

# CG Air Force servicewoman gets promotion to Colonel



ny were her husband Col. Roger Lang, daughter Addyson and other family, including her parents, Ron and Linda Palmer, of Cottage Grove.

In her remarks after the pinning of the new insignia she said, "When I graduated from Cottage Grove High School, Oregon, and headed to the Air Force Academy in Colorado Springs, I never dreamed my life and career would turn out this well." With graduations coming up this month, it seems only fitting to post Kirsten's most recent promotion as motivation for today's graduates to dream big!

Longtime Grover's and readers of this column will remember that Kirsten was always ambitious and patriotic. During high school, she was student body president, a scholar and an athlete. She served as a U.S. Senate Page for Senator Bob Packwood. Upon graduation, she enlisted in the U.S. Air Force and was accepted by the Air Force Academy in Colorado. She received her commission from the Academy in May 1995. Later she would earn a Master's of Science degree in Resource Strategy.

Climbing the ladder in any profession is arduous. We all begin at the bottom and work our way

to the top. I have watched with awe as Kirsten climbed the military ladder upon her graduation from the Academy.

Her resume includes stations in five Major Commands (MAJCOMs) filling a variety of flight line and back shop positions. Her weapon system experience includes C-130s, A-10s, C-9s, C-17s and KC-135Rs.

Currently, she is a student at the prestigious Eisenhower School for National Security & Resource Strategy, Ft. Leslie McNair, Washington, D.C. The school is focused on developing strategic thinkers to operate in executive environments developing national security strategy and policy with an emphasis on evaluation and managing national resources.

If all that is as Greek to you as it was to me, it became most impressive after I looked up the responsibilities of a Colonel at military-ranks.org. A full Colonel is just above Lt. Col. and below Brig. General. It is the highest Field Officer rank. A Colonel is typically responsible for commanding a wing (unit) of 1,000 to 3,000 airmen of lower ranks. The rank insignia for Colonel is a silver eagle. They are sometimes informally referred to

as "Full-Bird Colonels" to differentiate between them and Lt Colonels. It is the 22nd rank in the USAF. Go, Colonel Palmer!

If you're a young person considering serving your country in a military career here's a few stats about the Air Force. Their website says that they have a total of 315,725 active duty personnel. After basic military training —Start strong. Finish stronger—the work includes blue collar jobs, clerical, technical, administrative and professional areas. Becoming a pilot requires a time commitment, a bachelor's degree, meeting officer qualifications, flight school and more. The average length of service is 14.5 years.

Is it worth it? The last time I spoke with Kirsten she said, "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."

One of the Air Force mottos is to Aim High. That's good advice for all of today's graduates whatever you choose to do in life. Congratulations to all!

## Chatterbox

By Betty Kaiser

Congratulations are in order for newly appointed USAF Colonel Kirsten M. Palmer. A promotion ceremony and reception for her pinning was held on March 31, 2017, in the Airmen's Hall of the Pentagon in Washington D.C. It promoted Kirsten from a Lieutenant Colonel to a full Colonel. Among the 80 guests attending the ceremo-

## Pet Tips 'n' Tales: Cat Calling

By Mary Ellen "Angel Scribe" For The Sentinel

"They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for." Tom Bodett

When Bea moved to Cottage Grove, in 1954, she subscribed to the Cottage Grove Sentinel. She's followed the community for 63 years through the pages of the paper.

"When the newspaper arrives," said Bea, "I immediately turn to my favorite column, Pet Tips 'n' Tales."

So, just for fun, to honor our biggest fan, my Silver Persian, Whyspurr, and I made a surprise visit to Bea's home.

"Oh, what a beautiful cat," exclaimed Bea. "Look! Whyspurr loves the old chair that all my cat's scratched on."

Indeed, Whyspurr made a beeline for the cat chair, jumped onto it and nestled in for her visit with Bea. The chair's sides hung in shreds, like a feline trophy of love, marking all the hard work of Bea's purr-vious cats over the

decades.

Fur purr-caution we left Bea's cat, Harvey, outside. Harvey would have a hissy fit about Whyspurr, Animal Planet's famous swimming kitty, sharing his mother's love and "his" chair.

"Ten years ago, I heard Harvey before I could see him," said Bea. "He was starving and painfully meowing. Not having a cat, I went to the fridge and found him some meat. He was so hungry, he swallowed three bites before taking another breath!"

Bea asked her neighbors if anyone knew who his owners were and was upset to learn that they were on vacation, for two weeks, and had left the cat with no food! Upon the owners return they said they did not want Harvey back. Bea was purr-plexed as to why.

"Harvey is such a nice cat that I can't imagine anyone not wanting him in their lives," said Bea. "He is a blessing in mine and everyone's friend."

Imagine her surprise when her "friendly" cat brought home a pet raccoon! The two animals sat on her porch for two weeks sunning and chatting together. Then one day, Mr. Raccoon did not return

and hasn't been seen since.

Also, Harvey loves to cat-chat on the phone! One day for fun, her daughter put her phone's receiver to her cat's ear and Bea put hers to Harvey's ear. The cats meowed back and forth, then looked around for the other cat. The ladies had no idea what the cats were talking about, but the phone felines were fully engaged in a hiss-terical conversation.

Kind-hearted Harvey used to have the unusual habit of bringing home other people's cats! This left Bea trying to figure out "who to return to whom". Her neighbors' joked, "Is your cat missing? Harvey probably took it home to Bea's. Look there."

"Thankfully, Harvey gave up his habit of trying to adopt other cats," confesses Bea, "after I returned all of his friends."

And why have a pet when you are in your 90's? "When I am feeling ill or resting," explains Bea, "Harvey never leaves my side, placing one gentle paw on me -



comforting me."

Fifteen years ago, her neighbor had three dogs, "the boys" that Bea dogsat. One day the meter reader left the gate open and "the boys" escaped, just as the dog catcher drove by.

Bea called to the boys, and they came right to her.

"I hurried them into my bedroom with instructions, 'Sit. Don't move! Don't make a sound!'

The doorbell rang. I answered

the door, and the dog catcher asked if I 'owned three dogs'. I honestly pleaded innocent and he left. I went back into the bedroom and there sat the three, still as stone, fugitives that I was harboring, saving their 'mom' a \$180 'Get out of jail' fee!"

TIPS

"I read in an earlier column to use a man's black pocket plastic comb to groom a cat," said Bea, "Harvey never liked metal combs,

so I tried this 'tip' and he loves his new black comb."

Tell us about your crazy pet! angelscribe@msn.com  
"Follow" Pet Tips 'n' Tales on Facebook.  
<https://www.facebook.com/PetTipsandTales>  
Humane Society for Neuter/Spay Assistance Program. (541) 942-2789

*Kassadee Hilgendorf*

Cottage Grove High School

Born: December 12th, 1999

Parents: Ron & Wendi Hilgendorf

Grandparents: Dorwin & Ian

*Savannah Palis*

Cottage Grove High School

Born: August 23, 1999

Parents: Danny & Candace Solesbee

Grandparents: Lowell Solesbee, Sally Solesbee, Bruce & Nadyne Lamb

**JOSH, B-BO, SON**

We are so proud of you and all of your accomplishments past, present & future.

**Way to go!**

Love your family, Daddy, Momma, KK, Baxter, Ali and misc pets.

## The Rotary Club of Cottage Grove

Is pleased to announce the recipients for the 2017 Rotary Scholarships

Hannah Albrecht

Seth Chambers

Erin Foreman

Madisen Howland

Brett Ollivant

Garren Taylor

Sara Witty

*Congratulations on a job well done!*

**Rotary Club of Cottage Grove**