

Habitat for Humanity holds Crab Feed

This year, "13" is a lucky number



11-year-old Kira plays the violin with other participants of Habitat for Humanity's annual Crab Feed held on Jan. 28.

BY GORDON OKUMO
For The Sentinel

On Saturday January 28, 2017, the Cottage Grove area Habitat for Humanity organized a crab feed at Our Lady of Perpetual Help Catholic Church main hall to help fundraise for their mission of building simple, decent homes in partnership with those who are living in inadequate or substandard housing.

Linda Oxley, the Chief Executive Officer of the Cottage Grove Area Habitat for Humanity opened the gathering by welcoming all participants presents and recognizing and appreciating all volunteers and the role each one played in the whole event. She went ahead to inform the people present of the role that Habitat for Humanity and how everyone can participate in their program in the society.

The crab feed is an annual fundraising event in support of the work of Habitat for Humanity and this year's project is the construction of the "lucky number 13 house." According to Linda, they refer to this project as "lucky number 13" because most people associate number 13 with bad luck. "We don't want this house to be associated with bad luck because it's the house number 13 that we are constructing and to some people, number 13 is always considered not a lucky number, to us it's a lucky number hence house lucky number 13." She added.

The lucky number 13 house that is to be constructed by the Cottage Grove area Habitat for Humanity is a three bedroom family house with two baths, a large living room, dining, kitchen, utility, a porch and garage area and indeed just as the name suggests, is a lucky number 13 house for that lucky family.

The four and half hour crab feed dinner was planned in a way that enabled the organizers to host two similar dinners in the same venue and serve an average of 300 people. Being that the main hall would only accommodate a maximum of 150 people at any one particular time, the organizers arranged for the first dinner to be served be-

tween 4:00pm – 6:00pm and the second dinner to start from 6.30pm through to 8.30pm.

Organizers ensured that the crab served in this event was fresh of the freshest having being brought from the Oregon coast that Saturday morning making it not only delicious but delicious-fresh. With pomp and color, the crab feed dinner had wonderful volunteers who enabled the organizers achieve their goal for the day. Several volunteers including the Cottage Grove High School kids, The "Almost Home" band, The Busters Main Street Café among others made the event smooth and successful as the organizers had wished for.

The Cottage Grove High School students clad in blue T-shirts, helped set up the hall, register participants as they came in, serve the dinner, cleaned the tables after meals and general cleaning of the premises after the whole event and guiding and helping participants with any questions or difficulties during the entire fundraiser period.

On the other hand, the "Almost Home" band of Cottage Grove entertained the participants with their enjoyable music. The 200 year old band was happy to show the skills of its youngest member, 11 year old Kira who is excellent in playing violin and singing. The little girl gave the occasion another angle of entertainment that was enjoyed and appreciated by most people who listened to her singing.

The Busters Main Street Café also participated in this wonderful event by sending out some of its employees to volunteer and help in different capacities. But that was not all, in addition to the volunteering squad; the Busters Main Street Café produced 200 gift certificates worth \$25 for sale for only \$10 to participants of the Crab Feed extravaganza. All the proceeds from these sales will be given to the Cottage Grove Area Habitat for Humanity in support of their mission.

A new house is coming for a lucky family soon. The Cottage Grove area Habitat for Humanity says thank you to all who participated in this event.

The Grove Café and Lounge



1/3 POUND Single Burger Basket*

*Hamburger or Cheeseburger

Just \$3.50

Valid one day only, SATURDAY, February 4, 2017; Must present printed coupon when ordering; One coupon per person per day; Dine in only please. Copy, print & share this coupon

Vision 2037 Vision Keepers Committee Members Needed

The Vision Keeper Committee welcomes applications from interested persons who would like to serve a two year term as an "at-large" member of the committee (2 positions available). Applicants will be interviewed and then confirmed by the Cottage Grove City Council.

The role of the Vision Keepers is to monitor progress of the Cottage Grove 2037 Vision Action Plan, encourage implementation of actions, provide technical assistance or support where appropriate, produce annual progress reports, and recommend minor modifications to the plan as necessary. The Vision Keepers will hold quarterly team progress meetings, and will develop annual awards to recognize individuals or organizations for exceptional service toward promoting achievement of the Cottage Grove 2037 Action Plan.

Applications are available at City Hall and at the Cottage Grove Public Library, and should be returned by Friday February 13, 2017, at 5:00 PM to: Teresa Cowan, City of Cottage Grove Community Coordinator, 400 Main Street, Cottage Grove, Oregon 97424, Email: volunteers@cottagegrove.org. Phone: 541-942-1185.








Encourage children to floss

Children should learn that flossing is just as important as brushing.

Learning to brush their own teeth is a lesson all children must master. Although parents ultimately may have children who become proficient at brushing their own teeth, getting them to floss is generally more difficult.

The National Health and Nutrition Examination Survey from the Centers for Disease Control and Prevention found that 41 percent of children aged 2 to 11 had tooth decay in their first teeth. Dental caries are common among children, likely because they have not become proficient at taking care of their teeth.

Soft, sticky foods are commonplace in young kids' diets, and these can promote decay. Even well-intentioned gummy vitamins can be sources of dental decay. Oftentimes, these foods become lodged between the teeth or on the surface of molars. If left in contact with the teeth for too long, food particles become a source of carbohydrates for oral bacteria, and cavities may appear as a result.

To remove food particles from between the teeth, children must floss, advises the American Academy of Pediatric Dentists. It is recommended that parents help their children to floss as soon as two teeth are touching and continue to do so until the child is around the age of 8, when a child should have enough dexterity to do it on his or her own. Flossing is essential to making sure children do

not experience cavities at an early age, and it can establish practices that promote oral health throughout life. Despite being so important, many parents fail to encourage flossing or are at a loss as to how to make it enjoyable and effective.

Although regular dental floss is one of the first tools for flossing, the dexterity required to wind the floss around little fingers and then thoroughly clean the teeth may discourage children. Parents can look into the wide array of flossing helpers available at the store. In fact, many age-appropriate flossers are now available that feature fun designs and smaller profiles to fit into kids' mouths more easily. Flossers may be attached to a handle to make back teeth more accessible and promote more effective flossing. Manufacturers such as DenTek, Butler GUM, Plackers Kids, Dr. Fresh, Oral-B, and Brush Buddies offer children's flossers.

Kids who shy away from flossing may be more likely to use a children's water flosser. In lieu of string floss, a water flosser uses a pressurized stream of water to dislodge food from between teeth. Although a water flosser may be more messy, children may enjoy the opportunity to "play" with water and the cleaning sensation provided.

To prevent the buildup of plaque and the development of dental caries, parents should educate children about proper flossing techniques.

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