



LETTERS TO THE EDITOR

CG has a plan

To plan or not to plan, that is the question.

Changing the words of Shakespeare's Hamlet seems appropriate when discussing the Main Street Refinement Plan and current petition for a referendum/vote. The City of Cottage Grove has a plan; though some may dislike parts of the plan, it is still a plan.

Certainly no one can say that the City did not follow due process in developing the plan. The City should be commended for the substantial process provided over the last 18 months. Multiple opportunities for the community of Cottage Grove to be heard allowed for fair and informed decision-making by City Officials.

A "plan" is a detailed proposal for doing, achieving, accomplishing, building or improving something. Plans can change; they allow for unforeseen circumstances or change in direction and can be amended. Fortunately, the Main Street Refinement Plan is such, and the absence of a well-thought out plan can have adverse consequences.

Hamlet is thinking about life and acknowledges that, though it's sometimes difficult, the alternative is worse. The City of Cottage Grove has a good plan. Are there risks and uncertainties, yes, but the far greater issue is to not have a plan at all. The petition for the referendum is looking to vote against the plan, thus leaving NO PLAN. This is why the Board of Directors for the Cottage Grove Community Development Corporation supports the Main Street Refinement Plan as adopted.

Cottage Grove Community Development Board of Directors

Let's go

Where do I sign up to volunteer to help with the construction on Main Street? I would love to help where I can. I'm just a phone call away. Redmond, Oregon did a wonderful job on their Main Street last year. It's super nice. Of course that is Central Oregon. They love to make their city beautiful. It looks like my town of 58 years is becoming like that city of Eugene to the north. Liberal whack-jobs. I could use the firewood from the trees. Let the work begin now. One more matter. Do not go by any of the so-called gun laws made recently. It's against your constitution.

Mike Ritter
Cottage Grove

Extremely expensive

It has come to our attention that an editorial in the Cottage Grove Sentinel on April 29, made an important point: "Know the cost before you sign the petition" — that a special election to stop the "Main Street Refinement Plan" could be "EXTREMELY EXPENSIVE", possibly costing up to \$10,000.

When this plan was proposed by the planners, from Portland, it had an estimated cost of \$8 to 9 million. From a business point it is still unclear as to the return on this investment. This sounds EXTRA EXTREMELY EXPENSIVE!

Other large expenses would be the negative impact on businesses. When they tear out the sidewalks in front of the building to narrow the streets, this will disrupt the traffic into these businesses. And the ultimately result is a dangerous and less user friendly parking situation. And what about the potential damage to the buildings when the sidewalks are all torn up to their foundations?

There is a solution to spending \$10,000, on a special election and/or \$9,000,000+ on this flawed plan. The city counsel could meet and reject the plan. Then walk several blocks and talk to the businesses owners. With this information, they could hopefully come up with a plan that has an obvious return on investment.

If they will not walk the walk of representation: Let us demonstrate that democracy still works here in America.

Ron Davis, The Rosebud
Cottage Grove

Be your best — without nicotine

We are working to foster a healthier community, and we want to thank the Cottage Grove City Council for its recent passage of the ordinance to restrict e-cigarette sales to minors and ban the use of e-cigarettes where smoking is not allowed. We support passing measures such as this that protect our youth from nicotine addiction.

Tom Wheeler and Beth Pool
On behalf of the Be Your Best, Cottage Grove steering committee

We support the plan

I've been asked by the EBID (Economic Business Improvement District) board to address the current issue of the circulating referendum petition for our Main Street Refinement Plan. Our earlier public testimony zeroed in on the proposed recommendations for All-America City Square, which was built under the voluntary auspices and finances of EBID, local property and/or business owners.

I recognize that everyone who cares about this plan for the heart of our community, whether they live within or outside the city boundary, only want what's best for our town. Obviously, perceptions matter, and this has resulted in two sides dividing over a downtown controversy that most everyone agrees needs attention. Our Board has gone on record in supporting the final resolution as voted on by the majority of our elected City Council representatives. We understand that it is a plan, imperfect at best, but one that allows us to move forward for more future discussions because we all know that change is inevitable.

In the end, I hope people will appreciate the thought that if this is our most difficult challenge, we should be the envy of every small town in America. Please feel free to contact any of your EBID representatives, which are as follows: George Devine, Karen Winters, Kevin Pillow, Liz Kline, Juli Timperley, Sharon Scarpelli, Danny Solesbee and Brent Hoover. We, like you, love our community.

Jim Gilroy
President Pro Tem
EBID

Kudos, CT

We have just seen the last performance of the Cottage Theatre's production of "Les Miserables" and wanted to publicly congratulate the theatre's producers, actors, orchestra, and volunteers for the extraordinary job they have done. The play was a smash hit with us — the coordination of the hidden orchestra and with the actors on stage seemed perfect, the action and staging was great, and the singing voices were very good. Thanks to all involved for a very special afternoon at the theatre.

We have enjoyed theatrical productions from the big-city theaters in Washington, D.C., Cleveland, southern California, Eugene's Hult and others, and this small city community the-

ater ranks up with the best.

Ruth and Lew Kazebee
Cottage Grove

Hemenway for School Board

I am writing to endorse the re-election of Darin Hemenway to the South Lane School Board. Darin has proven that he has the ability to recognize the best interest of our students and our community. Being a life-long resident of Cottage Grove, Darin also understands the specific needs of our school district and is able to make tough decisions when needed. You will find that Darin is considerate of others and works well with all board members, staff and community members, making his role as a board member a productive one. Darin's experience as a local businessman and a graduate of Cottage Grove High School gives him the background needed to help assure a stable direction for our School District.

Thank you for joining me in supporting Darin Hemenway for re-election to South Lane School Board.

Bill Thompson
Retired Teacher, CGHS

Likes things as they are

Well I think that it is foolish that we would spend \$9,000,000 on downtown. I happen to like things as they are. Private property owners have every right to get rid of trees that are now causing major problems with their buildings. I have nearly come to a nasty "face plant" a few years ago when in just a fraction of a second was not paying attention and my foot caught one of those irregularities in the sidewalk on Main Street. A little bruised and scraped, but otherwise ok.

Yes, the crown on Main Street is too high, and this road can be re-profiled. Anyone who drives knows this. If you have ever had a passenger get in on the right side of your vehicle and now the right side door is stuck — well, need I say more?

I have signed the petition to put this scheme on the ballot for September. I plan to vote against it. Re-profile Main Street and put in better wheelchair accessible crossings.

I think we can spend a good deal less than \$9,000,000 and get an outcome that will work.

Charles Ames
Cottage Grove

Main Street board supports plan

The Cottage Grove Main Street Program Board of Directors supports the decision that our elected City Councilors made when they approved the Main Street Refinement Plan and the points made against a referendum by Chamber Executive Director Travis Palmer's recent letter to the editor.

The purpose of the Main Street Program is to support activities that enhance Historic Main Street, so we are concerned about the damaged sidewalks that are tripping hazards, high curbs that cause damage to car doors, building vacancies and lack of ADA compliance that the Main Street businesses, suppliers, customers and visitors deal with every day. The Main Street Coordinator discussed the refinement plan with several, if not all of the downtown businesses during the planning process to educate, encourage participation in the process and advocate on their behalf. While there were strong opinions on certain portions of the plan, she heard agreement that the streets and sidewalks needed to be fixed.

Granted, these are only part of the improvements proposed in the refinement plan, yet the Main Street Board believes that the public process did its job of providing ample opportunity for the community of Cottage Grove, business and property owners and subject experts to research the issues and voice their opinions throughout the planning process. Credit should be given to City staff, the Planning Commission and the City Council for making changes to the plan that reflected public input prior to adopting the plan. That is true public process at work, and we hope that public dollars will be spent on the refinement project instead of a referendum to give us a vibrant heart for our community — a refined Main Street.

Shauna Neigh
on behalf of the Cottage Grove Main Street Program Board of Directors

Expensive and unnecessary

Looking through my ballot I received in the mail recently, I didn't see a measure regarding the \$9 million facelift being proposed for downtown Main Street in Cottage Grove. Without any public vote, the city is planning on widening the sidewalks on

both sides of Main Street, from Highway 99 to River Road.

Aside from the unnecessary and expensive construction costs this will incur, my main concern is the back-channeling of this proposal. Something that affects all residents of Cottage Grove needs to be voted on by all residents of Cottage Grove. At least 80 percent of business owners along that stretch of Main Street (who would lose a lot of revenue from a lengthy construction project) are not in favor of this proposal. A public vote is needed.

Another concern is how the widening of the sidewalks would affect the safety of pedestrians and bicyclists who frequent the downtown blocks. The current width of Main Street in the affected blocks is barely wide enough for two lanes of traffic and curbside parking. If the street is narrowed, that area will shrink dramatically. Bicyclists will be put in much greater danger of being hit by motorists or by car doors being opened. Any bicyclist who is injured as a result of this proposal will have an excellent case to sue the City, costing us even more money. It will also be much harder for vehicles to see pedestrians stepping into the crosswalks, since cars parked along the curb will reduce the visibility of pedestrians until they're practically in the street. The idea that narrowing the street will cause vehicles to slow down is absurd: that stretch of Main Street is peppered with traffic lights and crosswalks; I've never seen anyone speeding through it. Narrowing the street is unnecessary and potentially fatal.

Finally, the removal of all the trees along that stretch of Main Street (allegedly due to the possibility of tree roots doing damage to the sidewalks) will not only make our All America City extremely ugly, it will also remove much-needed shady areas of Main Street. Those shady areas are vital to anyone who attends the numerous annual outdoor events that bring lots of people downtown in the hot summer months. A public vote is needed.

Let's not let a few special interests push their expensive agenda through the back channels of the City Council. If you love the look and feel of historic downtown Cottage Grove, and do not want your tax dollars wasted, please make your voice heard and either put this issue to a vote or put it to sleep.

Matt Emrich
Cottage Grove

How are diabetes and cancer connected?

BY JOEL FUHRMAN, MD
For the Sentinel

Over 29 million people in the United States have type 2 diabetes. The dangerously high prevalence of overweight and obesity is at the

heart of this problem. Diabetes is the seventh leading cause of death in the United States, is the leading cause of blindness and kidney failure in adults, and doubles the risk of heart attack and stroke.

Diabetes also increases the

risk of several cancers. In a number of studies, diabetic patients have been shown to have an elevated risk of colorectal cancer and non-diabetics with elevated postprandial glucose levels also have a higher risk of colorectal cancer than individuals with normal glucose tolerance. A review that analyzed data from several studies found that diabetic patients are 30 percent more likely to develop colorectal cancer, 20 percent more likely to develop breast cancer, and 82 percent more likely to develop pancreatic cancer.



How could diabetes influence the development of cancer? The high blood glucose levels and the resultant elevated insulin

response associated with type 2 diabetes, affect all tissues of the body. It has been hypothesized that diets high in sugars and white flour increase the risk of cancers because of their impact on these factors, particularly elevated insulin.

Scientists think that insulin therapy and elevated insulin levels contribute to the association between diabetes and colorectal cancer. Insulin in high concentrations may bind to the receptor for a growth factor called insulin-like growth factor 1 (IGF-1) — this interaction has the potential to promote the growth and division of cancer cells. Cancerous cells also often have elevated levels of insulin receptors, and when insulin binds these receptors it has growth-promoting effects.

There is much evidence supporting the possibility that chronic exposure to diets rich in refined carbohydrates may

act directly to promote cancer development. Foods with a high glycemic load (such as sugar and white flour products) produce dangerous spikes in blood glucose, consequently resulting in high insulin production. Diets including large quantities of high GL foods increase the risk of several chronic diseases, including cancers.⁸ For example, a meta-analysis of many studies found a 26 percent increase in colorectal cancer risk in people who consumed the most high glycemic load foods in their diets.

I have observed in my medical practice that a Nutritarian diet combined with moderate exercise can reverse type 2 diabetes in 90 percent of patients, and that an aggressive nutritional approach is more effective and much safer than conventional drug-centered care. The best diet for preventing or reversing diabetes is also the best diet for

cancer protection. It is a diet with a high nutrient per calorie ratio — including lots of green and non-starchy vegetables, beans, raw nuts and seeds, and some fresh fruit; limiting animal products; and avoiding sweeteners, oils and white flour. The high levels of dietary micronutrients fuel cellular repair, reduce body fat and heal the body from the inside out, resulting in a dramatic reversal of heart disease, and diabetes, offering dramatic protection against cancer.

Dr. Fuhrman is a #1 New York Times best-selling author and a 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.

Cottage Grove Sentinel

116 N. Sixth Street · P.O. Box 35 · Cottage Grove, OR 97424

ADMINISTRATION:
JOHN BARTLETT, Regional Publisher.....942-3325
GARY MANLY, General Manager.....942-3325 Ext. 207
publisher@cgsentinel.com

ROBIN REISER, Sales Representative.....942-3325
Ext. 203 • robin@cgsentinel.com
E. SCURRY ELLIS, Sales Representative.....942-3325
Ext. 213 • esellis@cgsentinel.com
MELISSA WARE, Inside Sales Representative.....
942-3325 Ext. 203

NEWS DEPARTMENT:
JON STINNETT, Editor.....942-3325
Ext. 212 • cgnnews@cgsentinel.com

SPORTS DEPARTMENT:
MATTHEW HOLLANDER, Sports Editor.....942-
3325 Ext. 204 • sports@cgsentinel.com

CUSTOMER SERVICE
CARLA WILLIAMS, Office Manager.....942-3325
Ext. 201 • billing@cgsentinel.com
LEGALS.....942-3325
Ext. 200 • legals@cgsentinel.com

GRAPHICS:
RON ANNIS, Graphics Manager

(USP 133880)

Subscription Mail Rates in Lane and Portions of Douglas Counties:
Ten Weeks\$9.10
One year\$36.15
e-Edition year.....\$36.00

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.

No subscription for less than Ten Weeks. Subscription rates are subject to change upon 30 days' notice. All subscriptions must be paid prior to beginning the subscription and are non-refundable.

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.

Advertising ownership:

All advertising copy and illustrations prepared by the Cottage Grove Sentinel become the property of the Cottage Grove Sentinel and may not be reproduced for any other use without explicit written prior approval.

Copyright Notice:

Entire contents ©2015 Cottage Grove Sentinel.

Letters to the Editor policy

The Cottage Grove Sentinel receives many letters to the editor. In order to ensure that your letter will be printed, letters must be under 300 words and submitted by Friday at 5 p.m. Letters must be signed and must include an address, city and phone number or e-mail address for verification purposes. No anonymous letters will be printed. Letters must be of interest to local readers.

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.

To avoid transcription errors, the Sentinel would prefer editorial and news content be sent electronically via email or electronic media. Hand written submissions will be accepted, but we may need to call to verify spelling, which could delay the publishing of the submission.