

Community News

Summer Readers celebrate



COURTESY PHOTO

The Cottage Grove Library's Summer Reading Program held its final summer gathering last week. Kids were treated to music, lights, a bubble machine, free books and free snacks with lunch provided by El Tapatio restaurant.



LOW COST

Local & Metro Weekday Trips
Professional Caring Staff

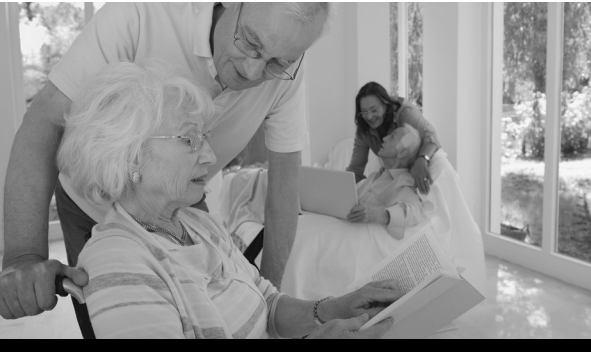


Your Regional Public Transportation Service

No eligibility requirements.

541-942-0456

southlanetransit.com



FREE Special Event

DEMENTIA SUPPORT

with Speakes: Steve Landale and Joshwa Bedford
of Signature Hospice

Learn the symptoms of DEMENTIA, including ALZHEIMER'S, and learn how to support loved ones and friends who live with dementia.

Wednesday August 28th – 6:30 p.m.

For more information call:
Linda LaZar (541) 942-0054

1425 Daugherty Ave • Cottage Grove
Refreshments will be served

Your Party goes HERE!

The perfect place to celebrate! Birthdays, weddings, baby bumps, anniversaries, family reunions, holidays and so much more...

THE Cottage Events Venue

2915 Row River Rd.
cottageevents.com
541-942-6888

Schedule your Holiday Party Now!



'Moveable Feet' to meet Sept. 6 in Creswell

Moveable Feet, a dance for community members age 8 to adult, will meet Friday, Sept. 6, at the Creswell Community Center, 99 South First Street, from 7 to 9 p.m.

Traditional dances from around the world quickly taught and then danced in

a friendly, relaxed atmosphere.

Anyone who can walk can dance.

Come join in.

For more information, visit www.moveablefeet.weebly.com or call 541-895-2254.

The event is free.

VISIT US ONLINE: WWW.CGSENTINEL.COM

NATIONAL SMILE MONTH

Tooth Brushing

You've heard it since you were a child: Brushing your teeth twice a day is the centerpiece of good oral hygiene.

If you're like most adults, though, you may need a refresher course on the details of how to brush for the best results. Here is what the American Dental Association (ADA) recommends to keep your teeth healthy when brushing.

THE BASICS

You should use a soft-bristled brush to clean your teeth twice a day. While there are toothbrushes that come in all shapes and sizes available for sale, you should pick the one that best fits the size and shape of your mouth and lets you easily reach all parts of your teeth.

Keep in mind that a worn-out toothbrush won't do a good job cleaning the surface of your teeth. You should get a new toothbrush every three or four months, or even sooner if you see signs that the bristles are fraying.

You should also use an ADA-approved toothpaste with fluoride.

HOW TO BRUSH

Paying attention to the details of your brushing technique can lead to better results.

First, you should place your toothbrush at a 45-degree angle to your gums, then use short back-and-froth strokes about the same width as your teeth to start cleaning them.

Make sure you brush the outside, inside and chewing

surfaces of all your teeth. When cleaning the inside surfaces, use up-and-down strokes while holding the toothbrush vertically. And if you want fresh breath, you should brush your tongue to remove the bacteria that can collect there.

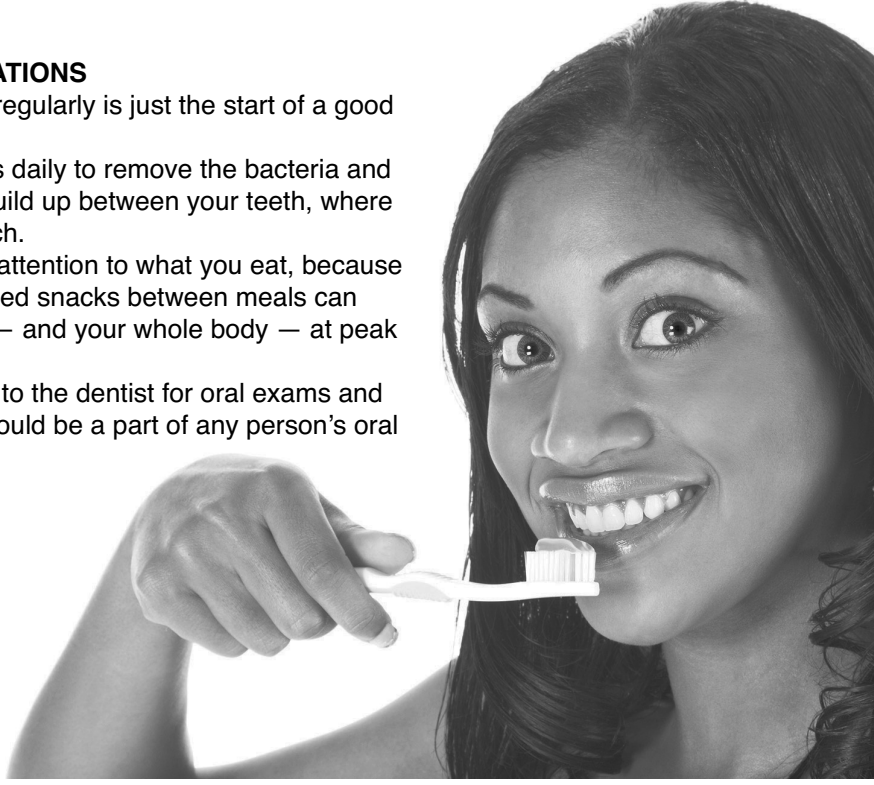
OTHER RECOMMENDATIONS

Brushing your teeth regularly is just the start of a good dental health.

You should also floss daily to remove the bacteria and food particles that can build up between your teeth, where the toothbrush can't reach.

And you should pay attention to what you eat, because a balanced diet with limited snacks between meals can help to keep your teeth — and your whole body — at peak health.

Finally, regular visits to the dentist for oral exams and professional cleaning should be a part of any person's oral health routine.



This message is brought to you by these local sponsors:

Dentistry is our profession, people are our focus.

Birch Avenue Dental

- General Dentistry
- Implants
- Sedation
- Financing

1325 Birch Ave, Cottage Grove
birchavedental.com
541-942-2471

Tammy L. McClung, DDS • Park W. McClung, DDS



BRENT BITNER, DDS

CALL US TODAY!

541.942.7934

350 E. WASHINGTON AVENUE • COTTAGE GROVE

WWW.CGSMILES.COM

Smiles to last a lifetime



CHAMBERS BRIDGE DENTAL
541-942-1559 - 914 S. 4th St. Cottage Grove