

Candidates chew on issues during pie social



PHOTO BY GREG LEE

More than 100 people attended the Blackberry Pie Society's Political Party held Saturday, Feb. 22. A half-dozen candidates running for federal, state and local political office were among the attendees. The event offered guests opportunities to become involved in the upcoming elections along with, of course, serving up blackberry pie.

Healing Matrix offering service project funding

The Healing Matrix nonprofit has announced the availability of \$20,000 to fund one or more projects that support its mission of providing education and support services to improve individual and community health.

A wide range of proposals for outreach, collaboration and/or activities that promote informed lifestyle choices will receive serious consideration.

Interested parties should email a letter of application by March 20 to cghmatrix2020@gmail.com. The letter should be no more than 250 words (a bullet list is acceptable), describe the nature of the project to be undertaken, the impact it would have, explain how funds would be used, and identify the people/organization responsible for completing the project.

Upcoming women's conference to discuss 'Book of Revelation'

The Bible's "Book of Revelation" is the only book in the Bible that promises a blessing to those who read, hear and keep it. (Revelation 1:3)

Any woman interested

in learning more about the Book of Revelation should attend a special Women's Conference scheduled for Saturday, Feb. 29, at the London Grange, 72746 London Rd. in Cottage

Grove, from 9 a.m. to 4 p.m. The conference is free to attend and there will also be light morning refreshments and a luncheon provided. The conference will cover all 22 chapters of the book

and hopes to spark women of faith to go deeper into Bible study.

The conference will be taught by Gretchen Spears, a resident of Cottage Grove, who is a Bible teacher to

women. Spears has recently been a part of restoring the Bell Tower at London Church.

Spears has taught several conferences and retreats over the years, helping

women of faith in Jesus Christ to know the truths of the Bible.

All ladies who are interested in attending should RSVP by calling or texting 541-844-6616.

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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.

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