



# OPINION

## Full agreement or no, it's time to pass the Refinement Plan

BY JON STINNETT  
Sentinel Editor

On Monday evening, the Cottage Grove City Council cast its first vote in favor of the Main Street Refinement Plan, a comprehensive blueprint for re-envisioning downtown Cottage Grove between its historic buildings.

The Refinement Plan has been a part of the public discourse in Cottage Grove for some time; the Council began combing through the two-inch thick document containing the plan and the appendix of all public testimony pertaining to it at an introductory work-session on Feb. 2. The first opportunity for a governing body to examine the plan came last year for the Cottage Grove Planning Commission, which extended a public hearing to allow all interested citizens a chance to make their opinions known, then recommended adoption of the plan to the City Council while suggesting a few changes. Taken together with the three public meetings that began in December of 2013, the meetings and recommendations from a group of stakeholders including downtown business owners, meetings organized in opposition to the plan by a group known as "Friends of Main Street" and a lengthy public hearing at the Council's Feb. 23 meeting, and it's clear that the Refinement Plan has seen as much public scrutiny as any document developed by this community in recent memory.

Yes, it seems everyone has an opinion regarding the Refinement Plan, and most who have chosen to comment have shared grievances or concerns with specific issues the plan attempts to address, issues such as whether or not to widen sidewalks and reduce the width of travel lanes; what to do (or not) about the trees lining Main Street and whether to attempt a redesign of All-America City Square (which the plan recommends tabling for a later date.)

Few involved, however, appear ready to support the plan in its entirety and in its current form. Councilor Heather Murphy stated as much recently.

"I have heard very little consistency with regard to the entire plan," Murphy said, later adding that the plan is "not in any way going to please everybody."

It was disheartening to hear Murphy say these words, true as they may be, as someone who's followed the formulation of the plan from the outset and understands the countless hours that went into crafting it. The notion that members of this community could come together and hammer out a plan that no one involved can enthusiastically, wholeheartedly support casts quite a bit of doubt on the ability of a group of people to get together to hash out a vision for their own future.

And yet support the Main Street Refinement Plan we must, and for much the same reason: It is our plan, developed by us, for us and our successors, the generations that will one day call Cottage Grove home, and it addresses problems in just about everyone's favorite part of our fair City that have required solutions for too long.

Yes, the plan was partially developed before some community members had the opportunity to (or for whatever reason, chose to) weigh in. Yes, it was drafted with the aid of consultants living far away in exotic Portland. Yes, it's likely that everyone with a vested interest in the plan's outcome can find something in it they dislike.

But by now, it's difficult (at least for me) to believe that those with grievances about specific aspects of the plan that they have not yet aired in public have anyone to blame but themselves. The public process that led to this plan may have started slow in terms of inclusiveness, and it may have dwelt heavily on some aspects to the detriment of others (talk of little besides the ornamental street trees served to distract many from the more pressing safety issues at hand, in my humble opinion). Still, the process has over time grown to include the effort and opinions of hundreds of well-meaning members of this community, and there has been give and take from just about all of them.

In a town as opinionated, as proud and involved in its own well being as Cottage Grove, it is as difficult for this reporter to envision a blueprint for the future of downtown Cottage Grove that we all can enthusiastically agree upon as it is to imagine a realistic way to involve more of our citizens in a heartfelt, productive discussion of that future. Journalists often hear laments from both sides of planning processes that neither side — planning officials or the general public — participates in full, productive cooperation with the other, and these laments are often true. But somewhere in the formation of the Main Street Refinement Plan, it became obvious, at least to me, that the opportunities for participation and cooperation from all sides of the process have been more than adequate to help advance the goal at hand — a safer, more inviting and structurally sound downtown Cottage Grove.

Should we not act and approve a plan for refurbishing Main Street, the consequences could be unfortunate. Without a plan to enhance Main Street, repairs to Main Street and its sidewalks (which are sorely needed) would likely need to be financed by the City without any outside help, or the City could require downtown property owners to fund the repairs of the sidewalks in front of their businesses. Without a comprehensive plan for a construction process that it seems must necessarily be comprehensive in many ways (it's foolish, at least to me, to imagine ripping up and rebuilding Main Street without simultaneously addressing the sidewalks, utilities and street trees it intertwines) we run the risk of having to dismantle improvements we've already made in order to make others in the future.

The Main Street Refinement Plan is not perfect by a long shot, but decisions reached by consensus seldom are, and the plan can certainly be modified in the long run-up to the future date at which construction begins. We owe it to ourselves right now to gather up the fruits of our cooperation and produce a document that can effectively help guide our tomorrows.

## LETTERS TO THE EDITOR

### Food is key

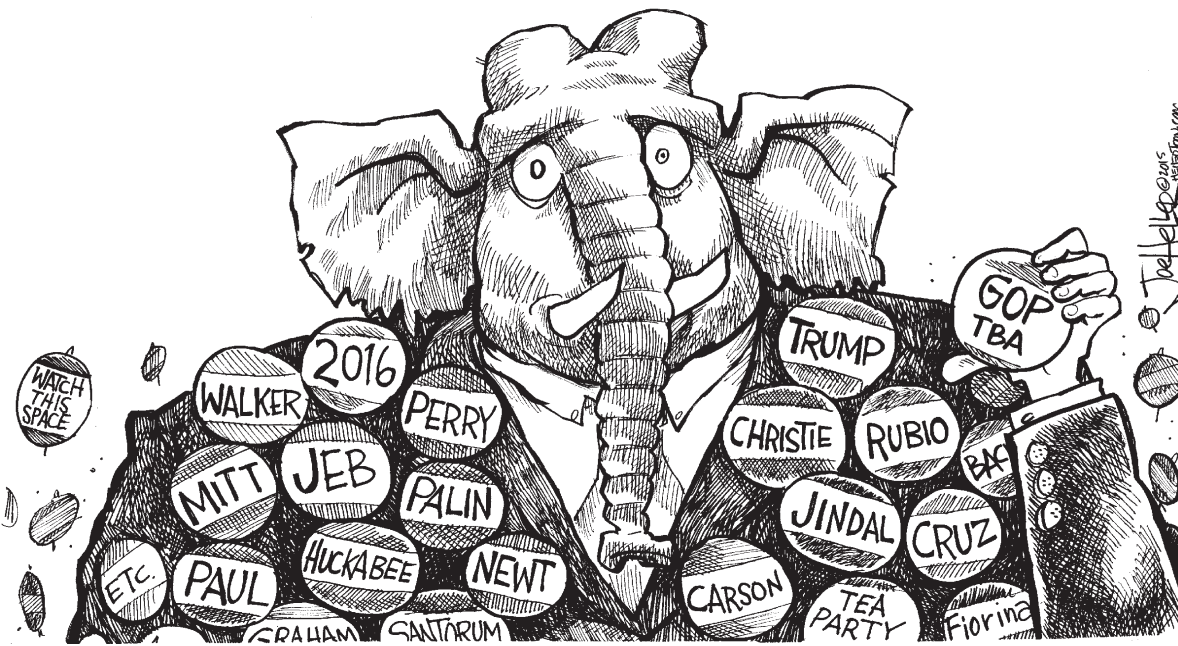
The 'Bend Bulletin' headline read: 'Redmond aims to revitalize Mid-Town'. The story said, 'the city wants to revitalize the central part of town into a district where young and old can enjoy trendy restaurants, small retail shops and cafes...'

Dick Robertson, owner of a local coffee company, said that restaurants, whether cafes or upscale bistros, would be key to garnering attention for that part of the city. "People are drawn to food," said Robertson. Let me add drink. The suggestion here is to occupy all vacant space on Main and side streets with bars, cafes, diners, grills, bistros, buffets, lounges,

museums, taverns, galleries, brew pubs, restaurants, nightclubs, sandwich, donut and coffee shops plus an ice cream parlor. Then watch downtown once again become fun-filled and action-packed.

Bob Hardy  
Cottage Grove

### 50 SHADES OF GREY



## Offbeat Oregon History

Coast Guard 'Sand Pounders' kept Oregon coast secure

BY FINN J.D. JOHN  
For the Sentinel

During the summer of 1942, the sleepy and obscure West Coast state of Oregon suddenly realized that if Imperial Japan should make any military moves against the continental states, it would be in the very front line.

In that summer, the enemy was actually off the Oregon coast — sinking merchant ships, shelling Fort Stevens and dropping bombs on the hills near Brookings in an attempt to start a forest fire.

Oregonians could be excused for wondering what might have happened if the submarine that caused all that havoc had, instead of heaving to and lobbing shells, simply slipped quietly into some obscure little inlet and sent a few dozen Japanese soldiers ashore. What could stop them?

It was a fair question, and one that had the military authorities in Salem and Washington, D.C., very worried. They were especially concerned after an incident on the shore of Long Island, just a few days before the shelling of Fort Stevens, in which an unarmed Coast Guardsman stumbled across a landing party of Nazi saboteurs disembarking from a submarine. These turned out to be the first of several landing parties sent here in a campaign by Berlin to salt the Eastern Seaboard's industry with German spies landed in the middle of the night from submarines.

The answer to this new threat came a month later, when the U.S. Coast Guard launched the Coast Guard Beach Patrol — which quickly became known as the

"Sand Pounders."

The Sand Pounders patrol was staffed with recruits drawn largely from the Midwest and from east of the Cascades — horse country. That's because, as anyone who's ever strolled an empty Oregon beach knows, walking isn't the optimal way to cover distance on the beach. That's especially the case if you want to bring with you one of the giant 35-pound "portable" radio transmitters that were then the state of the art. So right from the start, the Sand Pounders were envisioned as a mounted service wherever geography would permit it.

They had to wait for horses to be supplied by the Army, but by late 1942 the animals had started to arrive. Trained patrol dogs were already being added to the patrols, and so by the end of the year, the Sand Pounders had grown into the form they'd take throughout the early war years: Pairs of Coast Guard guys, both packing .38 revolvers and Reising M50 submachine guns, usually mounted, one with a backpack radio transmitter — doggedly making their way along the beach in the teeth of every kind of weather the Oregon Coast can supply, eyes peeled for any sign of Japanese marauders.

The Coast Guard also built a series of watchtowers, similar to the one behind the Yaquina Bay Light in Newport, from which Coasties watched the river entrances 24 hours a day.

The Sand Pounders had trouble at first getting the authority they needed to do their job — authority to order people off certain beaches and to prosecute those who defied their orders. The commanding general of the Western Defense Command refused outright to grant them authority to do more than report stuff. Finally, in late summer of 1943, the governors

Please see **OFFBEAT**, Page 9A

## Soups — essential for a high-nutrient diet

BY JOEL FUHRMAN, MD  
For the Sentinel

Soups, along with salads, are an essential part of a high-nutrient (Nutritarian) diet, and for good reason. Vegetable and bean soups and stews are nutrient-rich, flavorful and easy to prepare. They can be served as a complement to a meal or

as the centerpiece. Soups can easily be cooked in bulk to provide several days' worth of leftovers, convenient to have on hand at home or to



take along to work or school. Soups and stews are warming, satisfying and satiating and can widen your nutrient diversity. They can be made from a variety of fresh, frozen or even leftover ingredients and allow for experimentation in a pot, pressure cooker, slow cooker or even right in a Vitamix or other high-powered blender.

Since soups are gently cooked with a liquid base, nutrients are retained and some are made more absorbable. Many nutrients, like niacin, folate and a range of minerals, are water soluble. Normally, with water-based cooking, like boiling, water-soluble nutrients are leached into the cooking water and discarded. However, with soups, the liquid and the water-soluble nutrients are retained and consumed.

Cooking soup heats, moisturizes and softens vegetables and beans, which dramatically increases the potential digestibility and absorption of the nutritious compounds contained

within them. Recent studies confirm that the body absorbs more of the beneficial anti-cancer compounds, carotenoids in particular, especially lutein and lycopene, from cooked vegetables as compared to raw vegetables. Scientists speculate that the increase in absorption of these antioxidants after cooking may be attributed to the destruction of the cell matrix or connective bands to which these compounds are bound.

Additionally, cooking vegetables in soups breaks down the cellulose within them and alters the plants' cell structures, which facilitates digestion. This way of cooking also prevents foods from browning and forming toxic compounds, like acrylamide, which is formed in dry, high-temperature cooking, like baking, frying and grilling, and is a potential carcinogen or cancer-causing agent.

For superior nutrition, become an expert at making great soups. Make your soups with some of the G-BOMBS, like greens,

beans, onions and mushrooms, which are some of the most nutritious foods on the planet and combine so well in a big pot for a super nutritious and savory meal!

Start your soups with a base of water and fresh vegetable juice, like carrot, celery or tomato juice or a no-salt-added vegetable broth, with less than 200 mg of sodium per cup. Next, add some dry beans, as they take the longest to cook. Then, add some onions, leeks or other members of the Allium family, leafy green vegetables, other vegetables that you have on hand, and some herbs, spices or fruits like parsley, black pepper or lemon.

Be sure to include some cruciferous vegetables into the mix, such as kale, bok choy or cabbage. Chop or blend most of the vegetables before adding them to the pot to form organosulfur compounds in the onions and isothiocyanates (ITCs) in the cruciferous vegetables, which are very important disease-fight-

ing phytochemicals.

To make a creamier soup and add another layer of flavor blend some nuts into the soup. Cook a large pot of soup at least once a week and store leftovers in individual containers, in the refrigerator for five days or longer in the freezer. Be wary of commercially available canned soups, as they are often high in sodium.

Quick, hot, tasty and nutrient dense—soups in all of their varieties are a great way to experience the pleasures of the Nutritarian diet.

Dr. Fuhrman is a #1 New York Times best-selling author and a 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 [newsquestions@drfuhrman.com](mailto:newsquestions@drfuhrman.com). The full reference list for this article can be found at [DrFuhrman.com](http://DrFuhrman.com).

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