

Armory from A1

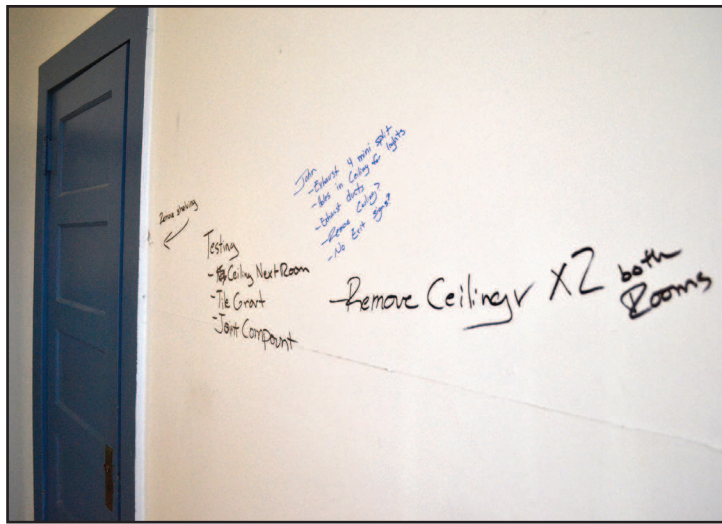
In the grand scheme of restoration for the nearly 90-year-old building, new upstairs bathrooms are financially a drop in the bucket, but a boon for a structure that the city would like to market as a community hub.

"It's a big leap forward," said Meyers. "It's one we've struggled with, but it made sense to go ahead and do it."

The current bathroom contains only a single toilet fixture and sink with outdated plumbing, ill-equipped for the demands of large social events.

While the drill hall currently rents out for around \$250 a day, upgraded restroom facilities are likely to increase rates and, the city hopes, demand.

The Armory was constructed to serve as a center



DAMIEN SHERWOOD/COTTAGE GROVE SENTINEL

Instructions for the Armory's upstairs restroom hint at the new vision for the area.

that could host a range of activities including community events and military drills. Shortly after the National Guard consolidated its units in Springfield in 2009, the vacated building was purchased by the City of Cottage Grove.

Time had effectively worn down many of the building's features, however, and much

of its internal structure badly needed attention.

"To renovate, it's somewhere around 3, 4, 5 million dollars," said Meyers. "If we wanted to build a new one, it'd be even more than that."

The discovery of lead also slowed the restoration process. Exposure to toxic levels of lead is associated with

damage to the nervous system, gastrointestinal problems and reduction of mental faculties.

Though the substance was banned in the United States for use in residential properties and public buildings in 1977, many years and layers of lead-based paint in the Armory preceded the ban.

Before the city's acquisition of the building, the Oregon Military Department ran a test to assess lead toxicity. Some floor samples came back positive, prompting the city to clean out those areas.

Soon, though, the lead came back. More lead testing revealed that lead-based paint from the front entrance steps had been tracking on people's shoes and so had to be dealt with by hiring cleaning specialists.

Since then, Meyers says the Armory has been clean and kept under constant monitoring. Even so, its known

that lead still exists in much of the paint in the building.

Though generally considered safe as long as the paint is undisturbed, construction projects like the bathroom installation require the city to address the issue again.

"This company's coming in, stripping the walls, hauling it all away, then we'll put new stuff on," said Meyers. "That may be the approach we take on several of the other rooms. ... We're going to try to remove as much of it as we can."

One viable method of dealing with lead-based paint is to seal it with an encapsulant which prevents the release of paint chips or dust.

"Some of the walls will be painted," Meyers said. "The concrete walls, we'll just seal it in. And if you seal in the lead paint, you're fine."

Future modification of a sealed area, however, requires again hiring certified

workers to properly dispose of the toxic material and will likely be an issue raised again before restoration is completed.

"If we ever do cut a new door or something, somebody professional is going to come in and do that for us," said Meyers. "Once we get it cleaned out — either sealed in or walls removed — then we're done," he said.

Next on the city's agenda for the Armory is exterior restoration work on the front entrance portion of the façade. The Ford Family Foundation has recently awarded the city with a \$125,000 grant to begin the work.

Future projects include enlarging the lower floor kitchen, installing a service elevator, upgrading the building's electrical load, constructing a tower on the northeast corner and adapting the entire Armory to make it ADA accessible.

Latham from A1

going to go," said Bridgens at last week's meeting. "Again, we want the kids in those neighborhoods all kind of going and having an opportunity to go to the same school."

According to the "Latham School Report" that the district put out before the school's an-

nounced closure, the current Latham School district boundary would be redistributed to send students to Bohemia and Harrison. In the hypothetical model, the new distribution line would be split at Hwy. 99.

The hypothetical boundary would send 22 current Latham students to Harrison and 21 to Bohemia. When parents were asked by the district where

they would send their students if Latham were to close, 21 of the 49 responders said Harrison.

Notably, 15 parents said London — a school of similar size to Latham. However, according to the hypothetical boundary, seven students would be in that school's boundary. SLSD has open enrollment that allows parents to

send their children out of their boundary provided the school has enough room.

Bridgens noted that in the coming week the district will be meeting with principals from around the district to set up open house visits at the elementary schools.

"There are a lot of questions that parents have so we are creating a document of frequent-

ly asked questions that will go home to parents and we'll have posted on our website that addresses all of their questions," said Bridgens.

SLSD Director of Human Resources Brian McCasline will be working with certified staff and teachers this week.

"I will outline the process with them...and then we'll give you more information

on the process that we'll go through at the next board meeting," McCasline told the board.

The district is also in the process of planning a pair of celebrations of the school. One will feature community and alumni while the other will be for the current staff and students at Latham as they close out the final year.



Healthy teeth start early



Do you know the most common chronic disease that faces young children today?

It's not asthma or hay fever. It's actually cavities in children's teeth, according to the American Academy of Pediatrics.

Fortunately, this common health problem can be corrected if it's caught early enough and good habits are taught from a young age.

CRITICAL TO HEALTH

For children, cavities are about more than mouth pain. They can distract students from learning or keep them home from school, which can have a big impact on their educational goals. It's tough for a child to "be himself" when he is distracted by tooth pain, after all.

To keep your child's teeth in tip-top shape, experts recommend they see a dentist for a checkup by their first birthday, or shortly after their first teeth appear. That's an early visit — and one too many parents skip — but it can help catch oral health problems quickly and also set the stage for a lifetime of healthy teeth.

GOOD HABITS

One of the most important aspects of good oral health is maintaining good habits, and that's especially true for children.

It's another reason why regular dental visits are so important for young people.

When children go to the dentist, they're not only getting work done on their teeth. They're also learning lessons about oral hygiene that can last a lifetime.

Ideally, you'll want to find a dentist who is good at teaching children how to take care of their teeth properly. If the dentist can make it fun for the child — and show them how important it is to take care of their oral health — they'll be much better off later in life.

After all, the habits they pick up now will likely stick with them for a long time.

BABY TEETH

Some parents may wonder why they need to pay so much attention to their children's baby teeth when they won't last through adulthood anyway. But the truth is that the health of their gums and teeth as children can impact their smile as an adult.

Experts at the American Academy of Pediatric Dentistry say that baby teeth play three big roles:

- Maintaining good nutrition by permitting your child to chew properly.
- Play a part in speech development.
- Help the permanent teeth by saving space for them.

In the end, having healthy teeth is also an important part of having a healthy body. They will help your child eat right, learn to speak and smile with confidence.

Every Child Deserves A Healthy Smile

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