

Eight-day intensive offers musical theater binge

BY JON STINNETT
The Cottage Grove Sentinel

Young fans of musical theater found a healthy dose at the Opal Center for Arts and Education in downtown Cottage Grove last week.

This year marks the third consecutive musical theater intensive for older teens provided by Storybook Theater at the Opal Center. From 9 a.m. to 6 p.m. for eight days, aspiring thespians attended "class after class" involving all aspects of musical theater, according to Storybook Theatre Director Judy Smith.

"Dance, acting, vocal — classes cover everything involved with musical theater," Smith said. "It's amazing the talent, passion and excitement that exudes from the room."

Smith explained that, following participation in the Cottage Theatre's annual melodrama, which offers parts for musically inclined young actors and actresses up until age 14, there aren't a lot of opportunities



courtesy photo

Guest instructors "set the bar" for participants in the Storybook Theatre's third annual musical theater intensive.

locally for older teens interested in musical theater.

Smith's daughter, Lindy Lou, a former fixture at South Lane Ballet and other venues in Cottage Grove, currently attends Cornish College of the Arts, and Smith said the resources available there in the form of instructors have greatly enhanced the musical theater intensive.

"They offer lots of feedback and other suggestions for the performers, and a lot of our participants have gotten some great opportunities from this, mostly at the Shedd (Auditorium)," Smith said.

Participants put together a showcase for their professors on Friday and showed off what they learned at two public performances on Saturday.

Comment sought on Black Butte Mine cleanup

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The next step in a lengthy process to clean up Black Butte Mine involves the solicitation of comments from the public regarding the toxic site.

The mine, a former mercury mine where the tailings — a by-product of the mining process — still showcase large amounts of mercury that is believed to be contaminating the Cottage Grove Reservoir watershed downstream. The contamination has led to an advisory against consuming large quantities of fish from the watershed.

The mine was listed as a Superfund site by the Environmental Protection Agency in 2010 after it was determined that the owners of the mine lacked resources to clean up the mercury there, and officials believed the listing would better position the mine to receive resources to aid the cleanup. Previously, state agencies removed some mercury tailings from Furnace and

Garrouette Creeks in 2007.

According to the EPA, the proposed cleanup will "remove and stabilize mercury contaminated mine tailings, soil along the bank and sediment in and around Furnace Creek," though any action will wait until after a public comment period that begins Wednesday, Aug. 24 and runs through Monday, Sept. 26. A public meeting on the cleanup effort will also be held Wednesday, Sept. 14 from 5:30-8 p.m. at the Cottage Grove Community Center.

A description of all cleanup alternatives and an evaluation of their effectiveness can be found in the engineering and cost analysis located at <https://yosemite.epa.gov/R10/CLEANUPNSF/sites/bbm>. A copy can also be found at the Cottage Grove Library. Comments can be submitted in writing to Dave Tomten, c/o U.S. Environmental Protection Agency, 950 West Bannock, Suite 900 in Boise, ID83702 or by email to tomten.dave@epa.gov.



Sentinel file photo

Previous efforts to clean up the Black Butte Mine site have involved the removal of mercury tailings from Furnace and Garouette creeks in 2007. The tailings are believed to be contaminating the Cottage Grove Reservoir.

Friday's Art Walk to showcase budding artists

On the last Friday of each month from April through November, Cottage Grove's Downtown Art Walk offers a chance to peruse local art in a historic downtown. This month's Art Walk takes place Friday, Aug. 26 from 6-9 p.m. with the theme "Budding Artists", which will showcase artists who are new to the Art Walk and who will reflect a diverse selection of mediums, styles and trends. The free family-friendly event will not only include art, but also live musical performances, street food and art activities for children. Art Walk is sponsored by Another Way Enterprises, EBID, Dirt Cheap Copies and Buster's Main St Cafe.

Participants include:

Big Stuff Barbecue: OPEN
Buster's Bottle Shop: OPEN
Delight : OPEN
Apple Pie Antiques: OPEN
Studio Tattoo: OPEN
Bookmine: The Gavin Brothers, pens and pencils; Bella Hermanson, Alivia.
Kalapuya Books: Amanda Wilcox, paintings; Shirley Froyd, paintings.
Coast Fork Feed and Brewstation : OPEN
Imagine It Framed: Pam Dennis, paintings; music.
Carousel Deli and Ice Cream: OPEN
The Crafty Mercantile: Bradley Keller, crafted pens and pencils.
Five Flying Monkeys: OPEN
Opal Center for Art and Education: Presentations from the local art and music collective.
Stacy's Covered Bridge: OPEN

Sheriff's Office announces traffic safety campaign

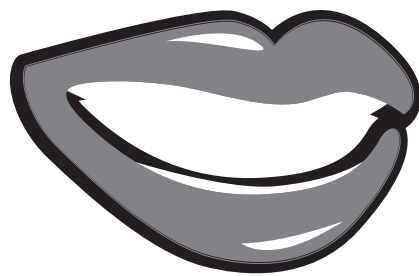
Aggressive driving, DUII, seatbelt infractions targeted

The Oregon Dept. of Transportation (ODOT) Crash Analysis and Reporting Unit released the latest available statewide data for passenger vehicle fatalities by county. The data from 2014 shows 232 deaths from crashes throughout Oregon that year. Lane County recorded 28 fatalities from vehicle crashes in that year. This is the highest number of fatalities resulting from vehicle crashes statewide, with Clackamas County next with 23 deaths in the same year.

The Lane County Sheriff's Office received special allocated funding from ODOT/Oregon State Sheriff's Association to provide overtime patrols with a focus on traffic and life safety, emphasizing DUII and aggressive driving enforcement, as well as seat belt use enforcement.

Through the grant funding, LCSO has announced that deputies will be conducting overtime patrols in the Lane County area beginning now through Labor Day, Sept. 5. This saturation is in conjunction with a nationwide effort to reduce drunk and impaired driving and reduce the number of injuries and deaths from vehicle crashes.

The Lane County Sheriff's Office wants to remind motorists to buckle up, drive safely and drive sober. With the passage of Oregon's marijuana laws, this is also a reminder of the impairment marijuana creates of drivers, impacting their ability to safely operate a motor vehicle. Driving Under the Influence of Intoxicants (DUII) applies to drivers under the influence of marijuana, as it does with alcohol.



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 going 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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