



Col. Kirsten Palmer

Betty Kaiser's Chatter Box: A celebration, fond farewell and something to think about

This year, Kirsten's parents, Ron and Linda Palmer, were thrilled to learn that a promotion and a new duty station for her will be on the west coast.

On Aug. 5, they, along with other family members and invited friends, attended an Assumption of Command Ceremony for their daughter at McChord Field in Washington State.

Col. Palmer is the new commander of the 446th Maintenance Group, Joint Base Lewis-McChord. She is now responsible for directing all aircraft and equipment maintenance support for three squadrons of C-17 Globemaster III aircraft.

She will also oversee the quality and quantity of training for over 400 reservists, ensuring they are prepared to perform the wing's mission in peacetime and during combat.

Very impressive.

On the lighter side, her promotion means that, for

the first time since her career began, her parents will be close enough to often visit Addyson, their now nine-year-old granddaughter, and her parents on a regular basis.

Another change in the family life is that dad, Col. Roger Lang, a former USAF pilot, has retired and is now a pilot for United Airlines.

They will be living in Gig Harbor, Wash. It doesn't get much better than that.

Congratulations, Kirsten! On another note, I would like to say a few words about the passing of local resident, Leonard Waitman. His military service reads like a page out of Tom Brokaw's book "The Greatest Generation."

Leonard was both a soldier and scholar. His time as a soldier began before his graduation from Grant Union High in Sacramento, Calif.

The day that WWII was declared, his entire class of seniors went down to enlist.

He received his high school diploma while in training and served in the U.S. Army Air Corps, a precursor to the U.S. Air Force.

His obituary related some of his 3 1/2 years of service without liberty in the war zone. At his memorial service those stories came alive.

He had first-hand experience with people and situations that we've only read about in books: Invasions of countries, aiding Col. Doolittle, Gen. George Patton, blessed by Pope Pious XII, seeing the eruption of Mt. Vesuvius, etc.

Each one gave him insights into the real world of war that would be with him forever.

Leonard's years as a scholar came after the war. His degrees and accomplishments are impressive. His education included both a bachelor's and master's degree and a PhD. He taught for 32 years and wrote several books.

He was also a dedicated

Christian and served as president of Bethesda Bible College. He and his wife retired to Cottage Grove.

I met Leonard around the time of the 9/11 attacks. He and his fellow Veteran of Foreign Wars buddies were fountains of information for me as I struggled with what was happening and how to communicate it to my readers. A gifted communicator, he was front and center at every Cottage Grove Memorial Day remembrance ceremony. Our city was blessed for having him amongst us and he will be missed.

I recently read that for many Americans, today's wars are closer to "reality TV" than to reality. War is not at our back door, so we're oblivious. Some of the hotspots around the world where we send our young men and women in the armed forces are Afghanistan, Iraq, Libya, Niger, the Philippines, Somalia and Syria.

Many of us don't know

where those countries are or why we are there.

At Leonard Waitman's memorial, little toy soldiers were given to each person who walked in the door. We were asked to put the soldier in a conspicuous place in our house to remind us that freedom is not free.

Somewhere in the world, right now, real people are fighting, dying and being maimed in real battles. The toy soldier can be a reminder to pray for their protection and wisdom on the part of those who send them to war.

Finally, as I put this column to bed, news came over the airwaves that Sen. John McCain has died.

He was a good man.

Whether you liked or disliked his politics, he served his country well. God rest his soul.

Contact Betty Kaiser's Chatterbox at 942-1317 or email bchatty@bettykaiser.com

Elkton to host family fun this weekend during Fort Umpqua Days

Elkton is holding its annual Fort Umpqua Days celebration Sept. 1 and 2. Most activities will take place at the Elkton Community Education Center (ECEC), located just west of town at 15850 Highway 38.

A parade through town on River Road kicks off the event at 10 a.m. that Saturday morning. That same morning, a two-day bass tournament launches at 6 a.m. and continues Sunday morning, also at 6 a.m. Weigh-in and awards will be Sunday afternoon at 3:30 p.m.

The Elkton Lion's Club will serve

a pancake breakfast starting at 7 a.m. each day on the ECEC Greenhouse Patio. In addition, a barbecue lunch will be provided by the Elkton Baptist Church from 11 a.m. to 1 p.m.

On Saturday, there will be live music starting at 11 a.m. featuring The Slow Ponies, the popular six-woman "cowgirl band," followed by the highly-anticipated auction of more than 50 homemade pies at 1 p.m.

Sunday's lunch features live music by Old Time Fiddlers.

ECEC's reconstruction of his-

toric Fort Umpqua, the festival's namesake, will be filled with activities and demonstrations throughout the weekend depicting life at a Hudson's Bay Company fur trading post. Re-enactors in costume portray characters from the mid-1800s. Kids and adults alike can take part in historic themed activities at the Fort.

Both afternoons wrap up with the 14th season of the "Echoes of the Umpqua" musical pageant. Each year local residents write and perform a rousing and entertaining play that offers a glimpse into

Elkton's history.

This year's production tells the story of the historic journey of the stern wheeler SWAN as it navigated the Umpqua River in 1869. Performances are held at the ECEC Amphitheater, at 5 p.m.

Saturday's pageant will be followed by a chuck wagon dinner at 6 p.m., provided by Brandborg Winery. Diners and festival attendees can stay and enjoy live music by Contra Swing, a fiddling and guitar playing duo from Coos Bay.

All weekend, guests can enjoy craft and food booths, a native

plant nursery, locally grown produce, a display of art quilts by Elkton Quilters, the ECEC gift shop, Outpost Café, an ice cream social, antique bike display and more.

Guests can also visit the Butterfly Pavilion to "adopt" a Monarch butterfly before releasing it to begin its fall migration.

ECEC is a nonprofit organization founded to provide cultural, educational and social activities to participants of all ages.

For more information, call 541-584-2692, or visit www.elktonbutterflies.com.



Tooth Brushing

You've heard it since you were a child: Brushing your teeth twice a day is the centerpiece of good oral hygiene.

If you're like most adults, though, you may need a refresher course on the details of how to brush for the best results. Here is what the American Dental Association (ADA) recommends to keep your teeth healthy when brushing.

THE BASICS

You should use a soft-bristled brush to clean your teeth twice a day. While there are toothbrushes that come in all shapes and sizes available for sale, you should pick the one that best fits the size and shape of your mouth and lets you easily reach all parts of your teeth.

Keep in mind that a worn-out toothbrush won't do a good job cleaning the surface of your teeth. You should get a new toothbrush every three or four months, or even sooner if you see signs that the bristles are fraying.

You should also use an ADA-approved toothpaste with fluoride.

HOW TO BRUSH

Paying attention to the details of your brushing technique can lead to better results.

First, you should place your toothbrush at a 45-degree angle to your gums, then use short back-and-froth strokes about the same width as your teeth to start cleaning them.

Make sure you brush the outside, inside and chewing

surfaces of all your teeth. When cleaning the inside surfaces, use up-and-down strokes while holding the toothbrush vertically. And if you want fresh breath, you should brush your tongue to remove the bacteria that can collect there.

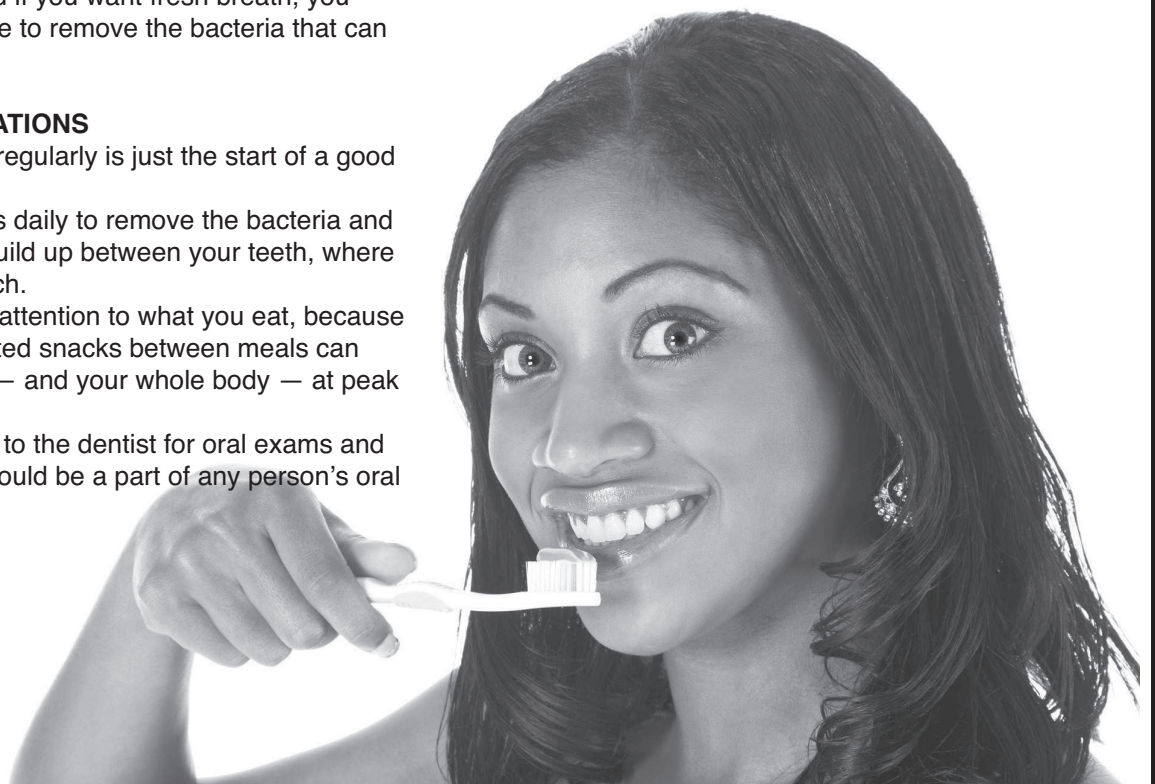
OTHER RECOMMENDATIONS

Brushing your teeth regularly is just the start of a good dental health.

You should also floss daily to remove the bacteria and food particles that can build up between your teeth, where the toothbrush can't reach.

And you should pay attention to what you eat, because a balanced diet with limited snacks between meals can help to keep your teeth — and your whole body — at peak health.

Finally, regular visits to the dentist for oral exams and professional cleaning should be a part of any person's oral health routine.



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