



OPINION

Replacing Harrison School building (soon) is an absolute must

BY JON STINNETT
Sentinel Editor

Cottage Grove needs a new Harrison Elementary School, and the community has a good chance in the near future to build its replacement.

A couple months ago, I was asked to serve on a committee of about 40 community members, school district staff and school board representatives tasked with discussing a local option bond levy that could potentially be used to replace the nearly 70-year old building on 10th Street.

My reasons for agreeing to serve on the committee were my own, as each member of the committee would likely agree.



During numerous visits to Harrison to cover the activities of students and staff there, I've become aware over the years of the cramped conditions at the school and the calls to replace it, and as one of the school's neighbors, it's been educational to watch the area around Harrison bog down with the before and after-school traffic created by an almost complete lack of parking.

There's also the matter of my daughter, who at 3 1/2 years old is scheduled to attend Harrison in the fall of 2016.

Like any parent, I want what's best for my child, and I want a better experience for her, her friends and peers than can currently be had at Harrison. At a tour of the school on Feb. 24, Principal Ali Nice and South Lane Maintenance Supervisor Matt Allen talked of the school's

many shortcomings, a tour recounted in the March 4 edition of the Sentinel. It's difficult to imagine anyone taking a similar tour of the school and not seeing the need to replace it.

Over the years, I've done my best to cover local issues fairly while keeping my own personal perspectives out of the equation, and as such the invitation to serve on the Bond Advisory Committee brought up the potential that I may be too close to the story to cover it without bias.

Looking back, it seems that I may have worked to self-censor a bit with regard to the situation at Harrison — my account of the tour of the school barely scratched the surface of what is wrong with a school building that was built to host far fewer students than currently attend school there in an entirely dif-

ferent era for this town. The pictures I managed to take of the tour did little to showcase the basic disintegration of the building or the challenges faced by staff to simply make the building comfortable and effective for the daily education of over 400 young people.

But make no mistake — Harrison Elementary School is falling apart, and remodeling the building is not an option when the space needed for an expansion cannot be found at the current site. A replacement must be built, and soon, and school district personnel believe the timing is right to put the issue before those who have the power to band together to make it happen — local taxpayers.

Talk of replacing Harrison waned in recent years, with budget slashing by the School District accompanying a severe

economic downturn. But the economy continues to recover, and the opportunity to begin a new bond for Harrison after a significant interest rate decrease on the bond used to build Cottage Grove High School means the new school could be built with little to no increase in local property taxes.

I believe Cottage Grove has a responsibility to give its young people the best education possible, and a safe, functional and comfortable Harrison School is a big piece of that effort. As such, I'll be wholeheartedly supporting a levy to finance the construction of a new school at the Taylor Street site of the former Cottage Grove High School. In the meantime, I'll pass coverage of the Bond Advisory Committee's recommendations to Sentinel staffer Matt Hollander.

The potential bond will be a

part of the local conversation for some time to come, as the District is targeting either the May or November 2016 ballot to put the issue before voters. Of similar importance to replacing Harrison will be the decision on potentially using bond funds to make other upgrades in the District such as replacing the Warren H. Daugherty Aquatic Center, and in the coming months, it will be interesting to see what the committee recommends in regard to those upgrades. In the meantime, the District has set up a survey on its website aimed at gauging public opinion on the potential bond, and I strongly urge those interested to take a few minutes to make their views known. The survey can be found at <https://www.surveymonkey.com/s/SchoolBondSurvey>.

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Offbeat Oregon History

Sailors, miraculously saved from wreck, drifted 200 miles

BY FINN J.D. JOHN
For the Sentinel

Valentine's Day in 1908 was anything but romantic for the crew of the 215-foot windjammer Emily G. Reed. The night was dark, the weather heavy and the seas rough as the lookout strained his eyes, hoping for a flash of light from the Tillamook Rock Lighthouse to tell them where they were.

Captain Kessel was a skilled navigator, and he'd seen worse than this. But he was worried about not being able to see the light. According to his calculations, they should be approaching it even now.

What Kessel didn't know, though, was that his chronometer had broken. He was basing those calculations off bad data. And he was about to learn that the hard way.

Around 1:30 a.m., as the lookout strained his eyes eastward, he suddenly realized the ship was sailing through breakers. And before anyone could do more than panic, the heavy sailing ship had beached itself with a mighty crunching shudder that told of heavy damage.

The Emily G. Reed was a nearly 30-year-old hull, likely at least somewhat waterlogged; and the 2,100 tons of coal in her holds bore down mercilessly

With a tremendous cracking the old vessel's back broke, and the bow lay over to port, facing straight into the teeth of the oncoming breakers. Walls of green water started boarding the stricken ship, carrying screaming sailors off into the frigid night.

"In a twinkling one of the lifeboats was smashed by a big wave," First Mate Fred Zube told a reporter for the Portland Evening Telegram, "and the decks were so deep in the boiling water that there was no time to get aft, where Captain Kessel and his wife and some of the rest of the crew were."

In desperation, Zube and three other crew members leaped into the remaining lifeboat and cut the lashings as a second foam-flecked wall of green water descended on the deck. It picked the metal lifeboat up, half full of water, and threw it overboard

into the sea, then dropped a big section of the galley roof on top of it, breaking Zube's arm and relieving the desperate crew of one of their two oars.

"We did our best to get back to the wreck," Zube recounted, "but failed, and, believing all hands save ourselves were lost, we got up sail and stood out to sea. As I knew the coast to be a desolate one, I thought it best to keep the boat well out, hoping to fall into the path of steamships."

Meanwhile, back on the hard-pressed Emily G. Reed, the captain and surviving crew members — everyone who had chanced to be on the poop of the ship when she struck — had watched in horror as the boat full of men was apparently swatted into the sea by the falling galley roof. Taking refuge as best they could in the stern of the dying ship, they hung on, waiting

for daylight, praying that they'd struck the sand at high tide.

A few hours later, the first rays of dawn showed them that they had. The receding waters had left the battered hulk of the old freighter in just a few feet of water. Into this they climbed and swam and waded up onto the beach — saddened by what they'd seen and thankful to be alive. A head count revealed that there were just five of them, including the captain's wife. The captain soon faced the grim duty of reporting the loss of 11 brave men.

While he was doing that, four of those men were several miles away off the coast, trying desperately to keep their badly damaged lifeboat afloat. In the miraculous melee of roiling water and broken stanchions and chunks of the ship's galley that had somehow resulted in their escape from certain death, the

boat had taken heavy blows, and several holes had been punched in its hull.

The desperate men raced against time trying to saw off a piece of one of the waterproof compartments with their jackknives — a tough task, considering that the entire boat was made of galvanized steel. At length, they managed to wrench a piece off, and this they used to bail out the boat.

"It took about half an hour to get the boat empty, and in another half an hour we would have to do it again," said Zube.

The balance of Valentine's Day passed by on the tiny boat without a hint of rescue, and night found the men wind-burned, ravenously hungry and burning with thirst. They saw lights twinkling through the

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The effects of soda and low-nutrient foods on children's behavior

BY JOEL FURHMAN, MD
For the Sentinel

The standard American diet, chock full of soda and other sugary drinks, fast foods, and other low-nutrient

foods, can have a major impact on the health and lives of our children. Rising rates of childhood obesity driven by this way of eating have received much attention; however, low-nutrient foods are still having negative

effects on the physical and mental health of children who are not overweight. Children are not immune to the damaging health effects of the standard American diet, which can set them up for a lifetime of poor health ranging from heart disease to behavior problems and lower cognitive performance.

On average, U.S. children and teens consume over 200 calories a day from soda and other sugary drinks, and it is estimated that about 14 percent of their calories come from fast food. As a result of the poor diets of American children, more than one-third of normal-weight teenagers (and about half of overweight teenagers) have at least one diet-related risk factor for heart disease. These dietary patterns have the potential to dramatically affect not only public health but the productivity of our future adult popula-

tion; studies have implicated poor diet in limiting intelligence and academic performance, and also have drawn parallels between consumption of sweets during childhood and violence in adulthood.

A study on soda consumption found an increase in behavior and attention problems in five-year-old children (as assessed by their mothers) with increasing daily consumption of soda. Forty-three percent of the five-year-olds in the study drank soda at least once a day. The authors adjusted their results for potential confounding factors that might affect behavior, such as hours of television and a stressful home environment, and still found a significant association between soda consumption and aggression, withdrawn behavior and poor attention. They proposed that caffeine and/or fluctuations in blood sugar might be respon-

sible for the association between soda and behavior problems. Blood glucose levels do affect the workings of the brain, and habitual high sugar intake has been shown to impair cognitive function. Several previous studies on high school students have also associated soda consumption with aggressive behavior, as well as depression and self-harm. Plus, higher sugar sweetened beverage consumption is linked to diabetes, cardiovascular disease and cancers.

In addition to soda, higher fast food consumption in fifth grade (four or more times per week) has been associated with poorer academic progress in math, reading and science between fifth grade and eighth grade. Children who ate fast food one to three times per week—a common level of intake—compared to those who ate no fast food had lower scores in math. These

results suggest that children eating fast food frequently could slow their academic progress.

The food habits children develop in their early years have a substantial impact on their physical health and mental well being throughout the rest of our lives. Parents need to know this information, so that they can help their children to live healthfully, maintain a positive mindset, and reach their full cognitive potential.

Dr. Fuhrman is a #1 New York Times best-selling author and a board certified family physician specializing in lifestyle and nutritional medicine. Visit his website at DrFuhrman.com. Submit your questions and comments about this column directly to newsquestions@drfuhrman.com. The full reference list for this article can be found at DrFuhrman.com.

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