

Music *from A1*

generosity of sponsors. “They help pay for all the pieces,” Meyers said. As part of thanks for the donations, each sponsor was offered a front row seat at tables set up in front of the amphitheater. Waters were provided, as well as a snack or two. Seats for sponsors weren’t the only ones placed in advance. A few attendees made sure their lawn chairs were set up hours before the concert started. One woman was almost two hours early to the event to make sure she got to experience the music. “I missed it last year and I was very upset so I came to make sure I got to it this year ... we got here at about 5:30 p.m. I was aiming for five,” said Rebecca Howell. A few others arrived early as well to visit the ‘instrument petting zoo’ set up by the Eugene Symphony. It was an opportunity for kids and adults alike to explore different musical instruments and try them out. Concert-goer Rebecca Noah from Eugene was excited to be in Cottage Grove for the symphony and the opportunity for her grandson to explore the instruments.

“It’s nice for kids to get introduced to all kinds of music,” said Noah. “Our grandson is in middle school and he plays the saxophone so he wanted to come to the instrument petting zoo.”

People young and old gathered in the amphitheater as the sun inched down the horizon. Meyers estimated an attendance of close to 3,000 people by the time the concert started.

Occasionally, passersby stopped to hear the music as well.

Steve Whaley, who grew up in Cottage Grove and attended the



PHOTOS BY SOPHIA EDELBLUTE/COTTAGE GROVE SENTINEL

Francesco Lecce-Chong guides the Eugene Symphony through one of several orchestral pieces performed at Bohemia Park on July 29. He has been the music director and conductor of the Eugene Symphony since 2017. Nearly 3,000 people came out to enjoy classical pieces such as “The Sorcerer’s Apprentice” (Dukas), “Hamilton Suite” (Miranda) and “Harry’s Wondrous World” (Williams). This year marked the Eugene Symphony’s fifth year in Cottage Grove.

performance, mentioned how rarely he has the opportunity to listen to symphony music as a rock and roll musician. But he said he enjoys the amphitheater setting and the open-air feel. He also mentioned the importance of community.

“It’s important for me to relay to other people how important the sense of community is, especially in a smaller town because that’s how these things, events, happen,” Whaley said. “It’s common interest.”




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.



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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