted by fax, email or regular mail. Local opportunities include:

Eugene/Springfield – Classes will be held on Tuesdays from 6:00 p.m. to 9:00 p.m. beginning Sept. 13 and continuing through Nov. 10 at Lane County's Waste Management Division (3100 E 17th Ave.).

Florence – Classes will be held on Fridays from 12:30 p.m. to 3:30 p.m. beginning Jan. 13 and continuing through March 10, 2017 at Lane Community College in Florence (3149 Oak St.).

LORANE COUNTRY NEWS

BY LIL THOMPSON
For the Sentinel

This Sunday, Aug. 14, promises a full, fun day in Lorane.

Start at the Grange for the annual Community Potluck (formerly the Old-timers Potluck) anytime after 11 a.m. with the meal starting at 12:30 p.m. Someone will be at the Grange from 9:30 a.m. on to receive food and set up. Then, wander in down to the Lorane Fire Hall for the annual Volunteer Fire Department Ice Cream Social from 1-5 p.m. Lots of activities will take place including music, fire truck rides and

a dunk tank. Guests can enjoy pie and ice cream while visiting with friends and neighbors and meeting some new community members too. The ladies of the church will hold their next bake sale on Saturday, Aug. 20 in front of the Lorane Family Store starting at 10 a.m.

Lorane Christian Church has its annual "Worship in the Park" on Sunday, Aug. 31 at Farmin' Creek.

Students getting ready for their return to school are advised to check out the CAL District website for the school supply lists for K-12. There are also special requirements for science. Several stores have great sales on school supplies. Also, for sports, check with coaches or the school for the beginning of practices.



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NATIONAL SAVE YOUR SMILE WEEK

Dental care can help prevent periodontal disease

Kids often lament daily dental care. Mom and Dad might insist kids brush their teeth each morning and before bed, but that doesn't mean kids enjoy these daily dental rituals.

While it's notoriously difficult to get kids to take dental care seriously, many adults also approach dental care with something less than an enthusiastic effort. Dental hygiene routines or visits to the dentist might not be welcomed with open arms, but their importance, especially with regards to preventing periodontal disease, is paramount. To understand that connection better, it can help to get a firmer grasp on periodontal disease, its potentially negative consequences and how to prevent it.

What is periodontal disease?

Periodontal disease is commonly referred to as gum disease. An infection of the tissues that surround and support the teeth, periodontal disease is a major cause of adult tooth loss. According to the American Dental Association, periodontal disease is often painless, and many adults may have it without even knowing it.

What causes periodontal disease?

Periodontal disease is caused by a sticky film of bacteria that forms on the teeth. This film is called plaque, and the bacteria that forms creates toxins that can damage the gums.

Are there signs of periodontal disease?

There are signs that indicate the presence of periodontal disease, and anyone who notices these signs should see a dentist immediately. Indicators of periodontal disease include:

- gums that bleed when you brush your teeth
- red, swollen or tender gums
- persistent bad breath
- pus between the teeth and gums
- gums that have pulled away from the teeth
- loose teeth

Can periodontal disease be prevented?

As harmful as periodontal disease can be, men and women should know it can be prevented. Taking good care of your teeth and making those dental appointments, no matter how much you might fear the dentist's chair, are great ways to prevent periodontal disease.

Keeping gums and teeth healthy requires a daily commitment, but that commitment is easy to make. The following are a few daily routines that can help prevent periodontal disease.

- Brush twice per day. Brushing twice daily removes plaque and reduces the risk for damaged gums. When brushing, the ADA recommends a soft-bristled toothbrush and toothpastes that contain fluoride, which strengthen the teeth and help prevent decay.
- Clean between the teeth every day. Floss or interdental cleaners remove bacteria from those areas a toothbrush just can't reach, such as between the teeth. Flossing is important, as the ADA notes that early periodontal disease can be reversed by daily brushing and flossing.
- Don't skip dental visits. Fear of the dentist's chair is not uncommon. Be it kids or adults, many people harbor a fear of go-



Routinely visiting the dentist for cleanings and other checkups is one way to prevent periodontal disease, which is usually unrecognizable in its early stages.

ing to the dentist, no matter how irrational that fear might be. But skipping dental visits is a recipe for disaster. When detected early, periodontal disease is rather easily reversed. But the longer men and women go between dental visits, the more time periodontal disease has to advance, and serious damage can result. When gum disease has progressed to an advanced stage, this is known as periodontitis. At this point gums can be seriously damaged, possibly resulting in loose teeth or tooth loss. So no matter how much you might fear the dentist's chair, those trips are necessary.

Periodontal disease often goes unnoticed, placing great emphasis on the individual to be proactive and take care of his or her teeth while visiting the dentist at least twice annually. More information on periodontal disease can be found at www.ada.org.

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