

Cottage Grove's golden residents

Cottage Grove is famous for many things, including its Bohemia Gold Mining district. But in my opinion, this entire area is a huge gold mine of caring residents. Tucked into quiet neighborhoods in and around town, we are blessed with so many people who are pure gold. They quietly contribute their time and talents to make ours a better world.

Former resident Doug Still falls into that golden category. I first knew him by reputation. At that time he had lived here for 31 years and he focused his interests on energy and social issues. Among other things, he was a founder of Jefferson Park, South Lane Mental Health, EPUD and renown for building the solar energy-powered Cottage Restaurant restaurant building.

In Feb. 2006 I was invited to be a guest at a Rotary meeting where Doug was the speaker. Until then I did not realize that his pre-Oregon life included a historical contribution to the Civil Rights movement. I think it bears repeating in this African American History month.

First, a historical reminder: In 1863 President Abraham Lincoln issued the Emancipation Proclamation that freed the slaves. In 1865 the anti-slavery amendment was added to the Constitution and officially eliminated slavery throughout the U.S. One-hundred years later, racial equality was still being disputed in most southern states.

In the 1960s, beleaguered Black citizens all across the South began calling upon Dr. Martin Luther King for help. This American Baptist minister was also a leader in the Civil Rights Movement. Beginning in 1955, he advocated a fresh approach to civil rights using nonviolent civil disobedience based on his Christian beliefs.

In 1962 the Reverend Doug Still was serving in Chicago as the executive director of the department of social welfare of the Presbyterian Church Federation for four counties and 2200 churches. (He was a graduate of Union Theological Seminary and was ordained at the historic Madison Ave. Presbyterian Church in New York.)

He began his Rotary talk by saying, "One day a wire came to the Chicago clergy from Martin Luther King saying that the people of Albany, Georgia needed help. They were in trouble and needed us to come and stand with them in their efforts to desegregate the city's libraries, parks, schools, churches and hotels. (City officials were closing them rather than integrate them).

"We formed a committee representing the three major faiths," he said, "and boarded a bus. About 50 of us — Catholic, Protestant, clergy and lay people — rode about 800 miles to Albany to show our concern for our brothers and sisters.

"We arrived at night and the next morning we worshipped together (blacks and whites) and Martin Luther King spoke. Our strategy was to gather in front of city hall and offer a very brief prayer. The sheriff immediately arrested us and locked us up in jail. Even then we were segregated with the black people being put in the stables at the fairgrounds. Six days later, our bus left for Chicago, the most segregated city in the north."

In 1963 King gave his famous "I have a Dream" speech in front of the Lincoln Memorial in Washington D.C. After that, he won hundreds of awards including the 1964 Nobel Peace Prize. The nation was inspired by King's "dream" speech but racial acceptance

was slow in coming and bloody in the process.

Later that year, many were injured in riots when James Meredith was enrolled as the first black at the University of Mississippi. In 1963 fire hoses and police dogs were turned on marchers as they demonstrated in Birmingham, Alabama. Medgar Evers, the NAACP leader was murdered. Four girls were killed in the bombing of a Baptist Church.

President Johnson signed the Civil Rights Act of 1964 but three civil rights workers were murdered in Mississippi. He then signed the Voting Rights Act of 1965 but Malcolm X was murdered and the Watts riots left 34 dead in Los Angeles.

State and local lawmen attacked 600 civil rights workers with billy-clubs and tear gas as they approached the Edmund Pettus Bridge on March 7, 1965. The march from Selma to Montgomery, Alabama for voting rights became known as "Bloody Sunday."

Things got worse, Doug said, "Another wire came, asking the clergy and laity to come to Selma. We went down but our efforts to march across the bridge were turned away twice and we returned to Chicago. Later, the National Council of Churches asked me to go to Greenwood Mississippi where I worked with black churches."

Unfortunately, King did not live to see his dream of peaceful coexistence come true. His voice was stilled by an assassin's bullet in 1968 and contrary to everything he believed in, the West side of Chicago went up in flames. He was posthumously awarded the Presidential Medal of Freedom

Fortunately, King's color-blind dream didn't die with him. Others like Doug Still took up the torch and progress in racial equality has been made. Progress — not perfection. But when the torch gets dim we can still hear King exhorting us to keep the dream going: "Free at last! Free at last! Thank God almighty, we are free at last!"

Doug Still has also moved on to his heavenly reward. But he will long be remembered by the legacy that he left of serving others locally and across the nation. That day at Rotary he also left us with this thought:

"So, what do we learn from all of this?" he asked rhetorically. "Violence doesn't work. Communication and dialog do."

"So, in the spirit of peace and racial harmony, I leave you with this Biblical scripture quote: "Do unto others as you would have them do unto you."



The
Chatterbox

By Betty Kaiser

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by Mary Ellen "Angel Scribe"

Alaskan Survivor

When Sandra lived in North Pole, Alaska, its claim to fame, besides the weather, is that it has the Santa Claus from Seattle's 1968 World's Fair at their Santa Village, and the TV veterinarian, Dr. D., who was also her pets' vet.

"I love dogs," said Sandra, "and prefer rescue purebred dogs from shelters. One of my gold mining friends found Scruffy when it was 65 degrees below zero, half starved and freezing. I adopted him (the dog that is) who is now 17-years-old.

Scruffy's bark alarm' is a blessing, but his tennis ball obsession makes it hard to cook while tossing a ball the entire time! When Scruffy was younger, we had a bucket filled with tennis balls and a sling shot. He chased balls for hours. He would bring one back, and turn around and start running before you sent the next one off. He'd be at the far end of the field, wildly wagging his tail waiting for a flying ball."

Sandra's other dog is eight-year-old Ginger. "This spoiled dog," admits Sandra, "gets what she wants the minute she gives me her baby brown eyes."

Ginger, as a six-month-old puppy, was dumped' at an Alaskan garbage dump. She had deformed knee caps and walked on three legs, holding her back leg up. Dr. D. said the pup's walk would improve and she was right. Ginger's legs eventually straightened out. Imagine rescuing a Pomeranian from the dump!

Alaskan flies are huge and they left an impression on Ginger because, today if a fly is in their home, she runs into the bedroom and dives under the bed!

Also, her fear of starving has made her creative. When Sandra gives the dogs a treat Ginger barks to distract Scruffy, then when Scruffy looks up, Ginger steals Scruffy's treat!

Ginger's hobby is laying on her back, on Sandra's lap, totally making her a lap dog'.

Since writing this article, little Scruffy is now chasing balls in heaven and sleeping held in the arms of Angels.

TIPS

In loving memory of a huge Pet Tips n' Tales fan, Nancy of La Center, Washington, who once shared, "To deter pets from urinating or scratching on a forbidden location, apply Vick's "VapoRub" on a piece of tape, and then onto the furniture.

In loving memory of Pat, a humorous Tips n' Tales reader of Chehalis, Washington. Before her passing she wrote, "There's a lot of wisdom in our loving animal friends. Our dog, Galy, appointed himself as my personal guardian. Where I go, he goes, if I am showering, he lays outside the shower door. He sleeps on the floor by my side of the bed, if I go outside he goes with me. When I am cooking, he's right there beside me. Now, I'm not so dumb that I don't know that he has an ulterior motive. He patiently waits in hopes of me dropping something good to eat. And....sometimes things do 'slip' out of my hands and he helps' by cleaning it up off the floor!"



Encourage children to floss

Children should learn that flossing is just as important as brushing.

Learning to brush their own teeth is a lesson all children must master. Although parents ultimately may have children who become proficient at brushing their own teeth, getting them to floss is generally more difficult.

The National Health and Nutrition Examination Survey from the Centers for Disease Control and Prevention found that 41 percent of children aged 2 to 11 had tooth decay in their first teeth. Dental caries are common among children, likely because they have not become proficient at taking care of their teeth.

Soft, sticky foods are commonplace in young kids' diets, and these can promote decay. Even well-intentioned gummy vitamins can be sources of dental decay. Oftentimes, these foods become lodged between the teeth or on the surface of molars. If left in contact with the teeth for too long, food particles become a source of carbohydrates for oral bacteria, and cavities may appear as a result.

To remove food particles from between the teeth, children must floss, advises the American Academy of Pediatric Dentists. It is recommended that parents help their children to floss as soon as two teeth are touching and continue to do so until the child is around the age of 8, when a child should have enough dexterity to do it on his or her own. Flossing is essential to making sure children do

not experience cavities at an early age, and it can establish practices that promote oral health throughout life. Despite being so important, many parents fail to encourage flossing or are at a loss as to how to make it enjoyable and effective.

Although regular dental floss is one of the first tools for flossing, the dexterity required to wind the floss around little fingers and then thoroughly clean the teeth may discourage children. Parents can look into the wide array of flossing helpers available at the store. In fact, many age-appropriate flossers are now available that feature fun designs and smaller profiles to fit into kids' mouths more easily. Flossers may be attached to a handle to make back teeth more accessible and promote more effective flossing. Manufacturers such as DenTek, Butler GUM, Plackers Kids, Dr. Fresh, Oral-B, and Brush Buddies offer children's flossers.

Kids who shy away from flossing may be more likely to use a children's water flosser. In lieu of string floss, a water flosser uses a pressurized stream of water to dislodge food from between teeth. Although a water flosser may be more messy, children may enjoy the opportunity to "play" with water and the cleaning sensation provided.

To prevent the buildup of plaque and the development of dental caries, parents should educate children about proper flossing techniques.

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