Second-annual Armory Ice Cream Social this Saturday

and ice cream often finds Grove experience. itself at the forefront of the

day, Aug. 25, from 1 to 5 restore the armory. p.m., at the armory, locatin downtown.

music and classic games, a nickel. and a street fair will also include demonstrations ration effort. from LifeFlight and South Rescue's new firetruck.

tion in 1931, the armory call 541-942-2411. now needs the public's

Friends, family and help and major renovation neighbors in the Cottage work before it can again Grove are ahave been attain its potential to serve gathering together to en- all members of this comjoy a cold treat on a hot munity and attract vissummer day for centuries, itors for a quality Cottage

"While it's primarily year's biggest celebrations. planned as a community This year, the City of celebration, city officials Cottage Grove will host hope the ice cream social one of the biggest cele- can also serve for many brations on the Cottage as a sign of the armory's Grove calendar, and it will potential, and that for include ice cream as the others it can conjure fond stand-out star of the show. memories of happy times The city will present spent there," said Christithe second-annual Cot- na Lund of Lund Developtage Grove Armory Ice ment Solutions, manager Cream Social this Satur- of fundraising efforts to

Last summer, visitors ed at 628 Washington Ave. of all ages enjoyed classic carnival games, music The event will offer an and ice cream at a classic afternoon full of snacks, price: everything costs just

All funds raised durbe taking place outside the ing the social will go tobuilding. The fair will also ward the armory resto-

For more information Lane County Fire and about the Cottage Grove Armory Ice Cream Social, Though it has served or to find out how you as one of Cottage Grove's or your organization can premier gathering places become involved, contact and been a hub of cultural Christina Lund at chrisactivity since its construc- tinamlund@gmail.com or

Bikes for Books



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, Heidy Matias and Zoe Keller.

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.

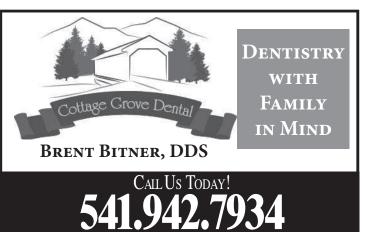
Root canal: If sensitivity is severe and persistent and cannot be treated by other means, your dentist may recommend this treatment to eliminate the problem.

- American Dental Association



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