



OPINION

Offbeat Oregon History

Legendary Oregon 'authoress' started with poetry, dime novels

BY FINN J.D. JOHN
For the Sentinel

In January of 1865, a poised, attractive 39-year-old woman stood on the doorstep of Oregon legal legend Matthew Deady.

She had come to ask his advice about a new project, which she'd decided to take on. She had, she told him, just arrived in Portland and already had agreed to write a definitive history of the new state, and she'd heard his personal library praised to the skies; would he be willing to let her see it?

No, he would not. "[Oregon has] suffered enough at the hands of itinerant scribblers," he told her gruffly.

The woman was shocked and probably a bit incensed at this reception. Defensively, she retorted that she "could not see how knowledge of a country was to be obtained without itinerancy." She was, she added, a correspondent for the San Francisco Evening Bulletin and had already filed several stories about her explorations around Portland.

But Deady's attitude had changed the instant the woman mentioned the Evening Bulletin. She later learned that a few weeks before, another woman had come around Portland soliciting funds for a similar project — the 1800s equivalent of a Kickstarter campaign — and subsequently disappeared with the proceeds. As soon as Deady realized his new visitor was a legitimate, credentialed journalist, the walls came down.

"The interview ended by a cordial permission to use his library as if it were my own, and from that day until his death Judge Deady was the staunchest and most helpful of my Oregon friends," she later wrote.

The woman on Deady's porch that day was just setting out on a project that would make her arguably the most influential Oregon writer of the 19th century. Her name was Frances Fuller Victor.

Frances Fuller was born in 1826 in New York and raised in Ohio. There, she and her sister Metta started writing and publishing poetry — first in local newspapers and later in the New York Home Journal. By age 24, she was in Detroit as editor of her own magazine — no mean feat for a member of "the fair sex" in the Victorian age. She married a man named Jack-

son Barritt when she was 27 and quit the literary scene so that the two of them could try to prove up a land claim near Omaha. But three years later, Barritt had abandoned both his land claim and his new wife. So Frances returned to live with Metta in New York, ready to get back into writing.

There, she started writing dime novels — the mid-1850s equivalent of pulp fiction. These were short 100-page novellas printed on cheap pulpwood paper with bright yellow or orange covers. She wrote at least three of them: "Anizetta, the Guajira; or, The Creole of Cuba"; "East and West; or, The Beauty of Willard's Mill" and "The Land Claim: A Tale of the Upper Missouri." She wrote them under her married name: Mrs. Frances Barritt.

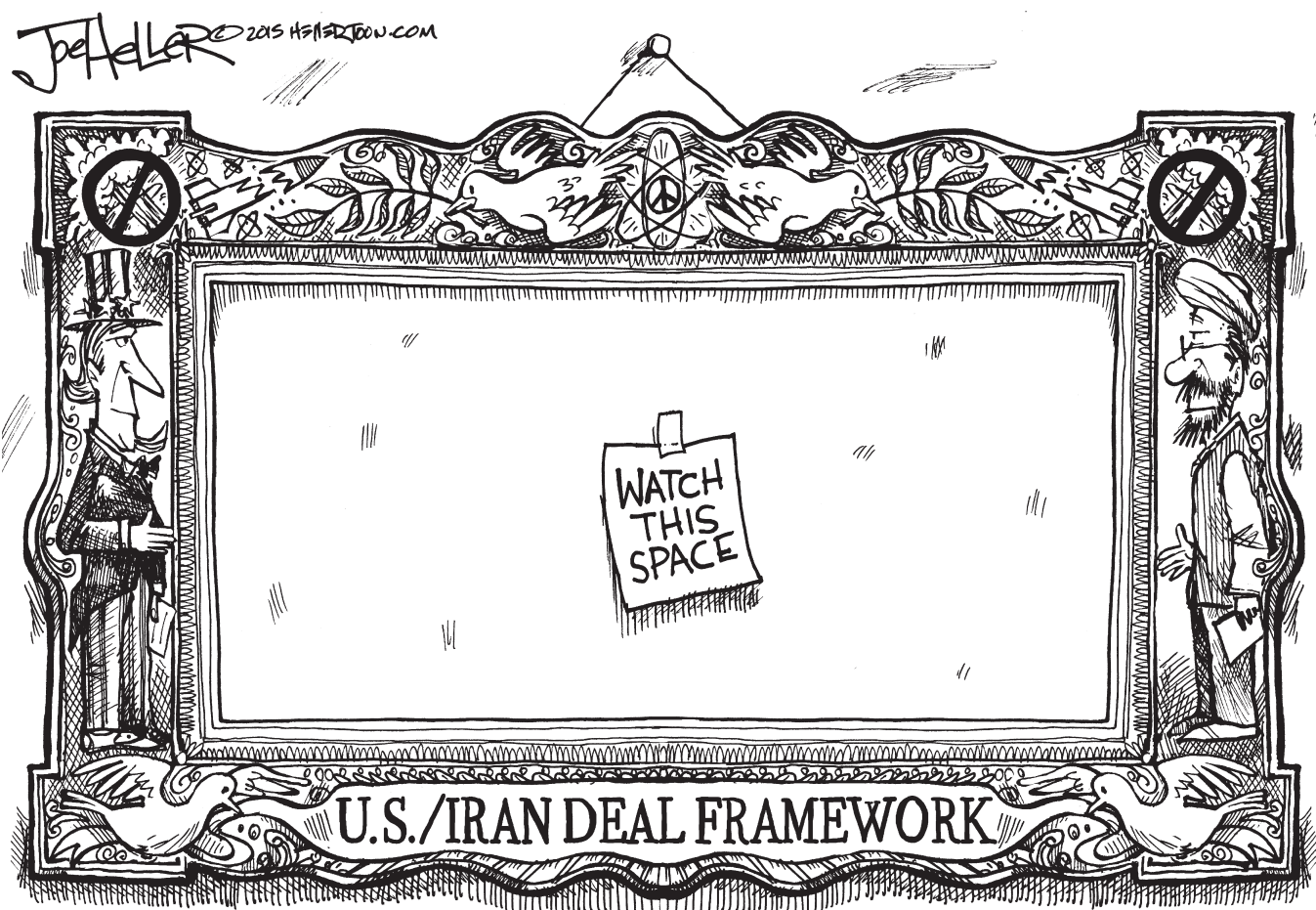
The American Civil War broke out while she was doing this. By that time, she hadn't seen Mr. Barritt in three years, and she'd fallen in love with the brother of Metta's husband, a Naval engineer named Orville Victor. So in April of 1862, she took legal steps to end her marriage (sources differ on whether it was a divorce or an annulment, but because she was not Catholic, annulment seems improbable). The very next month, she and Victor were wed. The haste with which they moved was most likely because of Henry's responsibilities to the Navy; he was about to be transferred to San Francisco, and she wanted to go with him.

And so she did. But naturally, once there, Frances wasn't about to stop writing. Soon her witty columns were regularly appearing in the San Francisco Evening Bulletin and her short stories were gracing the city's leading literary magazine, the Golden Era. She wrote under the pseudonym "Florence Fane."

Frances loved San Francisco. But when Henry retired from the Navy due to a medical condition, he decided Oregon was the place for him; from afar, he had developed a sort of romantic obsession for the Beaver State. And so, to the great dismay of his oft-neglected wife, he went there, dragging her along.

"[Henry is] a sort of shooting-star on his own account," she once wrote, in what one has to assume was one of her more charitable (or

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LETTERS TO THE EDITOR

No on vehicle fee

You may remember the election of May 15, 2007. There was a stupid measure 20-129 Lane County Income Tax that was soundly defeated 71.10 to 28.90 percent. Clearly these Eugene folks have not learned a basic lesson. Now they are trying a different trick. NO!

NO - I will vote NO on 20-whatever-it-is on this \$35 surcharge for a motorcar registration surcharge. Here is the reason why:

Let us say that someone from Drain or Curtin drives here to purchase groceries or whatever. They live in Douglas County and would NOT have to pay this

proposed tax. Is this fair?

If these Lane County Commissioners have any sense in their heads, then they should use their cherished connections to their friends in the Oregon State Legislature and pass a statewide bill, subject to the approval of the voters.

Charles Ames
Cottage Grove

Three times sad

Why I am three times sad:

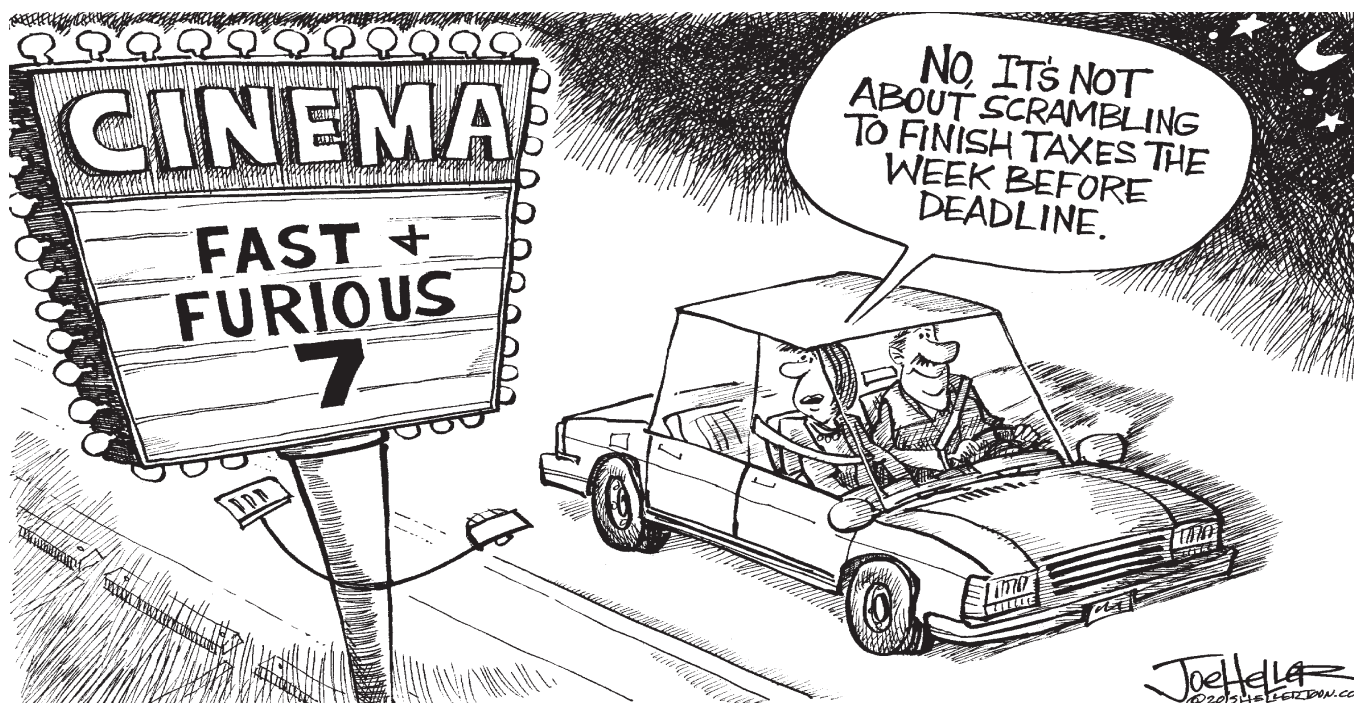
Death stole two of my best friends this year, and I am two times sad.

A third friend was stolen this month by mean persons while guarding my back door. This makes me three times sad.

This stolen friend of 40 years was carved from wood in the shape of a logger and was a gift from my husband and sons.

Whoever stole him, please honor him, because he was faithful.

Sharon Bennett
Cottage Grove



Do certain foods really cause acne?

BY JOEL FUHRMAN, MD
For the Sentinel

Acne is the most common skin condition in the U.S. About 85 percent of people



in the Western world experience acne during their teenage years, but it can occur at any age. Acne is more than just a few inconvenient or embarrassing pimples — it can leave permanent scars, and in many people, acne (even if it is not severe) can seriously affect quality of life, causing low self-esteem, withdrawal from social situations, anxiety and depression.

What causes acne?

There are four major components of acne: excessive production of oil by the skin, skin cells dividing excessively (hyperproliferation), bacteria and inflammation. A pimple or lesion forms when a pore in the skin begins to clog with old, dead skin cells. Usually these cells are simply shed from the surface of the skin, but if too much oil is being produced, the dead cells can stick together and become trapped inside the pore. Bacteria also play a role — they can grow and multiply inside the pore, resulting in an inflammatory response.

How does what we eat affect acne?

For years doctors have wrongly proclaimed that diet has nothing to do with acne. Scientific studies have demonstrated that diet is extremely important, because what we eat can affect the hormones that contribute to the oil production, hyperproliferation and inflammation that cause acne. The acne-promot-

ing dietary factors that have been most extensively studied are dairy products and high glycemic load foods — these factors influence hormonal and inflammatory factors increasing acne prevalence and severity.

IGF-1: an important hormone that influences acne

Insulin-like growth factor 1 (IGF-1) levels are a key contributor to acne. Elevated IGF-1 levels lead to changes in gene expression that cause inflammation, additional hormonal changes, increased oil production and development of acne lesions. Protein intake is the major factor that determines circulating IGF-1 levels, especially protein from dairy products.

Dairy products

A three-year prospective study of 9-15 year old girls found a 20 percent increase in acne prevalence in girls that had two or more servings of milk per day compared to less than one per week. This association held true for total, whole, low fat and skim milk. The same research-

ers found a similar association in boys who drank skim milk (milk highest in protein). Furthermore, in the Nurses' Health Study, dairy products eaten during high school were associated with acne during women's teenage years.

High glycemic load foods

Glycemic load (GL) is a measure of the effect of a certain food on blood glucose levels. High-GL foods like refined carbohydrates produce dangerous spikes in blood glucose, leading to excessive insulin levels in the blood (hyperinsulinemia), which contribute to diabetes, heart disease and several cancers. Hyperinsulinemia not only promotes inflammation but also raises IGF-1 levels, further contributing to acne. A low glycemic load diet has been shown to improve acne symptoms and decrease IGF-1 and skin oil production in several studies.

Protective micronutrients

Blood levels of zinc, carotenoids and Vitamin E are known to be lower in acne patients

compared to those without acne, suggesting that maintaining micronutrient adequacy may help to prevent acne. Carotenoids are abundant in green and orange vegetables, and vitamin E is abundant in nuts and seeds. Although pumpkin seeds and hemp seeds are rich in zinc, zinc absorption efficiency may be low on a plant-based diet, so I recommend a multivitamin and mineral supplement to assure optimal levels of zinc, iodine, Vitamin D and B12. I recommend reading my book, Super Immunity for those desiring more specific guidelines, menus and recipes to beat acne.

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 newsquestions@drfuhrman.com.

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