



OPINION

LETTERS TO THE EDITOR

Aspiring for greater harmony

On the night of Nov. 18, 2014, a poet stood up on stage at the Axe and Fiddle Pub and declared Cottage Grove, Oregon as ground zero for creating greater harmony in the community.

This declaration was made again in December and also in January. No one stood and said it was a bad idea. No one said we should not be in the business of creating greater harmony in Cottage Grove. So it is a done deal. We are all locked into creating greater harmony in the community because no one protested the idea.

A steering committee was formed and it was decided we need to de-create disharmony first. Trouble spots include cigarette butts, which need to disappear forever. Second, those vehicles that have mufflers above street-noise level are to be addressed. In order to comply with the declaration of greater harmony we ask you to put on a quiet muffler and help us achieve our goal. No more loud mufflers in Cottage Grove — that is the focus. Older people complain that the noise hurts the ears. We the people of Cottage Grove wish

to create greater harmony. We want a clean town and a quiet town.

As part of our commitment to greater harmony we ask all students of Cottage Grove to take charge on Earth Day by spending one hour picking up trash and cigarette butts. And may we suggest that we wear multi-colored tops in keeping with and celebrating our Earth.

The focus of Earth Day in our town is to create a quiet happy and clean town.

Joseph Henry Wilkinson
Cottage Grove

Beware Scotch Broom

Scotch Broom is blooming now at the Mosby Creek Trailhead of Row River Trail. It is one of 11 invasive foreign plants that threaten our woods and pastures. Scotch Broom (*Cytisus scoparius*), with yellow, pealike flowers, is TOXIC to humans, horses and livestock. Please help by removing it from your property.

Nolene M. Wheeler
A Mosby Creek neighbor



LORANE COUNTRY NEWS

Talent show dazzles, wrestling team scores high GPA

BY LIL THOMPSON
For the Sentinel

Some very exciting events are happening at Crow Middle/High School! To begin: two professional ballet dancers started a residency to teach our middle-schoolers Ballet/Creative Dance. They will also present a choreographed end-of-the-year performance to show their new skills.

The CHS Wrestling Team is receiving a special recognition for having the

highest team GPA in the state!

The next CAL School Board meeting is Monday, April 20 at 7 p.m. in the Lorane Grange Hall. Crow High School Prom is scheduled for May 2 in Veneta at Deep Woods. Moonlight Masquerade is the theme for this exciting evening for the students.

The Crow Cougar Drama Class made gambling prevention videos, and two out of three made it to the top five.

All eighth-grade parents are asked to attend a meeting on Wednesday,

April 15 at 7 p.m. in the Library to discuss recognition night and the dance. The distinguished service awards hosted by Crow High School in the gym start at 7 p.m. Mr. Chuck Lutsch will be recognized as teacher of the 2015 school year; Diana Osibov as classified employer of the year and Diana Lassen as volunteer of the year.

Come one, come all to the annual Grandparents Tea at Applegate Elementary on Thursday, April 23. Parents, friends and grandparents are encouraged to attend. This will begin at 12:30 with a talent show and other entertainment at 1 p.m. An awards assembly will follow.

Another great book fair arrives at Applegate on April 20 through April 24!

The Lorane Celebration 2015 meeting has been changed to April 23 at 7 p.m.

There was a smaller number of community members attending the RAC/Lorane Grange Talent Show on Sunday due to illness and great weather for working outside. Regardless, everyone enjoyed a marvelous array of talent. Outstanding Community Service awards were presented to Lorena Mitchell, Sande Maxwell, Larry Moore and the three Garys in the Grange — Lutman, Morehead and Thompson. Special thank-you awards were presented to

Charlotte Mitchell, Betty Willoughby and Connie Loveall, and it looks like Moira and Bethany Struthers have gotten their mother's (Amy's) talent for singing! In spite of some great talent, the hit of the afternoon was little three-year-old Lylah Cooper singing every word of the theme from "Frozen!" She sang into the mic, twirled to the music and did a few steps. I think everyone was glad she went last! Hope to see everyone back next year!

Lorane Grange spaghetti dinner and bingo is planned for Saturday, April 25 starting at 5:30 p.m. The blackout pot is rising!

Offbeat Oregon History

Pioneering Oregon historian earned recognition but little money

BY FINN J.D. JOHN
For the Sentinel

Back in 1867, Elwood Evans, a young lawyer, politician and historian in Washington Territory, started writing a book on the history of Washington's neighbor to the south — the eight-year-old state of Oregon.

Thinking it would be well to get input from some of the still-living people who had shaped Oregon's history, Evans reached out to some of them, hoping to get better information. One of these people was Jesse Applegate, popularly known as the "Sage of Yoncalla," a key player

in the early formation of Oregon who had since retired to his farm.

Applegate was a bit of a fearsome character. He was known for being brusque and blunt, not much given to worries about whether others thought him a nice guy, and unwilling to suffer foolishness lightly. But he was the man to talk to about Oregon territorial history. So Evans sent him a chapter of his book with a request for feedback on it and hoped for the best.

Applegate did not much like it. But instead of actually telling Evans why and giving a full critique, he did something that may have surprised Evans: He

referred the Washington historian to an Oregon competitor.

"While I have generally succeeded in escaping from male authors and think I could still fight them off, I have been no match for the ladies of the pen," he wrote. "To one of these I have fallen a helpless victim and surrendered at discretion. I held my own while I kept her at a distance but in one of my letters I inadvertently said "If you want information you must come to me for it." She took me at my word and in about two weeks she pumped me so dry of historical matter that the stores both of memory and imagination were utterly exhausted — there was nothing I could conceal or withhold from the keen scrutiny of this lady — If you really seek truth, go to her. I cannot object if she now gives you my autobiography. The lady is Mrs. Frances Fuller Victor of St. Helens."

The message was pretty clear.

But Evans probably received it with a smile. He and Frances Fuller Victor were already good friends, and had been working together — freely exchanging tips and ideas, mostly through letters — for the previous two years.

Those two years had been full ones for Frances. A chance remark by her husband's boss had, in late December of 1864, had set her life's work in a new direction, and she'd lost little time in going with it. She was going to be an Oregon historian — the Oregon historian. So in spring of '65 she stepped onto a riverboat for the first of dozens and dozens of voyages of research and discovery around the Beaver State.

She stopped in Oregon City to meet with the son-in-law of Dr. John McLoughlin, who gave her copies of some of the "Father of Oregon's" personal papers. In Albany, she met pio-

neer J. Quinn Thornton, with whom she carried on a long-running correspondence over subsequent years. And it was on this first trip that she first visited Jesse Applegate.

Two months later, home again, she embarked on her "Columbia," a riverboat journey down to Astoria and then back up to the heads of navigation on the Columbia and Snake rivers, the whole while seeking out, learning from and establishing correspondence with local historians and historical figures: Joe Meek, Thomas Condon, Harvey Scott.

By the late 1860s, she was ready to publish "The River of the West," the first of several great historical works to come out with her by-line on them.

The book was well received, but it made her some powerful enemies. In it, she tackled head-on the myth — the very convenient myth, for some — that Dr. Marcus Whitman had "saved

Oregon" for the United States by racing back to Washington, D.C., in the winter of 1842, to lobby the president to send settlers to the state. This narrative has since been thoroughly discredited, but at that time it was a very important part of the beliefs of several influential local churches and missionary societies.

It was about this time that the Victors' marriage started to fail. The problem was, Henry was a bit of an irresponsible and flighty man. His fortune made by a bonus received for a particularly clever bit of work for the Navy during the war, he immediately got about investing it with that special kind of visionary recklessness so characteristic of a fool temporarily endowed with gold. The financial sharks, whose antennae were carefully tuned to spot that kind of thing,

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Preventing osteoporosis with excellent nutrition

BY JOEL FUHRMAN, MD
For the Sentinel

Bone health is directly linked to nutrition. Cer-

tain foods promote breakdown of bone and osteoporosis. Other foods, such as fruits and vegetables, supply your body with the nutrients necessary to build and

maintain healthy, strong bones and prevent osteoporosis.

A number of substances in foods promote the loss of calcium in the urine, which leads to bone loss and osteoporosis. The foods we should avoid to protect the health of our bones include animal products, salt, soda and caffeinated beverages. Salt and caffeine are known contributors to calcium loss. Also, high caffeine intake is associated with increased bone loss and osteoporotic fractures. Animal protein and other high-protein foods leave acidic residues in the blood, and the body responds by dissolving



bone to release basic calcium salts to neutralize the acid. This results in loss of calcium in the urine. Many studies have found animal protein intake to be associated with low bone mass. In contrast, plant protein intake is associated with decreased hip fractures in the elderly. Natural plant foods do not leave an acidic residue in the blood or promote urinary calcium excretion. Soda, including diet and decaffeinated soda, is associated with bone loss. Soda consumption increases parathyroid hormone (PTH) in the blood, which increases blood calcium concentrations by stimulating bone breakdown. This increased blood calcium is then excreted in the urine.

Whole plant foods are the best foods for bones. Studies show that individuals with the

highest consumption of fruit and vegetables have the strongest bones. A diet full of greens, beans and seeds provides the calcium required to maintain healthy bone. Green vegetables in particular are rich calcium sources. For example, one four-ounce serving of steamed kale has just as much calcium as one cup of milk. Broccoli, bok choy, sesame seeds and garbanzo beans are also excellent calcium sources. Furthermore, the body absorbs about 50 percent of the calcium in many green vegetables, compared to only 32 percent of the calcium in milk. Green vegetables are also high in vitamin K, which is a crucial component for maintaining healthy bones. Nuts and seeds are rich in magnesium, an essential mineral for the formation of bone tissue. They also

help maintain adequate calorie and protein intake to maintain muscle and bone mass without having to rely on high-calorie animal products.

Also, don't forget about exercising and supplementing with vitamin D. Both of these practices are extremely important for bone health.

Dr. Fuhrman is the #1 New York Times bestselling author of Eat to Live and Super Immunity, and a board certified family physician specializing in lifestyle and nutritional medicine. Visit his informative website at DrFuhrman.com. Submit your questions and comments about this column directly to news-questions@drfuhrman.com.

Cottage Grove Sentinel

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Subscription Mail Rates in Lane and Portions of Douglas Counties:
Ten Weeks\$9.10
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Rates in all other areas of United States: Ten Weeks \$11.70; one year, \$46.35, e-Edition \$43.00.

In foreign countries, postage extra.

No subscription for less than Ten Weeks. Subscription rates are subject to change upon 30 days' notice. All subscriptions must be paid prior to beginning the subscription and are non-refundable.

Periodicals postage paid at Cottage Grove, Oregon.

Postmaster: Send address changes to P.O. Box 35, Cottage Grove, OR 97424.

Local Mail Service:

If you don't receive your Cottage Grove Sentinel on the Wednesday of publication, please let us know. Call 942-3325 between 8:30 a.m. and 5 p.m.

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