



BY BETTY KAISER  
For the Sentinel

# The Chatterbox

Lt. Col. Kirsten Palmer celebrates  
21 years' service in USAF

transport people in the upper positions of leadership, i.e. the Vice President, Presidents of the Senate, Speaker of the House, etc.

Now a Lt. Colonel, Kirsten's most recent assignment was to serve at the Pentagon as Chief of the Logistics Initiative Branch in the Aircraft Maintenance Division in Washington, D.C. This position is too complicated for me to explain! Suffice it to say that she does it well. Her many awards and decorations include Air Force Meritorious Service Medals with two, four and five leaf clusters; Commendation and Outstanding Achievement Medals; The National Defense Service Medal; A Global War on Terrorism Service Medal and more.

This summer Kirsten began a new facet of her military life. She celebrated 21 years of Air Force service and went back to school. She was appointed by the Department of the Air Force to attend The Eisenhower School for National Security and Resource Strategy at Fort Lesley J McNair. When she completes this one-year intensive study, she will receive a Master's of Science degree in National Resource Strategy.

The Eisenhower Institute's curriculum is designed to promote strategic thinkers and national security policy makers to lead strategic institutions. Kirsten also hopes to gain a better understanding of the factors leaders must take into account when they make decisions affecting our national security and how to determine what is best for our country so resources are not squandered. A tall task!

Looking back, I asked her if a military career had exceeded her expectations. The answer was a resounding, "Yes."

"When I left Cottage Grove in 1991 and



Lt. Col. Kirsten Palmer

headed to the Air Force Academy in Colorado Springs, I never imagined my life and career would turn out this well. My plan was to stay in the Air Force as long as I was having fun. Twenty-five years later, I'm still having fun! The opportunities provided by joining the military are endless, and the education benefits are incredible in exchange for serving my country."

Kirsten, the 2016 patriot, is just as enthusiastic as the day in 2005 when she said to me, "Sometimes I think, 'Wow! How did I get so lucky to be born an American?'"

This summer, 11 years later, I asked her what she would like people to know about her job. Her response was this:

"Rather than what I do, I would like people to realize the incredible honor it is to serve our country. The opportunity of being part of something bigger than yourself, knowing you're part of an organization that strives to make the world a better place, while preserving the everyday freedoms that some take for granted.

"The professionalism of the men and women I have come across over the last 25 years makes me proud to be an American. When I retire from the Air Force (when ever that may be), I know the defense of our nation is in good hands with the young men and women who are now moving up the ranks."

Kirsten also enjoys the camaraderie of the people she works with and their deep-seated love for our country.

"They believe they are keeping this nation secure and protecting our freedoms with what they do every day."

Readers, in closing, I would like to add this: In an era when multi-millionaire football players are questioning their patriotism and refusing to salute our flag...It is a pleasure to bring you an update on someone who has chosen patriotism a way of life. God has blessed America with her and all those who serve this country!

Congratulations, Kirsten! And thank you.

Betty Kaiser's Chatterbox is about people, places, family, and other matters of the heart. Contact her at 942-1317 or via e-mail — [bcatty@bettykaiser.com](mailto:bcatty@bettykaiser.com)

## LORANE COUNTRY NEWS

BY LIL THOMPSON  
For the Sentinel

Lorane Grange looks forward to seeing everyone at its taco dinner and bingo this Friday, Sept. 23. Dinner with all the trimmings begins at 5:30 p.m. Bingo starts at 6:30 pm.

The ladies of Lorane Christian Church are once again having a bake sale at the Lorane Family Store on Saturday morning, Sept. 24.

Cameron Behlke won the Maude Kerns Award at the Mayor's Teen Art Show and was one of four Crow students awarded out of the 46 students entered.

Several new electives were added at Crow High School to give more options for students. They are: Consumer Science, Spanish, Welding and Auto Shop. There will be no school this Friday, Sept. 23 for professional development.

The week of Sept. 26-30 is Homecoming Week at Crow Middle/High School. Open House is Wednesday, Sept. 28 from 6-7:30 p.m.

Host families are needed for several exchange students. These exceptionally bright students are a girl from Egypt and a special girl from Kazakhstan. Those interested can contact Tressa Miller at [Tressamiller@lanefite.org](mailto:Tressamiller@lanefite.org) or text 541-606-4412. No voicemail available. Other exchange students

are available through AYUSA by calling 541-935-9502 or [llivelyb@gmail.com](mailto:llivelyb@gmail.com). There are two boys in need of families interested in hosting exchange students.

Hunters and even those staying home are welcome at Lorane Rebekah Lodge on Saturday, Oct. 1 for a delicious Hunter's Breakfast. The menu is eggs, pancakes, ham, and beverage for \$7 per person from 6-10 a.m.

There are hundreds of participating products worth 10 cents each for schools to earn cash through Box Tops for Education. Box tops can be cut from packages and send to the school with students.

Bond measure 20-264 will be on the ballot in November. This will fund CAL school facility improvements in the District. These include improvements for student and staff security, updates for energy efficiency and access improvements. For more information, visit the district website at [Cal.k12.or.us](http://Cal.k12.or.us) or call the district office at 541-935-2100.

Rural Arts Center movie night season opens on Saturday, Oct. 8 at Lorane Grange with dinner at 6 p.m. and the feature film following at 7:30 p.m. Films will be shown the second Saturday of the months October through March and are preceded by a delicious soup dinner.

### It's AUTUMN ...

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that no longer serve a  
useful purpose in your life.

FOR ONLY \$10 ...

you can put your  
**GARAGE SALE AD**

in the classifieds  
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**TWO  
BRIGHT  
GARAGE SALE  
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Call or come in  
by the Friday  
before the  
Wednesday you  
want your ad in.

**541-942-3325**

**Cottage Grove  
Sentinel**

116 N. 6th Street

## SENIOR MEALS PROGRAMS

Offering Meals on Wheels and Cafe 60 at the following locations: Anyone age 60 and older is served, regardless of income, suggested donation is \$3. Guests under age 60 are welcome to attend for \$8 per meal.

Cottage Grove Riverview Terrace  
925 W. Main St., Cottage Grove  
Noon: Tues., Wed., Thurs.

Creswell Cresview Villa  
350 S. 2nd St., Creswell

Noon: Mon., Wed., Fri.

THURSDAY, SEPT. 22: Baked Beef Rigatoni or Turkey Loaf with Gravy  
FRIDAY, SEPT. 23: Breaded Baked Fish with Tartar or Beef Swiss Style Patty with Gravy

MONDAY, SEPT. 26: Chicken Tetrazzini or Beef Chili with Beans  
TUESDAY, SEPT. 27: Ground Beef and Noodles or Sweet and Sour Chicken/Rice  
WEDNESDAY, SEPT. 28: Turkey Divan Bake or Spaghetti with Meat Sauce

Drain/Yoncalla area

Served at 400 Main St., Yoncalla. (For Douglas County Meals on Wheels eligibility, call 541-440-3677.) Suggested donation \$3.50

THURSDAY, SEPT. 22: Breaded Chicken Patty Cacciatore with Noodles  
FRIDAY, SEPT. 23: Teriyaki Meatballs  
TUESDAY, SEPT. 27: Ground Beef Gravy over Whipped Potatoes

## Worship Directory

WORSHIP  
WITH US

**DRAIN:**  
**Gateway Family Fellowship**  
Church of the Nazarene  
337 "C" St. Drain, OR  
Sunday School 9:30am  
Worship 10:45am  
Living Hope Free Lunch  
Wed. at 12:30pm  
541-836-7051 [www.drainnaz.org](http://www.drainnaz.org)

**HOPE U.M.C.**  
131 W "A" St. Drain, OR  
541-315-1617  
Pastor: Lura Kidner-Miesen  
Bible Study: 10:45am  
Potluck Lunch: 11:45  
Worship: 12:30pm

**COTTAGE GROVE:**  
**6th & Gibbs Church of Christ**  
195 N. 6th St. • 541-942-3822  
Pastor: Aaron Earlywine  
Youth & Families Pastor: Seth Bailey  
Services: 9am and 10:30am  
Christian Education  
Nursery for pre-k - 3rd Grade  
[www.6thandgibbs.com](http://www.6thandgibbs.com)

**Calvary Baptist Church**  
77873 S 6th St • 541-942-4290  
Pastor: Riley Hendricks  
Sunday School: 9:45am  
Worship: 11:00am  
The Journey: Sunday 5:00pm  
Praying Thru Life: Wednesday 6:00pm

**Calvary Chapel Cottage Grove**  
1447 Hwy 99 (Village Plaza)  
541-942-6842  
Pastor: Jeff Smith  
Two Services on Sun: 9am & 10:45am  
Youth Group Bible Study  
Child Care 10:45am Service Only  
[www.cgcalvary.org](http://www.cgcalvary.org)

**Center for Spiritual Living**  
Cottage Grove  
700 Gibbs Ave. (Community Center)  
Rev. Bobby Lee  
Meets Sunday 3:00 p.m.  
[cslcottagegrove@gmail.com](mailto:cslcottagegrove@gmail.com)

**Church of Christ**  
420 Monroe St • 541-942-8565  
Sunday Service: 10:30am

**Cottage Grove Bible Church**  
1200 East Quincy Avenue  
541-942-4771  
Pastor: Bob Singer  
Worship 11am  
Sunday School: 9:45am  
AWANA age 3-8th Grade,  
Wednesdays Sept-May, 6:30pm  
[www.cgbible.org](http://www.cgbible.org)

**Cottage Grove Faith Center**  
33761 Row River Rd. • 541-942-4851  
Lead Pastor: Isaac Hovet  
[www.cg4.com](http://www.cg4.com)  
Summer Schedule: Sunday Service 10am  
Full Children's Ministry available

**Covered Bridge Nazarene Church**  
152 S. M St.  
541-942-4422  
Pastor: Cindy Slaymaker  
Sunday School: 9:30am  
Worship 10:30am

**Delight Valley**  
Church of Christ  
33087 Saginaw Rd. East  
541-942-7711  
Pastor: Bob Friend  
Two Services:  
9am - Classic in the Chapel  
10:30am - Contemporary in the Auditorium

**First Presbyterian Church**  
3rd and Adams St • 541-942-4479  
Pastor: Karen Hill  
Worship: 10:00am  
Sunday School: 10:00am  
[www.cgpresbynews.com](http://www.cgpresbynews.com)

**Grove Community Church**  
77820 Mosby Creek Rd.  
Cottage Grove, OR 97424  
541-942-0123  
Pastor: Bryan Parsons  
Worship: 10:30 a.m.  
Nursery: Infant - Pre-K  
Kid's Church: K to 5th grade

**Hope Fellowship**  
United Pentecostal Church  
100 S. Gateway Blvd. • 541-942-2061  
Pastor: Dave Bragg  
Worship: 11:00am Sunday  
Bible Study: 7:00pm Wednesday  
[www.hopefellowshipupcc.com](http://www.hopefellowshipupcc.com)  
"FINDING HOPE IN YOUR LIFE"

**Living Faith Assembly**  
467 S. 10th St. • 541-942-2612  
Pastor Rulon Combs  
Worship & Children's  
Church 10:00 am  
Youth 180 Mondays 5:30-8pm

**Non-Denominational Church of Christ**  
1041 Pennoyer Ave \* 541-767-0447  
Preachers: Tony Martin & Robert Evans  
Sunday Bible Study: 10:00am  
Sunday Worship: 10:50am & 5:30pm  
[www.pennoyeravecc.com](http://www.pennoyeravecc.com)

**Old Time Gospel Fellowship**  
103 S. 5th St. • 541-942-4999  
Pastor: Jim Edwards  
Sunday Service: 10:00am  
Join us in Traditional Christian Worship

**Our Lady of Perpetual Help and St. Philip Benizi**  
Catholic Churches  
1025 N. 19th St.  
541-942-3420 / 541-942-4712  
Pastor: Roy L. Antunez, S.J.  
Euch. Liturgies; Sat. 5:30pm  
Sun. 10:30am  
St. Philip Benizi, Creswell:  
552 Holbrook Lane • 541-895-8686  
Sunday: 8:30am

**St. Andrews Episcopal Church**  
1301 W. Main • 541-767-9050  
Rev. Lawrence Crumb  
"Church with the flags."  
Worship: Sunday 10:30am  
All Welcome

**Seventh-day Adventist Church**  
820 South 10th Street  
541-942-5213  
Pastor: Kevin Miller  
Bible Study: Saturday, 9:15 am  
Worship Service: Saturday, 10:40 am  
Mid-week Service: Wednesday, 1:00 pm

**Trinity Lutheran Church**  
6th & Quincy • 541-942-2373  
Pastor: James L. Markus  
Sunday School & Adult Education 9:15am  
Sunday Worship 10:30 am  
Comm. Kitchen Free Meal Tue & Thur  
5:00pm TLC Groups  
[tlccg.com](http://tlccg.com)

**United Methodist Church**  
334 Washington • 541-942-3033  
Pastor: Lura Kidner-Miesen  
Worship: 10:30am  
Comm. Dinner (Adults \$5, Kids Free)  
2nd & 3rd Monday 5-6:00pm  
[cottagegroveumc.org](http://cottagegroveumc.org)

**"VICTORY" Country Church**  
913 S. 6th Street • 541-942-5913  
Pastor: Barbara Dockery  
Worship Service: 10:00am  
Message: 11:00am  
"WE BELIEVE IN MIRACLES"

**Our Worship Directory is a weekly feature in the newspaper. If your congregation would like to be a part of this directory, please contact the Cottage Grove Sentinel at 541-942-3325.**