



# Health, Happiness & Wellness

A guide to local businesses committed to helping our community thrive

## Counseling & Mental Health

### South Lane Mental Health

*Serving Cottage Grove Since 1988*  
 • Outpatient Counseling for Children, Adults & Couples  
 • Psychiatric Medication Management  
 • Crisis Assistance  
 541-942-2850 • 541-942-3939 • www.slmh.org

## Dental Health

### Delaying going to the Dentist?

*Sedation Dentistry is a Dream come True... find out if its for You!*

### BIRCH AVENUE DENTAL



• Comprehensive General Dentistry  
 • Advanced Cosmetic Techniques  
 • Implants  
 1325 Birch Avenue, Cottage Grove  
 541.942.2471  
 Park W. McClung, DDS & Tammy L. McClung, DDS

### See Dr. Bitner D.D.S., P.C.

350 Washington Ave • Cottage Grove  
 Lumineers (behind International Fitness)  
 The Most Natural Veneer 541-942-7934

### Douglas G. Maddess, DMD

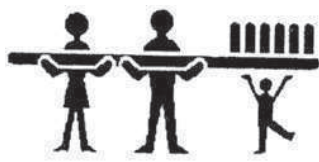


Preventive and  
 Cosmetic  
 Family Dentistry

**New Patients Welcome**

914 South 4th St. • Cottage Grove • 942-1559

### Jonathan E. Backer, D.D.S.

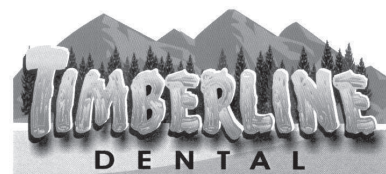


Preventive and Cosmetic  
 Family Dentistry

New Patients  
 Welcome

942-8437

1551 E. Main St.



### Dr. Shane Parsons

605 Jefferson Ave.  
 Cottage Grove

Hours: Monday-Friday, 8am-5pm  
 Emergency appts. available daily

*New patients welcome*

2 Hygienists available • Same friendly and caring staff  
 Please call for an appointment at 541-942-9171



Benjamin R. Thornton, D.D.S., M.S.

www.thornton-ortho.com  
 541.686.1732

## Pharmacies

### BI-MART Pharmacy

OPEN at 9am Mon. - Sat. • Convenient Walk-Up Window  
 100 Gateway Blvd. • 942-9107

## Personal Fitness



### CG Body Studio

Tanning • Pole Fitness • Yoga • MMA  
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 • Kid's Classes • Bariatrics • Supplements  
 28 S. 6th Street • 541-371-5511  
 yelp: cgbodystudio.com



### To list your business

call us

541-942-3325

# CG STUDENT HEADED TO NAVAL ACADEMY



By Caitlyn May  
 cmay@cg sentinel.com

Kory Parent got a phone call last week. It was Rep. Peter DeFazio and he had good news.

The months of preparing, interviewing and applying to the naval academy had paid off. Kory was in.

"It was amazing," Parent said of getting the phone call. "It was icing on the cake."

The senior athlete hadn't always wanted to go into the military. When he was a boy, he thought he'd play for the NBA. That was before nature and genetics stepped in and he lost the vertical battle.

"I stopped growing," he said. Time for Plan B. "I'm a huge patriot. I love this country and if I can work to defend her then I'm going to," he said.

The military, it seemed, was a good fit. It offered a way to pay for college and a chance for Parent to express his patriotic pride.

Getting into the naval academy is not easy; neither is applying. Candidates must meet basic requirements in relation to age, citizenship and dependency. The preliminary application process begins much like an ordinary college application.

However, comparisons end there. Once the application is completed, students must earn the recommendation of a member of Congress. For Parent, he applied for the nomination of three U.S. officials before being accepted by DeFazio.

"It was an email I got on a mailing list that I was a candidate," Parent said of his first introduction to the academy. "After that it was getting recommendations because you need letters of rec from a math teacher and an English teacher," he said.

After that, there's an interview process; one Parent seemingly excelled at.

"It was hard but my family supported me and this opportunity is just gift wrapped for me."

Parent says he's excited to test himself against the standards of Navy Seals.

"I had always wanted to go into federal law enforcement when I got out but if I get in and I like it than I'll just stay in for my 20," he said.

That doesn't mean he won't have time to come home. Parent said he'd make the trip for the holiday season. "Long enough to go skiing," he said.

"I'm excited," he said. "I want to test myself and serve this country."

## CGSENTINEL.COM

### Huge Sale now thru Memorial Day!

# Shady Oaks

## Memorial Day Blow Out Sale!

Wave Petunias,  
 Verbena  
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 ONLY 99¢  
 Regularly \$3.25

6-Pack Tomatoes

99¢

Stop on by! These won't last long!

