

Community News

Mayor Gowing receives 'Leadership Award'

Cottage Grove Mayor Jeff Gowing recently received a Mayors Leadership Award during the closing banquet of the Oregon Mayors Association (OMA) Summer Conference, held Aug. 1-3 in Medford.

Gowing was one of three mayors statewide to receive this year's award, along with Elgin Mayor Allan Duffy and King City Mayor Ken Gibson.

In addition, honorable mention recognition went to Scappoose Mayor Scott Burge.

Gowing, who was appointed to a vacant Cottage Grove City Council seat in 2009, is now in his second term as mayor.

His leadership skills were highlighted during the ceremony, citing his collaborative efforts and one-on-one work with other council members in resolving conflicts and issues of concern.

Gowing has had many notable achievements, including the initiation of a Mayor's Golf Tournament to raise funds for the city's H2O program. He also created the Mayor's Bike Ride, a free, family-friendly community ride on the Row River Trail to encourage citizens to get

outside, be active and experience the trail.

In addition, Gowing has encouraged the development of a small "Cottage Cluster" for veterans behind the local American Legion post and has organized recognition events for local youth who are excelling in sports or academics.

The Mayors Leadership Award was established in 1993 and recognizes the contributions that mayors throughout Oregon make to their communities each year. In judging the nominees, the Selection Committee considers whether the nominee has:

1. Demonstrated exceptional leadership qualities which have contributed to lasting benefits in their city and the community as a whole;
2. Shown considerable involvement in community affairs and intergovernmental relations;
3. Shown exceptional skill in helping to facilitate productive relationships between the governing body and city employees; and
4. Helped other Oregon mayors reach their full potential as community leaders.

House Fire



PHOTO COURTESY OF RETIRED DIVISION CHIEF PAUL HUGHES

Members of South Lane County Fire and Rescue gain initial entry in response to a house fire that occurred last Friday at approximately 6:30 p.m. The cause of the blaze and extent of damage, which occurred at a home owned by Simon Martinez located at 726 Tenth St., have yet to be determined. Fire crews were on scene for well over three hours before the final units departed around 10:22 p.m.

String Quartet Academy to host free performance Saturday

Each summer, Oregon's Delgani String Quartet hosts a weeklong String Quartet Academy in Cottage Grove for advanced middle- and high-school violin, viola and cello players.

The 2019 academy has 21 students, ranging from locations in Portland to Grants Pass. The public can hear the members perform at a free concert this Saturday, Aug. 17, be-

ginning at 11 a.m. at the First Presbyterian Church, 216 S. Third St. in Cottage Grove.

After being coached on their pieces all week for this concert, the students will be playing movements from string quartets by Mozart, Haydn, Schubert and Brahms.

Considered "the state's finest chamber ensemble" by Oregon Arts Watch, the Delgani String Quar-

ter presents exciting performances of both classic and contemporary repertoire in intimate concert settings.

With subscription concert series in Portland, Salem and Eugene, Delgani also appears frequently as guest artists throughout the state.

Delgani has also performed at the Metropolitan Museum of Art in NYC and at Charles Uni-

versity in Prague.

The musicians of Delgani include violinists Janie Wei and Wyatt True, violist Kimberlee Uwate and cellist Eric Alterman.

For more information about Delgani's fourth annual String Quartet Academy and the Aug. 17 performance, contact Executive Director Wyatt True at 541-942-8384 or email him at delgani@delgani.org.



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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