

Rosie from A1



DAMIEN SHERWOOD/COTTAGE GROVE SENTINEL

**Local "Rosie" and community organizer Opal Marie Nelson passed away Jan. 15. Numerous community members turned out for her memorial on Feb. 8.**

Nelson's family described her as "tough, resilient, determined" and "a cheerleader for the downtrodden" who rejoiced in bringing people together.

Among her numerous hobbies, Nelson would keep busy with such projects as her six-book collection of the family's genealogy, refurbishing dolls to give away and compiling stories of the men in her father's U.S. Army platoon.

"One of the many words that could capture Opal's life is 'adventurous,'" said Markus.

"That's also how she looked at death. A note was found by her bedside. It reads: 'I'm curious. What's it like to die? No one has come back to tell — not even Houdini, who said he would. I'm ready. I'm done here. Tell all not to grieve. I'm content. And I'm ready for my next adventure.'"

**A 'Rosie' Legacy**

Nelson's role as a wartime riveter in California earned her a "Rosie" membership, which she enthusiastically carried out.

Rosie the Riveter became an American cultural icon of World War II, representing women in the workforce who contributed to production for the war effort. With more than 16 million Americans serving, many women took on trades that had previously been dominated by men.

It's estimated around five to six million women entered the workforce between 1940 and 1945.

"Opal and every one of these women were proud

to serve their country and help bring the troops home," said Fasold. "They knew the value of hard work and of working together for the good of all. These values continued throughout their lives, as these women continued to serve their communities and their families."

Nelson is credited with starting three Rosie chapters in Oregon and eventually going on to become ARRA Vice-President.

Rosies regularly visit classrooms and community groups, participate in parades and give lectures to preserve history and their legacy, though numbers are dwindling.

"February 2016, we had 21; now in February 2020 we have 12," said Fasold of the McKenzie chapter. "We have lost six inspiring women since last February,

ages 96-101."

Fellow Rosies described Nelson as instrumental in founding the McKenzie chapter.

"We wouldn't even exist without her," said Rosebud Corolene Corriea, whose mother was a welder during the war. "She was the heart and soul of the Rosies."

Through the service, friends and family remembered fondly that Nelson left behind a legacy of active community involvement and the iconic "cando" spirit of the Rosies.

"Her entire bucket list was crossed off," wrote her family in a statement. "We are thankful for the example she set for us on how to live our life. She taught us how to face anything that life throws at you — with confidence, faith in God and a smile always."

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**Encourage children to floss**

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



**NATIONAL CHILDREN'S DENTAL HEALTH MONTH**

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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