



OPINION

LETTERS TO THE EDITOR

Try It On

The community of Cottage Grove is wonderful in its involvement — pro or con — for the Downtown Refinement Plan. One way to test to see if the plan will work is to try it on, like trying on a pair of shoes before you buy them. The City of Cottage Grove, business owners and citizens could extend the sidewalks for two to five business days to test the driving lanes, business interruption and safety concerns that have been expressed. Parking could be pushed out the length of the extensions on both sides by parking cones, saw horses, kitchen chairs — well, you got the idea — ideally, for all the blocks in which the sidewalks would be extended. After all, these are not shoes that can be returned.

Anna Strong
Cottage Grove

Common Sense

I think we all are born with common sense. This can get us all through life — not to say that accidents won't happen! Springfield is really doing things on pedestrian and traffic problems. It was tragic when the three kids got killed after the terrible accident, true, but they are trying hard to not let this happen anymore. The traffic on Main Street in Cottage Grove and other streets is much too fast. Pedestrian crossing has improved. Let's think more of street safety and less of unimportant issues. One last comment — our streets are in need of repair. If they are so inclined to keep our town historic, let's gravel our streets and grade them once in a while to

keep all the potholes smooth!

Ike Shepherd
Cottage Grove

Re: Democracy

Regarding the signature gathering for the referendum: "This is how democracy works." I couldn't agree more.

Stephen Swiftfox
Cottage Grove

On Getting Old

I was born in 1927 and am still breathing. Younger people are always curious about what old age is like. Well, as someone once said, "it ain't for sissies."

Yes! It's true! Sure, one sleeps a lot — a sort of infancy in reverse — gradually becoming ever more helpless. And the hours one sleeps increase as time passes. But society doesn't think of you as they do a baby. You still have "adult" responsibilities — such as listening closely to what others are saying and doing, sort of "pulling your own social weight." Yes, you have less energy, but you're still "responsible" to society.

But as real "old age" sets in, the ability to continue meeting social expectations wanes faster and faster as the years roll by. Yet because you're old doesn't excuse one from "polite" behavior. It seems physical frailty is more forgivable than mental frailty. The body may require crutches, but there are none for the brain. Eighty and 90-year old parents and grandparents are expected to remember their grown-up children's special days — birthdays, anniversaries, etc. — and to celebrate them!



They are, after all, the most respected members of the family, and an elder's attention counts a lot coming from them.

Some adult offspring are very understanding of this tendency to forgetfulness, but others are not and tend to scold and lose patience.

On the other hand, elders can be great entertainers and family storytellers of the classic family "stories", keeping those old bonds and tales alive from one generation to the next.

So, it's not just the younger generation that has "all the best answers." How could they?

They've only watched "old age"; they haven't experienced it yet. So go talk to your parents, and then to their parents.

Caring about the elders in our midst is one of the most entertaining things younger folk can do. It's entertaining for both seniors and older young adults.

Old people have fascinating lives to recall! Stories to tell!! LISTEN!

Mary Clark
Veneta (formerly of Cottage Grove)

Offbeat Oregon History

Storm-tossed ships shared a double date with destiny

BY FINN J.D. JOHN
For the Sentinel

December of 1852 was a rough month on the Oregon Coast, in more ways than one. It was one of those years when storm systems chase each other across the sky, one right after another, for weeks on end, lashing the surf into a towering, foamy lather — and filling the Columbia River Bar with 40-foot-tall walls of green water.

Outside the bar's entrance, being tossed about mercilessly by the serial storms, a small cluster of sailing ships tacked back and forth or rode at anchor. They'd come from San Francisco, working the new and profitable run back and forth to Portland to fetch supplies for the hordes of eager miners still working the Gold Rush diggings.

Of all the waiting vessels, the barque Mindora had been there the longest — four solid weeks. Its crew had spent Christmas being tossed around on the sea, wet and cold, thinking longingly of the warmth and seasonal cheer being enjoyed a few miles

away in Astoria.

By Jan. 12, 1853, the cupboards in the ship's galley were almost bare, and the captain was rationing thehardtack and beans. Water, too, was running short — as were tempers among crewmembers. The Mindora's skipper, George Staples, was getting desperate.

But the day had dawned, and it was finally calm. The worst weather of the year had, it seemed, blown itself out. Capt. Staples lost no time in giving the order to trim up the sails for the crossing, then fall off the wind and head inland.

At least one other ship, waiting there on the seaward side of the bar, soon followed suit. That would be the barque I. Merrithew, also out of San Francis-

co. In fact, the Mindora and the I. Merrithew had been docked side-by-side in San Francisco the month before, being loaded for their respective journeys to Portland. The Merrithew had left a few days after the Mindora, so it had not been stuck waiting quite as long; but its crew's Christmas experience had been similar, and its stocks of food-stuffs were also running out.

Unfortunately, those would not be the only things the crews of these two ships would share. The Mindora and the Merrithew had a double-date with destiny. They would follow almost the exact same path, on the same day, with the same results and lay their bones within a few miles of one another on the shores of what's now Washing-

ton State.

The trouble started with the Mindora, which was beating across the usual southwest wind making about four knots when suddenly she slipped into one of the elusive, unpredictable wind shadows with which the bar was plagued. Instantly adrift with drooping canvas and at the mercy of the river's current, the ship started drifting to port with alarming rapidity, making for the Middle Sands. Desperately, the crew dropped anchor — but the current was so fast, and the bottom so sandy, that the Mindora was merely slowed down by this Slowly, inexorably, dragging her anchor behind her, she drifted toward the Middle Sands and slammed onto the shoals.

Like a swordsman delivering

the coup de grace, the ocean now struck with full force: A series of giant foam-topped breakers thundered down on the Mindora's decks, sweeping them clear of everything movable, smashing deckhouses and flooding the forecabin.

With remarkable discipline, the crewmembers stuck to their stations until Captain Staples gave the order to abandon ship; chances are, he was waiting for the tide to turn, so that the seas would be more manageable. When the time was right, they quickly got the lifeboat ready — somehow it had been spared the ravages of the boarding seas — and launched it.

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Reverse Type 2 Diabetes with superior nutrition

BY JOEL FUHRMAN, MD
For the Sentinel

Over 25 million people in the United States (about 11 percent of the adults) have type 2 diabetes, and diabetes accounted for 6.8 percent of glob-

al deaths in adults (age 20-79) in 2010.

Excess weight interferes with insulin's functions and is the primary risk factor for developing type 2 diabetes. Therefore the most effective treatment for type 2 diabetes is significant

weight loss. However, the primary mode of treatment by physicians today is glucose-lowering medication.



These medications give a false sense of security, providing implicit permission to continue the same disease-causing diet and lifestyle that allowed diabetes to develop in the first place. Many of these medications promote weight gain — making the patient more diabetic; most importantly, these medications do not prevent diabetes from progressing and causing complications.

Type 2 diabetes is associated with serious health consequences. Diabetes is the seventh-leading cause of death in the United States, and 84 percent of those

deaths are due to heart attack and stroke. Diabetes doubles the risk of these cardiovascular events. In addition, diabetes is the leading cause of kidney failure and blindness in adults and a frequent cause of nerve damage. Diabetes even increases the risk of cancer, especially colorectal cancers.

The good news is that diabetes can be reversed and its tragic complications can be avoided. The key to diabetes reversal is superior nutrition and exercise. It may take a little extra effort, but avoiding the devastating complications of diabetes and a premature death is well worth it. My diabetes-reversal diet is vegetable-based with a high nutrient to calorie ratio, containing lots of greens and beans, other non-starchy vegetables, (such as mushrooms, eggplant, tomatoes and onions), raw nuts and seeds and limited fresh fruit with no

sweeteners or white flour products. When diabetics eat in this style, they lose their excess weight — the cause of their diabetes — quickly and easily, reducing or eliminating their need for medications. They simultaneously flood the body with disease-protective and healing micronutrients and phytochemicals that aid the body's recovery and self-repair mechanisms.

Hundreds of diabetic individuals who have followed my dietary recommendations are no longer diabetic! Here are just a few examples: Charlotte, who lost half her body weight (133 pounds) and Calogero, who lost 100 pounds in just seven months both reversed their diabetes. Richard had been on insulin for 25 years and was able to stop taking it after just a few weeks of following a high-nutrient diet. Most of these individuals, who have completely reversed

their diabetes, have never seen me as a patient. They merely read one of my books and then received further encouragement and information as members of DrFuhrman.com.

The most lifespan-enhancing eating style is also the most effective treatment of diabetes. Diabetics have the right to know this so they can make fully informed decisions that control their health destiny. Learn more about reversing diabetes in my book *The End of Diabetes*.

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 news-questions@drfuhrman.com.

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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.

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