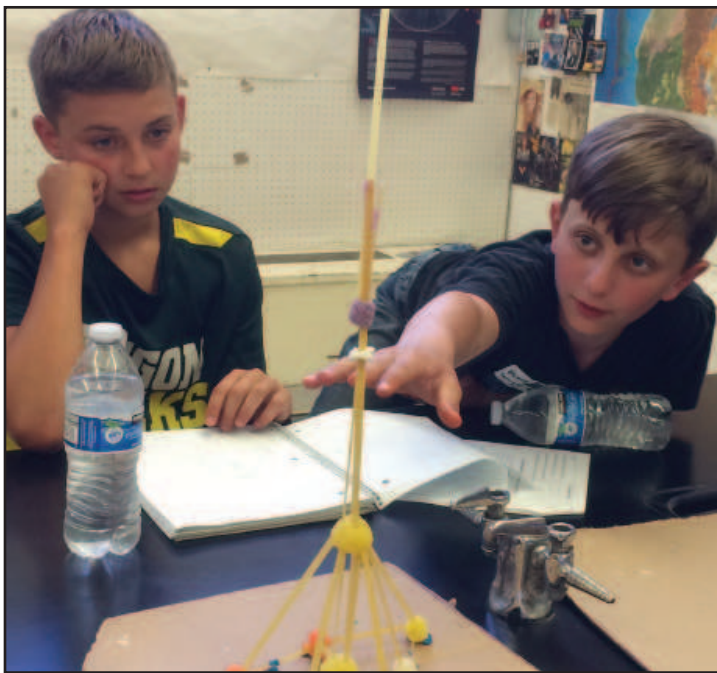


N. Douglas hosts seismic camp



By Tricia Jones
For The Sentinel

Seismic energy produced a variety of reactions on a summer Monday afternoon at North Douglas High School, ranging from groans and face-palms to whoops and high fives.

Disappointment or joy hinged on one factor: How sturdy is your pasta/candy tower?

One by one, teams of middle schoolers carried their creations to an earthquake simulation device brought to class by student instructors from Oregon State University. Every team handed over custom-made structures to get vibrated with increasing tempo. Those with stability and balance survived. Those with insufficient support toppled.

Whatever the outcome, kids got second and third chances to absorb what they learned and to try, try again. Alex Gray of Drain, 11, gave credit to her partner, 12-year-old Tristan Cloudt of Roseburg, for coming up with the idea to form triangles of spaghetti on their project's sides and base. They also had a strategy for selecting candy to join the pasta strands.

"Marshmallows are flimsy, so I need these (gumdrops) for ex-

tra support," Alex said.

One table over, partners Riley Stevenson and Anderson Harris, both 12-year-old Roseburg residents, pondered how to meet the OSU students' height requirements for the lesson without risking structure collapse.

"We need less mass on top and less weight on top, so we're modeling it on the Eiffel Tower," Anderson said.

The lesson was part of Discover the Engineer in You, one of a series of career and technical education summer camps taking place for a second consecutive year at schools and other sites across Douglas County.

The series of Expanding Horizons camps available through a grant secured by the Umpqua Valley STEAM Hub. The Hub works in partnership with OSU, area CTE programs, Umpqua Training & Employment, Umpqua Community College, Douglas Education Service District, Oregon State University and the Area Health Education Center of Southwest Oregon.

Depending on where students report for camp, they may spend the day welding, building birdhouses, installing a bike rack, fashioning stepping-stones from

fresh concrete or dissecting cow eyes.

North Douglas School District Superintendent John Lahley said the district was pleased to host an Expanding Horizons camp, in part because the curriculum aligns with school district goals.

"The camps fit in well with our commitment to offering our kids programs that spark critical thinking, and also expose students to ideas and skills that can play a role in their future careers," Lahley said.

The engineering camp at North Douglas was taught by the same student staff conducting a similar camp in July at Coffenberry Middle School in Myrtle Creek. At both sites, the four OSU students arrived with materials that would provide kids with numerous hands-on activities. OSU biology major Shelby Versteeg said she and her co-instructors scheduled lessons on water purification, building speakers, designing catapults, racing solar cars and an exercise modeled on the television show "Shark Tank." In that session, kids try to "sell" their designs to potential "investors" (the OSU quartet).

In addition, time was set aside for the North Douglas kids to visit Orenco Systems in Sutherlin, and to tour Umpqua Community College.

Versteeg said some of the kids signed up for the camp are genuinely interested in engineering.

Others, less enthusiastic, might have been directed by parents who wanted them out of the house and doing something productive in summer.

"Some kids come here confident to take on the challenges, and others are not quite so sure," she said. "We do baby steps and float around to the teams giving advice - 'Have you tried this, or this?' And we take breaks with word games or playing tag."

In Monday afternoon's earthquake strategies lesson, kids had to do more than design tremor-resistant structures. They had to consult a purchase order form to "buy" materials and meet building requirements, while documenting what worked and what didn't. They also had to keep to a budget of \$20 million for all structures they produced.

After creating one successful design, Drain residents Breanna Smith, 14, and 15-year-old Zia McKeithen decided to economize for the next. "The linguine was very expensive, so we're making this one out of spaghetti," Breanna said.

Riley and Anderson, whose Eiffel Tower stood firm under shaking, were ready to try a different style of building. Anderson was quick to admonish a visitor getting close to Design No. 2.

"Please don't shake it. We're not doing stress work yet," he said.



Opal Theatre readies another play

On September 15th, the curtains at the Opal Center will part for a very special group of woman and men ages 10 to 60+, who love to act. What makes this group so special is that they have disabilities of all ranges. Carmen Dowell, a Cottage Grove artist, began a series of free acting workshops for people with disabilities about 6 months ago. During these workshops, they were able to write a play that catered to each actor's disabilities. This group, named Creative Chaos, will perform their play at the Opal Center in Cottage Grove on September 15-17 and 22-23. Tickets are \$10 and available now through opalcenter.org.

Creative Chaos was conceived when founder Carmen Dowell's best friend Monica Venice, who has Down Syndrome, wanted to act. Dowell explains, "A few years ago, I took her to an audition and the director told us to leave and didn't even give her the opportunity to audition. This was the first time I had witnessed discrimination to Monica for having a disability." Dowell was shocked and outraged. "I made it my mission to help fulfill her dream of being on stage." And that determination has paid off; Monica has been cast in two plays since that first bad audition experience.

Since Monica has fulfilled her acting dream, Dowell began to realize how many of Monica's peers shared the same dream. "Before I knew it, many of her/my friends with disabilities were approaching me asking when I was going to get them on stage." Says Dowell. This led her to create Creative Chaos, an all-inclusive acting company for individuals with disabilities who want to be on stage in January 2017. The company is already planning for their production in September 2018. "There are going to be LOTS of fairy tales!" Dowell says, laughing.

Tickets for Creative Chaos' first production are \$10 each and are on sale now at Opal's website, opalcenter.org or at their box office in Cottage Grove, the Crafty Mercantile, 517 E Main Street. The Opal Center is located at 513 E Main Street, Cottage Grove. This production is sponsored by Trips, Inc. and Dirt Cheap Copies.

IN BRIEF

Humane Society

The Humane Society of Cottage Grove is offering two new coupons that will be available at This 'n' That corner Shop at 33 N. 8th Street, Cottage Grove. Shop hours are 10-5 Monday-Saturday.

There will be 100 Mom Cat Special coupons, good for \$30 off the cost of spaying a female cat, and there will be 100 rabies coupon, good for \$10 off the cost of a rabies shot for a dog or cat. Coupons are good at both Cottage Grove and Forest Valley Veterinary Clinics in Cottage Grove, and Creswell Veterinary Hospital and South Willamette Veterinary Clinic in Creswell.

HSCG continues to have the \$20 off s/n coupons, good for dogs and cats.

New church

Hope in the Grove will host its first church service on September 10 at 8:30 a.m. with Pastor Rob Walker at the Cottage Grove Community Center Shepherd Room. For more information, contact Terri Madsen at (541) 520-9529.

NATIONAL SAVE YOUR SMILE WEEK

Oral Health Habits to Maintain a Beautiful Smile

With beach season in full swing, many men and women are trying to put their best body forward to appeal to others. However, according to a February 2009 survey from the American Dental Association and Crest(R) and Oral B(R) the smile outranks eyes, hair and the body as the most attractive physical feature on a person. Therefore, taking care of your teeth and smile is essential.

Men and women differ when it comes to taking care of their teeth and gums. A nationwide survey of 1,000 Americans ages 18 and older found 86 percent of women brush their teeth twice or more a day, yet only 66 percent of men do so.

The survey also found that women say they change their toothbrush or power toothbrush head every 3 to 4 months on average, yet men hang on to theirs an average of 5 months. The ADA recommends replacing toothbrushes every 3 to 4 months or when the bristles become frayed since frayed and worn bristles decrease cleaning effectiveness.

Most people need to do a better job of flossing their

teeth. Only half of those surveyed (49 percent) say they floss their teeth once a day or more often. And 1 out of 3 people surveyed think a little blood in the sink after brushing their teeth is normal, yet it's not -- it could



Forget hair, eyes and body ... a recent survey found that people consider the smile the most attractive feature in a person.

signal gum disease or another health problem.

Oral health is an important part of overall health. Regular dental check-ups are important not only to diagnose and treat gum disease and tooth decay, but also because some diseases or medical conditions, such as oral cancer, have symptoms that can appear in the mouth.

Growing research indicates there may be an association between oral health and serious health conditions such as cardiovascular disease and diabetes, underscoring the importance of good oral hygiene habits.

"We need to constantly get the word out how important it is to stay on top of your oral health," says Dr. Ada Cooper, an ADA consumer advisor and practicing dentist in New York City. "Brushing twice a day with fluoride toothpaste, flossing daily, eating a balanced diet, and visiting your dentist regularly can help keep your smile healthy."

For more information on oral health, visit the American Dental Association's Web site at: www.ada.org.

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