

Cottage Grove artist Campuzano part of Maude Kerns exhibit at Eugene Airport

The Maude Kerns Art Center is currently exhibiting "Seen In Oregon" at the Eugene Airport and online at its website www.mkartcenter.org

The work of Cottage Grove artist Gloria Campuzano is a part of the exhibit, which includes her essay and art "Star Berries."

Campuzano's piece includes the image (above)

and the following: "Oregon is one of the top blueberry producers in the United States. Oregon blueberries are an important commodity to the States and the Nation.

In 2019, 153.1 million pounds were harvested. Botanists estimate blueberries burst more than 13,000 years ago. The scientific name for blueberries is *Vaccinium corybosum*.



This image created by Cottage Grove artist Gloria Campuzano accompanies a writing about blueberries, or star berries, as part of the "Seen In Oregon" exhibit at the Eugene Airport from the Maude Kerns Art Center.

blueberries 'star berries' because the calyx forms a perfect five-pointed star.

The star berries were sacred because during the time of famine, the Great Spirit sent star berries to relieve hunger.

The dark blue color of the star berries gave the name to the blueberries.

The color is due to the flavonoid anthocyanin ranking star berries (blueberries) the number one fruit full of antioxidants, fiber, vitamin C, B6, and K.

Blueberries are stars because eating them benefits the cardiovascular and urinary tract systems as well as eye health.

These blueberries were looking upon the heavens at the artist's small organic garden. They are star berries."

Blueberries are native to North America. Native Americans called

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NATIONAL CHILDREN'S DENTAL HEALTH MONTH

Caring for Children's Teeth

Educating your children about good oral care will promote a healthy mouth as they age. Get your child to learn good habits and teach them how to properly brush and floss. This could help them avoid costly dentist bills in the future.

The American Dental Association recommends a first visit to the dentist as soon as the first tooth comes in and no later than 1 year old. This early exam can give your dentist an opportunity to identify tooth decay and discuss bad habits that may promote decay.

Baby Teeth

Your child's first set of teeth are nearly completely formed at birth. According to the ADA, your child's teeth will typically begin showing around the six-month mark. Taking great care of these baby teeth is very important in the health of permanent teeth. Properly maintained baby teeth can help permanent teeth grow in straight.

Baby teeth should be cleaned every day. They should be wiped down with a wet washcloth as they begin to show. Once the teeth become bigger and stronger, you will be able to use a child's toothbrush.

Bad Habits

You can help your baby avoid learning bad habits by discouraging thumb sucking, sleeping with a bottle or excessive use of a pacifier. All of these habits can lead to serious dental trouble if performed after permanent teeth have set in. Constant sucking can cause

problems with the growth of your child's mouth and the alignment of his teeth. It's best to break these habits long before his permanent teeth grow in and avoid these unnecessary risks.

Toothpaste and Floss

Once your child is over 3 years old, the ADA recommends the regular use of children's fluoride toothpaste. Fluoride is an active cavity fighter and can strengthen developing tooth enamel.

You should apply no more than a pea-sized drop of toothpaste to your child's toothbrush. Your child should brush their teeth no less than twice a day for two minutes each time.

The ADA also recommends flossing as soon as your child's teeth are touching. When looking for tooth-care products for your child, look for the ADA Seal of Acceptance stamped on the package

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