



Offbeat Oregon History

Famous 'Doolittle Raid' had roots in Pendleton air base

BY FINN J.D. JOHN
For the Sentinel

When Imperial Japanese aviator Nobuo Fujita hatched his plans to bomb the United States with a submarine-launched seaplane, he had retaliation in mind.

The Americans had just sent 16 twin-engine bombers over the Japanese homeland — the famous Doolittle Raid of early 1942. Fujita burned with desire to return the favor, and he knew just how it could be done.

When he was given the go-ahead to do it, the target he was given seemed like a very odd one: The small, sparsely populated West Coast state of Oregon.

It may have been odd — but it was not entirely inappropriate. Oregon, and Oregonians, had played a really outsize part in the Doolittle Raid.

Nearly 10 percent of the men flying over Japan on that fateful April day were either from Oregon, or had lived there — not counting the time in which their bomber group had been stationed at the Pendleton Army Air Force base. And, to put the icing on the cake, there's an unconfirmed but persistent account that one of the Doolittle raiders, Oregonian Everett W. Holstrom, bombed and sank a big Japanese sub off the mouth of the Columbia in 1941.

The details of the Doolittle raid have gone down in the rolls of American military legend. Looking for a way to strike back at Japan after the Pearl Harbor raid, President Roosevelt put the word out that he wanted someone to come up with a plan. It was a Navy captain, Francis Low, who hatched the scheme to modify Army bombers so they could take off from an aircraft carrier.

They soon settled on the North American Aircraft B-25 Mitchell, a new and highly promising design.

Under the command of Lieutenant Colonel Jimmy Doolittle, the big things were loaded onto the U.S.S. Hornet and headed off toward Japan, accompanied by two carrier task forces, observing strict radio silence along the way. The plan was for them to take off about 500 miles off the coast of Japan, fly just above the wavetops to their targets, drop bombs and turn southward, making for friendly airfields in China.

But 200 miles shy of their destination, the carrier group ran across a Japanese picket boat. It was, of course, immediately sunk; but it takes minutes to sink a ship, and only seconds to send out an alarm

via ship-to-shore radio. They were busted. They had to assume that the Imperial Japanese Navy was even now sending out the call to move in on them. When it did, it would bring a lot more force than two carrier task forces could handle, especially in those dark days early in the war before the U.S. had developed any fighter planes good enough to fend off the world-class Japanese ones of the day. The longer they lingered, the greater the danger that four or five aircraft carriers stocked with Zeroes would show up and wipe out a quarter of the U.S. carrier fleet.

So the bombers were launched early, their crews knowing full well that they wouldn't have enough fuel to reach their designated landing fields; and the carrier task forces turned and raced back to safer waters.

After bombing their targets in Japan, the planes turned and winged south into China, where one by one they ran out of fuel and their crews bailed out. One flew to Russia, where its crew was interned for a year (Russia was not yet at war with Japan); the rest barely reached China. Two crews were taken as prisoners of war by occupying Japanese troops, and the others (those who survived) managed to make their way south to safety.

The Japanese military government, when it learned the other flight crews had slipped from their grasp, began a series of brutal reprisals against the local Chinese populace. Estimates of the number of civilian deaths range from 10,000 all the way up to the highly unlikely figure of 250,000. They also put the captured flight crew on trial; sentenced all to death for war crimes; shot three; and commuted the sentences of the rest to life in prison, where they slowly starved until the end of the war. (One of these was Jacob DeShazer of Stayton, whom we will hear more about next week.)

The Japanese military government's fury was certainly understandable. The whole affair had been a near-total humiliation for them. Warned of the presence of aircraft carriers within range of their coastline, they still managed to be caught by surprise when the bombers showed up. Of the few aircraft they managed to scramble, three were shot down, but not one of the marauding bombers was knocked out or even badly damaged. The Imperial Navy, racing to intercept the two American carrier task forces, found only open

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Know the cost before you sign the petition

It seems that the arguments about a plan for our Historic Downtown are still not over. For almost two years now, there has been a tremendous amount of discussion, study and public testimony about the Main Street Refinement Plan. The city has gone through an exhaustive process to ensure that anyone who wants to give an opinion about the plan could do so. First, an advisory committee was formed to work with professional consultants, followed by a series of public meetings to gather as much local input as possible.

After multiple extensions to the public input process, along with amendments to the plan to accommodate people's opinions, the plan went to the Planning Commission, where it was again examined in great detail. Another series of meetings was held which included adding more time to allow for public testimony. The Planning Commission further amended the plan to accommodate more concerns and then approved it for consideration and adoption by the City Council.

The City Council repeated the same lengthy process of studying the plan and the recommendations from the Advisory Committee, Planning Commission and professional consultants. Once again, the process included public testimony and extending the time well beyond normal limits so everyone could be heard. After all of this time and examination, the Council voted (twice) to adopt the plan.

Sadly, after all of the time, grant money, research and effort expended to adopt a plan, there is a group of people who still think the process was not good enough and are now collecting signatures to force the city into a special election to put the plan to a vote. I urge citizens to carefully consider the full cost of signing that petition.

First, a special election is EXTREMELY EXPENSIVE, to the tune of around \$10,000 of taxpayer money that I think most people would rather see spent on library books, fixing potholes or delaying the next increase to our water bills. The potential waste of tax dollars is bad enough, but this is also a slap in the face to everyone who gave countless hours of their time to thoroughly examine the mountains of data that show this is a comprehensive plan with good reasons, backed by sound research to explain the recommendations within it.

Worse yet, this would also be a complete waste of over \$100,000 of grant money that was awarded to the city to cover the cost of hiring seasoned consultants who specialize in planning revitalization projects for communities like ours.

Last of all, a referendum will take an issue that has been thoroughly researched through an exhaustive public process and take it away from the very people that were elected and appointed to make these important decisions.

The process doesn't include a public

vote for a reason. The general public can't possibly be expected to know things like the odds of pedestrian versus vehicle collisions on varying widths of travel lanes, or how the width of a sidewalk impacts the perception of how livable and walkable a community is, or how far from the curb planters should be to make them least likely to be a hazard for people with disabilities or shoppers trying to park their cars.

There were literally thousands of details discussed and questions asked along the way to come up with a plan that our community leaders have approved because they put in the time and did the research through the public process.

The time has come to say openly and loudly, ENOUGH IS ENOUGH! Just because you didn't get everything that you wanted doesn't mean your voice wasn't heard and accounted for. Please consider the consequences before signing a petition to hold a special election that will waste tax dollars and time. It's time to start listening to our paid, elected, appointed and volunteer professionals, who have done the research and taken the time to examine this plan with the careful attention that is required. As Benjamin Franklin said, "If you fail to plan, you are planning to fail!"

TRAVIS PALMER
EXECUTIVE DIRECTOR, COTTAGE GROVE
CHAMBER OF COMMERCE

Preventing Parkinson's Disease: Diet and its links to risk

BY JOEL FUHRMAN, MD
For the Sentinel

Each year, about 60,000 Americans are diagnosed with Parkinson's disease (PD),

which is second only to Alzheimer's as the most common neurodegenerative condition. Alzheimer's disease primarily affects memory, and PD primarily affects movement. There is a

devastating loss of independence, as slow and impaired physical movement interferes with daily activities. Fortunately, risk for PD is primarily environmental and can be greatly reduced with excellent nutrition and lifestyle habits.

Limit pesticide exposure: A large number of epidemiological studies have concluded that pesticide exposure is a major risk factor for PD. To limit your exposure, buy organic produce when possible, avoid household insecticide products, do not drink well water, and minimize your consumption of dairy, meat, and fish (since agricultural pesticides accumulate in the



fatty tissues of animals).

Supplement with DHA and Vitamin D: Maintaining adequate levels of the omega-3 fatty acid DHA in the brain is an important measure for preventing neurodegeneration in later life. In my experience with patients, I have observed a significant, severe deficiency of DHA in elderly vegan males, and a number of these elderly vegan males developed Parkinson's disease. Plus, studies in animals clearly show that supplementation of DHA can alter brain DHA concentrations and produce protective effects in the brain that can reduce the risk of PD.

Vitamin D deficiency and osteoporosis are prevalent in patients with PD. Researchers have not yet studied whether vitamin D deficiency is a contributor to or a consequence of PD, but vitamin D adequacy has many vital functions in the hu-

man body, and careful attention should be paid to maintaining sufficient vitamin D levels.

Base your diet on high-nutrient plant foods: In a recent large prospective study, subjects whose diets included the greatest amounts of fruits, vegetables, legumes, nuts, and whole grains had a 22 percent decreased risk of PD over the 16-year follow-up period. Natural plant foods provide countless beneficial phytochemicals that work together to support the health of the entire body, including the brain. Plus, oxidative damage plays a significant role in the progression of PD, so eating plenty of high antioxidant, nutrient-dense foods like berries and leafy greens is another important preventive measure.

Minimize animal foods: In addition to pesticide exposure, animal products are also a concern because individuals with

high intakes of total fat, total calories, saturated fat, cholesterol, and iron have been found to be at increased risk of PD. Dairy consumption in particular is associated PD — men who eat large amounts of dairy products have an 80 percent increase in risk of PD. To protect your brain, keep meat and dairy consumption to a minimum.

Exercise: Physical activity has favorable effects on the brain, and high levels of physical activity are associated with a significant reduction in risk for PD.

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.

Cottage Grove Sentinel

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SUBSCRIPTIONS:
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.

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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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