



## Offbeat Oregon History

When the rebel flag flew over Oregon soil

BY FINN J.D. JOHN  
For the Sentinel

Oregon in general, and rural southern Oregon in particular, has been referred to more than once as the “Dixie of the West Coast.”

So perhaps it’s not surprising that the only Confederate flag known to have waved in the northwestern quarter of the continental United States during the Civil War flew proudly over the Beaver State, for a few weeks in 1862.

Now, that “only flag” claim has to be qualified a bit. The entire northwest quarter is rather a large patch, and plenty of emigrant farmers, gold miners and ex-Army ruffians were sympathetic to the South’s cause; surely somebody, somewhere, hoisted the stars and bars over a shoddy Jackson County prospector’s cabin or loathsome San Francisco waterfront flophouse.

But if anyone did, he or she kept it quiet enough to avoid the intervention of federal troops.

Not so the fearsome Kentucky natives who had settled in the tiny town of Smithfield (now called Franklin), just south of Cheshire on old Territorial Highway.

The good people of Smithfield were surrounded and outnumbered, and they knew it. But they were a proud, fearless bunch, and not a Republican or pro-Union Democrat among them. They were well supplied with the long-barreled flintlock rifles with which their fathers had helped win the Revolutionary War, and they had somehow also gotten hold of a small cannon. They determined, in the summer of ‘62, to do their bit for the old southern homeland, come what might.

So they set to work. The men found a tall, straight fir tree, which they felled, peeled and hauled to the town’s general store. The women labored over a community sewing project: a massive Confederate battle flag, the “Stars and Bars.” Then they mounted the pole before the store, ran the flag up to the top, and let it billow in the soft summer breeze.

Now, this was not exactly an act of quiet rebellion. Smithfield owed its regional prominence and prosperity to the stagecoach line that ran up and down the Territorial Highway. Dozens of travelers passed up and down that highway every week en route to or from hamlets like Elmira, Veneta, Crow, Lorane and west Eugene, via Junction City.

One can only imagine the shock of these passengers as the

stage pulled up before the Smithfield General Store and they saw a giant rebel flag flapping in the breeze, its flagpole surrounded by grim-faced expatriated Southerners with rifles ready to defend it.

Word flew around Lane County like a summer zephyr: There was open rebellion brewing at Smithfield! What was to be done?

Staunch Unionists in Eugene were outraged. They did not, however, feel outraged enough to brave those grim-faced Smithfield sharpshooters in an attempt to do something about it. So instead, they complained bitterly to every authority they could reach: the sheriff, the state legislature, and yes, the federal government in Washington, D.C.

The sheriff was the man everyone was looking at, but he showed little inclination to risk his life and those of his deputies on a hopeless assault on such a fearsome foe. So the flag continued to fly.

A few weeks later, one of the Smithfield rebels was caught in Eugene trying to buy supplies and arrested and lodged in a jailhouse. Word spread quickly, and a lynch mob soon had assembled to lay siege to the jailhouse. But the rebel, who had hidden a tiny penknife somewhere on his person, put up such a ferocious fight that vigilante justice was delayed long enough for the sheriff to arrive with a posse, and soon the mob was dispersed.

And still that flag flew, proud and rankling over the Long Tom River, visible for miles from every oncoming stage.

It flew there, proud and defiant, until a day in late August, when something rather remarkable happened — another “first and only” for the Beaver State.

On that historic day, the McCornack family had just settled down to supper at their farm on Elmira Road, just outside Eugene, when to their astonishment a large detachment of federal troops — blue-coated United States Cavalry officers and men — filed up to the farmhouse in two columns, which split apart and flowed around the farmhouse and outbuildings. Soon the whole spread was surrounded with a cordon of several hundred armed men.

Two officers then approached the farmhouse, and family patriarch Andrew McCornack — no doubt more than a little nervously — came to the door to see what they wanted.

The officers were gracious and

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## School Board refuses to listen re: drug testing

As we all know — or ought to know by now — in August of 2014 the South Lane School Board, in flagrant violation of Oregon Department of Education standard 581-022-0413, voted to adopt a drug-testing policy that targets exclusively those students so active and involved in their own education as to choose to participate in extracurricular activities.

At every board meeting at which the Board and the Superintendent expect community members to speak against this policy, coaches and other staff trot up and perform little speeches in favor of mandatory and random student drug testing. Misleading language is used, such as “I have buried many kids because of drugs.” Untrue. What causes the deaths of high school students (they aren’t “kids”) in Cottage Grove is predominantly alcohol, which the board has specified that CGHS will NOT be testing for.

Adding injury to the insult of the unethical and possibly illegal adoption of this policy, students who participate in athletics this year have been pulled out of their classes and even yanked out of class while taking their finals, in order to pee in front of Principal Udosenata, the school nurse, or who knows who.

It seems that some parents think that should a student fail the drug test, the dis-

trict would help parents with the cost of retesting and the intervention programs that would be required for the student to continue to participate in athletics, etc. NOT SO. The policy states clearly that it is the parents’ responsibility to pay for the thousands of dollars such intervention programs cost.

The members of Community United for Sensible Policy (CUSP) proposed an opt-out clause that should have been able to satisfy everybody. The members of CUSP were even willing to overlook the original breaches of ethics and standards from which the drug testing policy was born. But the Board refused to even put the option up for a vote.

The Board and the administration of CGHS have refused to listen to any of the many well-reasoned arguments against their policy. They have refused to take any notice of the majority of studies that refute the effectiveness of student drug testing. They have refused to heed the statements of the many organizations concerned with the welfare of minors that stand firmly against mandatory/random student drug testing. And the board in particular has shown no inclination whatsoever to want to conform to Oregon Department of Education standards or to the ethical standards that should be ex-

pected of an elected body that represents the public.

Citizens of Cottage Grove, please take note: school-board elections are in June. Five of the seven current school board members are up for re-election. If you put any value in the constitutional rights of parents to control and guide their children’s education, run for the school board. If you value the rights of parents to decide who can watch their children pee and who has access to the bodily fluids of their children, run for school board. If you value students’ rights to obtain a full and well-rounded education without having to submit to warrantless searches and seizures, please, run for the school board. If any voters in this district value your privacy and your rights and wish to protect them from government over-reach, please consider running for the South Lane School District Board.

The deadline for filing as a candidate for the school board is March 19. There is a \$10 filing fee — or you can skip fee if you file “by petition” with 25 signatures from registered voters in the school district.

By Lokiko Hall, member of CUSP: Community United for Sensible Policy

## One in five young adults has hypertension

BY JOEL FUHRMAN, MD  
For the Sentinel

Many people believe that it is normal for blood pressure to rise as we age, but this is not true. Cultures whose diet does not contain excessive

added fats, animal protein and salt, and is high in fresh, whole plant foods do not experience the age-related increase in blood pressure that we see in the Western world. These age-related elevations in blood pressure are not related to age itself — instead

they are due to the cumulative destructive effects of a poor diet and insufficient exercise on the circulatory system over years and years.

Hypertension (blood pressure of 140/90 or higher) is on the rise — between 1996 and 2006, hypertension prevalence in the U.S. increased by 20 percent. In 2011, the National Longitudinal Study of Adolescent Health reported that 19 percent of young adults (24 to 32 years old) have hypertension. Plus, more than half of these individuals were unaware that they had high blood pressure. This is markedly higher than previous estimates. This will only progress as they continue to harm their blood vessels with salt and processed food.

If almost one in five already has blood pressure higher than 140/90 by age 32, imagine the health risks that are in store for this generation. First of all, the

risk of death from heart attack and stroke begins to increase when blood pressure climbs over 115/75. Plus, high blood pressure is an important risk factor for hemorrhagic stroke, kidney disease, stomach cancer, dementia, osteoporosis, hardening of the arteries, arrhythmia, blindness and enlargement of the heart.

Many people in this age group, who were born between 1976 and 1984, have grown up on diets made up primarily of processed foods and fast food, and this study revealed that their bodies are already showing signs of the damage. If they do not change their habits, they will be prescribed medication that they will have to take for the rest of their lives to control their blood pressure. But this will not remove the cause of the problem and will put them at risk for harmful side effects. And their poor lifestyle habits

will continue to cause worsening of their cardiovascular disease. Of course, this outcome is avoidable with lifestyle changes. This generation of young adults can enjoy a long, healthy life without blood pressure-lowering medication by starting to follow these guidelines now:

How to reduce blood pressure naturally:  
Avoid salt. A population-wide 1200 mg/day decrease in sodium consumption has been estimated to reduce coronary heart disease cases by 60,000, strokes by 32,000, and heart attacks by 54,000 each year. Salt inflicts damage unrelated to blood pressure too. Avoid added sugars. Minimize caffeine and alcohol. Focus preferably on plant protein rather than animal protein. Get plenty of minerals, phytochemicals and antioxidants by eating primarily whole plant

foods. For example, flavonoids from berries have a blood pressure-lowering effect, and nuts can promote proper blood pressure regulation. Also, a diet high in fruits and vegetables is consistently associated with healthy blood pressure levels in observational studies.

Exercise regularly and vigorously. Follow high nutrient diet and achieve a healthy weight.

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](http://DrFuhrman.com). Submit your questions and comments about this column directly to [news-questions@drfuhrman.com](mailto:news-questions@drfuhrman.com).

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Personal attacks and name calling in response to letters are uncalled for and unnecessary.

If you would like to submit an opinion piece, Another View must be no longer than 600 words.

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