

Second-annual Armory Ice Cream Social this Saturday

Friends, family and neighbors in the Cottage Grove are gathering together to enjoy a cold treat on a hot summer day for centuries, and ice cream often finds itself at the forefront of the year's biggest celebrations.

This year, the City of Cottage Grove will host one of the biggest celebrations on the Cottage Grove calendar, and it will include ice cream as the stand-out star of the show.

The city will present the second-annual Cottage Grove Armory Ice Cream Social this Saturday, Aug. 25, from 1 to 5 p.m., at the armory, located at 628 Washington Ave. in downtown.

The event will offer an afternoon full of snacks, music and classic games, and a street fair will also be taking place outside the building. The fair will also include demonstrations from LifeFlight and South Lane County Fire and Rescue's new firetruck.

Though it has served as one of Cottage Grove's premier gathering places and been a hub of cultural activity since its construction in 1931, the armory now needs the public's

help and major renovation work before it can again attain its potential to serve all members of this community and attract visitors for a quality Cottage Grove experience.

"While it's primarily planned as a community celebration, city officials hope the ice cream social can also serve for many as a sign of the armory's potential, and that for others it can conjure fond memories of happy times spent there," said Christina Lund of Lund Development Solutions, manager of fundraising efforts to restore the armory.

Last summer, visitors of all ages enjoyed classic carnival games, music and ice cream at a classic price: everything costs just a nickel.

All funds raised during the social will go toward the armory restoration effort.

For more information about the Cottage Grove Armory Ice Cream Social, or to find out how you or your organization can become involved, contact Christina Lund at christinamlund@gmail.com or call 541-942-2411.

Bikes for Books



COURTESY PHOTO

Recently, "Bikes For Books" winners were announced and received new bikes and helmets courtesy of the Cottage Grove Masonic Lodge. Six of the 10 winners pictured were (from left): Nichole Wichour, Trapper Johnson, Tori Haines, Bailey Jones, Heidi Matias and Zoe Keller.



NATIONAL SAVE YOUR SMILE WEEK

Sensitive Teeth

Drinking hot tea or biting into an ice cream sandwich ought to be a pleasant experience, but that's not the case for people who suffer from sensitive teeth.

Experiencing pain when eating hot or cold foods — or while brushing or flossing your teeth — is a common but potentially serious problem that a dentist can help you address.

WHAT CAUSES IT?

According to the American Dental Association, sensitive teeth can be caused by a variety of conditions. Cavities, or tooth decay, are among the leading causes for sensitive teeth, but it could also be the result of a more serious problem.

Fractured teeth, gum disease, worn fillings, an exposed tooth root and worn tooth enamel are all potential causes for that uncomfortable, painful feeling.

A CLOSER LOOK

Where does the pain come from? It usually has to do with a problem in the structure of your tooth.

Deep inside your tooth is a layer of material called dentin that helps to protect the tooth's root.

Dentin is usually covered by other layers on the outside of your tooth — enamel above the gums and cementum below them — that help to keep the dentin from being exposed.

Sometimes the outer layer of protection that surrounds

the dentin can become damaged or wear away, which lets temperature changes or chemicals from food to touch the dentin and work their way directly to the nerve cells and roots of the tooth.

Tooth sensitivity shouldn't be ignored because it's usually the symptom of your tooth's structure breaking down in some way. A dentist can uncover the root cause and recommend a solution to make your life more comfortable and keep your teeth healthier.

Treating Sensitive Teeth

Sensitive teeth can be treated. The type of treatment will depend on what is causing the sensitivity. Your dentist may suggest one of a variety of treatments:

Desensitizing toothpaste: This contains compounds that help block transmission of sensation from the tooth surface to the nerve, and usually requires several applications before the sensitivity is reduced.

Fluoride gel: An in-office technique which strengthens tooth enamel and reduces the transmission of sensations.

A crown, inlay or bonding: These may be used to correct a flaw or decay that results in sensitivity.

Surgical gum graft: If gum tissue has been lost from the root, this will protect the root and reduce sensitivity.

Root canal: If sensitivity is severe and persistent and cannot be treated by other means, your dentist may recommend this treatment to eliminate the problem.

— American Dental Association



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