

Carousel group holds open house for the community

By Caitlyn May
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If you ever wanted to ride a pig dressed to the nines, Saturday was the day.

The Friends of the Cottage Grove Carousel celebrated the assembly of the long-storied carousel at the WOE fairgrounds as part of its fundraising efforts to eventually bring the attraction to Main Street.

"The unveiling of the assembled carousel, which is 85 percent complete, accumulated over 3,000 volunteer labor hours," the group said in a press release, going on to say that the remaining work consists of electrical lighting, graphics and design work on the rounding boards.

The project has been touch and go for more than 20 years after former resident Judy Cash went all-in on a childhood dream. After inheriting funds from a family friend, Cash made a trip across the country to purchase the antique attraction with dreams of seeing it on Main Street.

Cash passed away earlier this year, leaving the carousel to the Friends group.

The Friends of the Cottage Grove Carousel are still committed to Cash's dream with several fundraisers held throughout the year and a new acquisition just months ago; an antique music box to



Friends of the Cottage Grove Carousel show off its progress on Saturday, Aug. 4

COURTESY OF DUANE TADDEI

accompany the carousel.

On Saturday, kids had the opportunity to hop on a horse, pig, zebra or rabbit and have volunteers walk the carousel around in its traditional circle.

"The electrical drive mechanism transmission,

breaking, start/stop, is being assembled by Olson Electric in Eugene," the group said. "As many witnessed, the carousel was revolved by hand, with two to three people pushing it, showing a great deal of balance, engineering achievement, making up many moving parts which must not bind to

cause friction."

The animals, original to the carousel, have been restored by the advanced art class at Cottage Grove High School, something the group says adds to the community spirit behind the project as did the estimated \$22,000 contribution from local business Kimwood in the work to manufacture the latest grease bearing design for the carousel.

The biggest obstacle in moving the carousel to Main Street is finding a location. For now, it has taken up residence at the WOE fair where the group as continued to draw potential volunteers and investors to view the project.

"The work will continue on the finishing touches throughout the remaining summer and fall to enhance its beauty and to make it a showpiece for the South Lane County," the release read. "We hope to have a temporary home at Brad's Chevrolet on the south end of his parking lot for the carousel in spring 2019."

The carousel will be available for viewing throughout the Western Oregon Exposition Heritage Fair August 17-19. The group continues to look for new volunteers. For more information, or to volunteer, visit the group's website at cgarousel.com

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NATIONAL SAVE YOUR SMILE WEEK

The Power of Flossing

Brushing twice a day is recommended by all of the major dental organizations, but if you're not flossing, you are missing out on an opportunity to optimize your oral healthcare.

The American Dental Association urges people to floss at least once a day to help remove plaque from the areas between the teeth where the toothbrush simply cannot reach.

Flossing is important because it helps prevent gum disease and cavities. And according to the ADA, it doesn't matter if you floss before or after brushing — as long as you're doing it. A 2015 poll by MouthHealthy.org found that 53 percent of its readers said they brush before, while 47 percent said after.

The key is finding the time to floss. Bring some floss with you to work to take care of it during your lunch break. Wake up a few minutes early or stay awake a few minutes later to give your teeth some extra attention. With just a little effort, you can make a big difference in the present and future health of your teeth.

Don't Forget the Kids

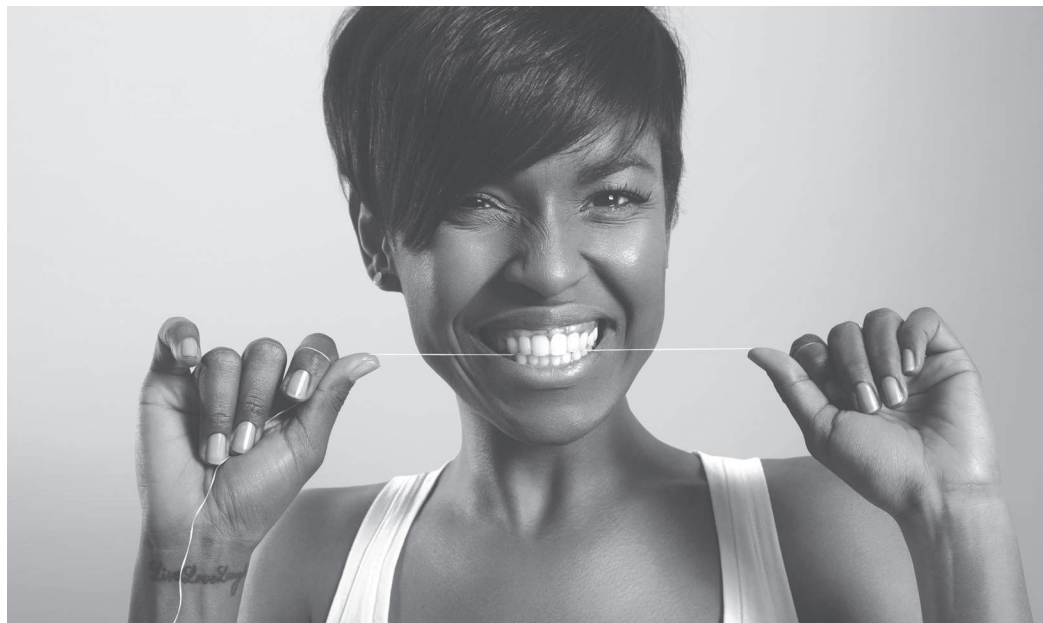
As an adult, it's up to us to be great role models. Proper dental care is a behavior we can easily pass on to our children by teaching them the importance of taking care of their mouths. You should be flossing your child's teeth as soon as you see two teeth touching.

The ADA recommends parents flossing their children's teeth until they are about 10 years old. By this age, children have the dexterity to effectively floss by themselves.

Encourage your children to floss by reassuring them that the experience is not a painful one. Flossing should be done in a firm yet gentle manner. If you're feeling pain while you're flossing, you're not doing it correctly.

How to Floss

The ADA has found that only about half of Americans floss their teeth. Considering the ease of flossing, this number should be much higher. The process is simple and straightforward, as these tips



from the ADA point out:

- Break off about 18 inches of floss and wind it around the middle fingers of each hand.
- Guide the floss between your teeth using a gentle rubbing motion.
- When the floss reaches the gum line, curve it into a C shape against one tooth; gently slide it into the space between the gum and the tooth.
- Bring the floss back toward the contact point between the teeth and move the floss up or down the other side.
- Hold the floss tightly against the tooth; gently rub the side of the tooth, moving the floss away from the gum with up-and-down motions.

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