

Grant to help Cottage Theatre to expand seating

Cottage Theatre has been awarded a grant of \$40,075 from the Oregon Cultural Trust in support of a planned remodeling project to expand auditorium seating, improve audience sightlines, and upgrade technical and safety features.

The 36-year-old community theatre in Cottage Grove was one of 87 grantees in this year's Cultural Development Grants, and one of only six organizations to be awarded more than \$40,000.

Other major grants were given to Portland's August Wilson Red Door Project, Medford's Butte Creek Mill Foundation, the Eugene Ballet, Eugene's Shedd Institute for the Arts, and the Oregon Shakespeare Festival in Ashland.

"We are absolutely thrilled to receive this significant support and vote of con-

fidence from the Oregon Cultural Trust," said executive director Susan Goes. "Cottage Theatre has had many sold-out shows in recent years, and we are eager

The planned remodel will add 50 new seats and allow the theatre to increase patron visits to Cottage Grove by 4,000 each year. "A remodeling project of

Trust was established by the state legislature in 2001 as a way to provide ongoing funding for arts and cultural institutions across Oregon.

The Trust is funded by individual Oregonians, who total their gifts to qualifying cultural organizations, make a matching gift to the Cultural Trust, and receive 100 percent of that match back as a state tax credit.

In 2017, Oregonians gave a record \$4.9 million to the Cultural Trust. Sixty percent of that amount was redistributed immediately; to five statewide partner organizations, 45 county and tribal coalitions, and to individual organizations through the competitive Cultural Development grants.

The remaining 40 percent is invested in the Trust's permanent fund, to provide for future generations.

"Receiving this Oregon Cultural Trust award is a huge confidence builder."

-Mark Allen, Cottage Theatre board treasurer

to add additional seats and update our facility so that it is even more comfortable for our growing number of patrons."

Cottage Theatre's current annual attendance is approximately 11,000 people, with just 30 percent coming from Cottage Grove and 70 percent coming from elsewhere in Oregon and beyond.

this magnitude is a big challenge for a small nonprofit organization like Cottage Theatre," said board treasurer Mark Allen, "and will require strong support from many donors to accomplish. Receiving this Oregon Cultural Trust award is a huge confidence builder as we get ready to launch further fundraising efforts."

The Oregon Cultural

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Diet and Tooth Decay

The foods you eat and the beverages you drink play a major role in the overall health of your teeth and gums.

Everything from the form of the food to the frequency of which you eat certain foods can make a big difference.

Here are some other factors to consider when choosing foods, provided by the American Dental Association, that can determine the overall level of your oral health: the nutritional makeup of the food; the combination of the foods you eat and the order in which you eat them; and medical conditions you may have, such as gastrointestinal reflux and eating disorders, which can increase risk of cavities and weaken teeth.

Sources of Added Sugar

Everyone knows sugar is bad for your teeth. You should limit added sugars in your diet by reading food labels.

The top sources of added sugar in the diet are as follows, according to the Centers for Disease Control and Prevention:

- Soft drinks, energy drinks, sports drinks..... 35.7%
- Grain-based desserts (cakes, pies)..... 12.9%
- Fruit drinks..... 10.5%
- Dairy-based desserts (ice cream)..... 6.5%
- Candy 6.1%

- Ready-to-eat cereals 3.8%
- Sugars and honey 3.5%
- Tea (sweetened)..... 3.5%
- Yeast breads..... 2.1%
- All other foods..... 15.4%

Foods such as lollipops, mints, taffy, caramel, cookies, cakes and muffins are the enemies of your teeth. Not only do they offer no nutritional value, but the type of sugars in them can adhere to your teeth.

According to the CDC, the bacteria in your mouth feed off these sugars and release acids, causing teeth to decay.

If sugary foods are a large part of your diet, it's time to rethink what you're putting into your body. Start by cutting back slowly and eventually eliminating them as you train yourself to opt for healthier snacks instead. This is a process, but one you can execute if you stay committed to dental care excellence.



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