



# OPINION

## LETTERS TO THE EDITOR

### Another petition?

More than 600 people signed the petition to have the proposed Main Street “destruction” project put on the November ballot. However, only 423 of those people seem to have cared enough to make sure their addresses were legible! What does this mean? It means, for the moment, we won’t see the issue on the ballot this November. What else does it mean? It means there were at least 600 people who want this issue put to a vote.

The City Council, I’m sure, is now well aware there is strong opposition to the plan. Let’s hope they act accordingly. It became obvious once the issue was publicized repeatedly in this newspaper that there is a concerned bloc of voters who feel the issue needs to be scrapped. It’s amazing what happens when public issues are made public.

I urge everyone who signed the first petition to sign the second one as well, and to make sure all their information is correct and is legible! Another way to make your voice heard is to remember which City Councilors voted in favor of the original plan and to vote those folks out this November. Ripping up historic Main Street from Highway 99 to River Road would certainly benefit anyone who runs a business east of Highway 99, but it would cost the rest of us money.

Matt Emrich  
Cottage Grove

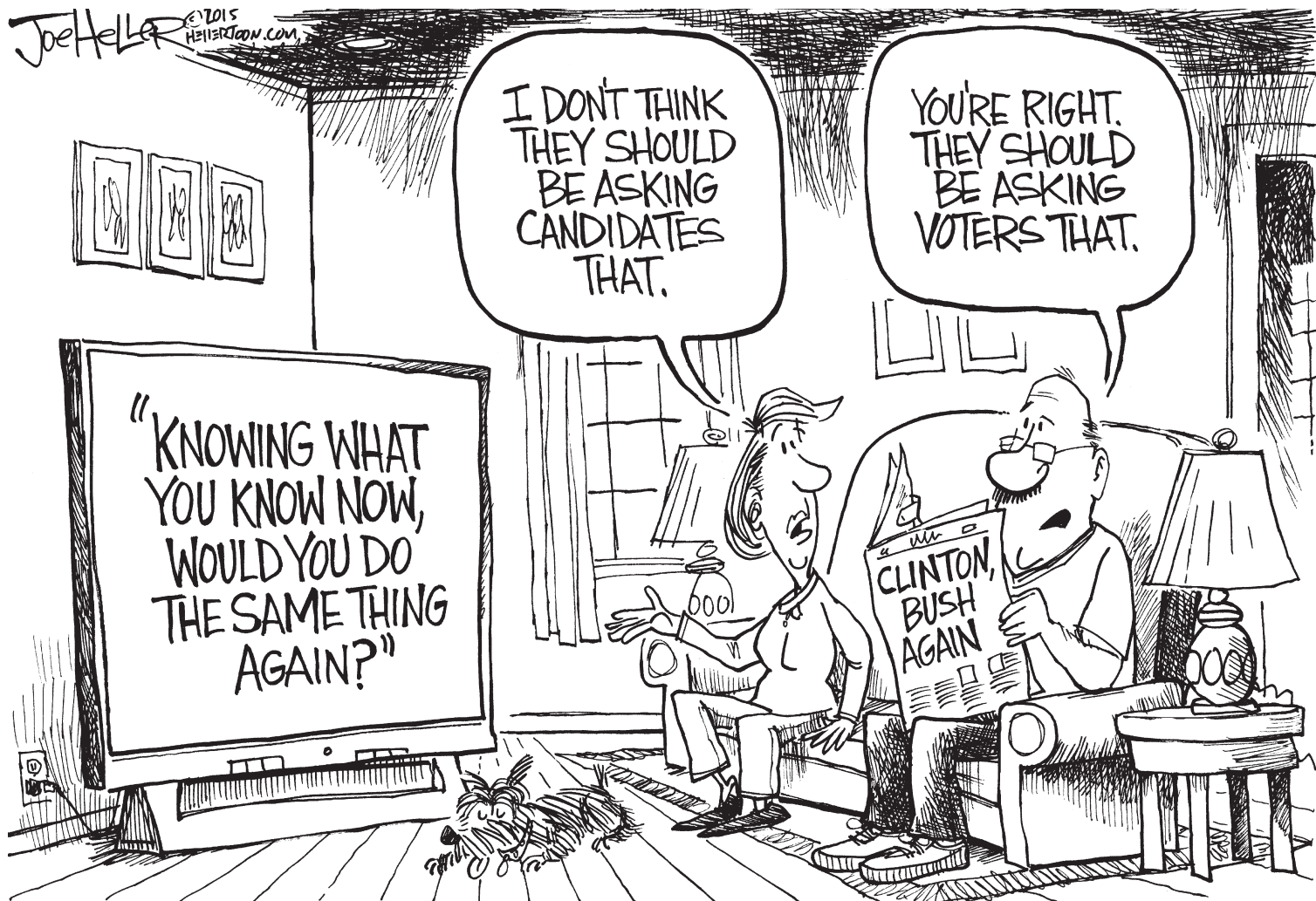
### Black heroism

As I follow the black leaders of this country (past and present) and the countries in Africa and other parts of the world, the one thing I can say is that they have more bravery than most people — here they are protesting that “one of their own” has been murdered by a police officer, and the black community has demonstrated its heroism to our children and our children’s children.

Martin Luther King worked to put black people’s rights equal with whites; there never have been leaders like King and Barack Obama, to my mind. It gives me pause to think how many people need to know that there is equality for all in an otherwise tyrannical world.

I have never seen a time in this country when the president has put poor black people first — and the physically challenged, too. We owe this to our black leadership — I hope there is always a Martin Luther King Day and an Earth Day.

Mary Ann Crumley  
Cottage Grove



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## Offbeat Oregon History

Mount Angel Abbey owes its grandeur to colorful Swiss monk

BY FINN J.D. JOHN  
For the Sentinel

Adelhelm Odermatt is not, of course, an Irish name. And the portly, jovial Swiss monk who bore it had not a drop of Irish blood in him, so far as he knew.

But he had come to visit this group of Irish Catholics to make his pitch for a donation to help save his monastery from an untimely foreclosure after a loan had been called in. And when in Rome, one did as the Romans did, right? So when he stepped up to speak, Father Odermatt tried his best to look Celtic as he introduced himself — as “Father O’Dermatt.”

It’s a story you’ll hear occasionally if you have occasion to spend time with the Benedictine monks and broth-

ers of Mount Angel Abbey and Seminary today, and it may very well have been completely made up by one of the more witty seminarians there. But if so, it was completely in keeping with the spirit of Father Odermatt. He was exactly the kind of fellow you’d expect to deploy a line like that — not as a deception, but as a joke to break the ice: “My name is Odermatt. But, you can call me O’Dermatt.”

Odermatt is not much heard about today. But most Oregonians know about Mount Angel Abbey and Seminary, with its magnificent hilltop campus that looks out over the heart of the Willamette Valley from atop a lone cindercone butte, just outside the town of Mt. Angel.

That abbey and seminary owe their existence to Odermatt — who, despite

his honorary title of Titular Abbot, never actually did hold the top job there.

Odermatt was born in 1844 in the German-speaking Swiss town of Ennetmoos, on Lake Lucerne, and took orders as a monk in the Engelberg Abbey in Switzerland at the age of 21. From very early in his career as a Benedictine monk, he showed a level of gregariousness and joviality mixed with a seemingly limitless energy and zeal.

So it wasn’t a big surprise when he volunteered to join an older monk in a journey to Missouri to found a new satellite priory there. And, a few years later — chafing under the staid and unimaginative (as he saw it) leadership of his partner — it again wasn’t a surprise when he volunteered to lead an expedition to the West Coast to help slake the spiritual thirst of German and Irish immigrants there, at the invitation of Oregon’s new archbishop, in 1881.

Eventually Odermatt set his sights on a lovely 200-foot-high hill jutting out of the valley floor, overlooking miles of fertile farmlands and drenched in quiet pastoral beauty, close by a vil-

lage called Fillmore (which was later renamed Mt. Angel).

The only problem was, unlike some of the less picturesque locations they’d looked over, the church didn’t own or have a claim on any of it.

No problem. Odermatt went into full fundraising and dealmaking mode — and not for the last time, either. He’d sounded out the owners of the hill and surrounding farms, and all had been amenable to having the monks buy their land; now it was time to call in those markers. Operating primarily with funds borrowed from the mother abbey in Switzerland, Odermatt started buying land.

This was where Odermatt distinguished himself from other monks playing similar roles. He was a natural salesman — genial and affable and able to make friends easily, but also a shrewd dealmaker, and by no means a pushover. On the other hand, his enthusiasm made it virtually a foregone conclusion that he would financially overextend himself — a characteristic that would nearly bring everything to

ruin several times, but which the abbey he founded still reaps the many benefits of today.

The first financial crisis came just a year later, in 1883. To make the deal work, Odermatt had borrowed money from California lenders who had not realized they’d be on the hook for property taxes on the land they were lending against. When they learned this, they called in the loan — at least, that’s the reason they gave for calling in the loan. (Since it was collateralized on all the farmland, it seems at least possible that they were trying to force Odermatt to default on it, giving them clear title to the entire 1,500-acre property in lieu of the \$56,000 they’d lent on it — leaving the monks on the hook for the \$80,000 or so that they’d advanced to Odermatt.)

In a frenzy of fundraising and dealmaking, Odermatt — with plenty of help — pulled the money together in time.

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## Six meals a day for weight loss?

BY JOEL FUHRMAN, MD  
For the Sentinel

“Eat smaller, more frequent meals” is common weight loss advice — supposedly, if we eat more often to “keep blood sugar stable,” will avoid overeating. But does this really work?

Is it sound advice for reducing caloric intake overall? The research says no — eating more fre-



quently actually appears to promote weight gain.

You have probably heard it’s better to eat six small meals a day. That is not ideal. You simply will not need to eat that frequently once your body is well nourished with micronutrients. The body can more effectively detoxify and enhance cell repair when not constantly eating and digesting. Eating right removes cravings and reduces the sensations driving us to eat too frequently and too much. For most people who follow a high-nutrient diet-style, eating when truly hungry means eating three meals a day. For many, two meals and a snack is plenty of food.

Between 1977 and 2006, overweight and obesity rates in the U.S. skyrocketed from 48.5 percent to 70.1 percent. The average number of eating occasions (meals + snacks) increased from 3.5/day to 5.0/day. The average number of calories consumed each day rose from 1803 to 2374, an increase of 571

calories per day. Calorie intake in the U.S. has been increasing by an average of 28 calories per day per year since 1977.

In a recent study, researchers examined three potential causes of increased calorie intake: portion size, number of eating occasions and calorie density of meals. Although portion sizes were responsible for much of the caloric increase up to 1991, by far, the greater number of eating occasions was the strongest driver of increased calorie intake, accounting for 22 of the 28 calories/day/year increase the researchers observed since 1977.

Most people snack between meals to stop uncomfortable withdrawal symptoms from the unhealthy foods that they eat. The average number of eating occasions has increased as our diet has become more toxic, producing more cravings and withdrawal symptoms. Unhealthy food indeed does have these addictive qualities.

To maintain a healthy weight we need to eat fewer total calories; eating primarily nutrient-dense (rather than calorie-dense) foods and eating fewer times per day both will help to achieve this goal. Low calorie-density (high nutrient-density) foods like greens, other vegetables, and fruits are associated with reduced total calorie intake, higher nutritional quality, and lower body weight. Conversely, high calorie-foods are associated with greater calorie intake. Also, contrary to the conventional wisdom, the majority of studies have not found any weight-loss or calorie-reduction benefit to eating more frequently. Ultimately, snacking most often results in increased daily caloric intake. Furthermore, most studies have shown that there is no weight loss advantage to dividing a diet of the same number of calories into a greater number of meals.

Eat only when you are truly hungry. For most people fol-

lowing a healthy diet, this will not be more than three times a day. The key factor for weight loss is improving the quality of your diet. My research has shown that eating healthy food brings a greater level of satiety and significantly reduces or eliminates the uncomfortable withdrawal symptoms from the toxic standard American diet, leading to greater meal satisfaction, reduced calorie intake and attainment of a healthy weight. This is discussed in depth and is an important component of my Eat to Live program.

Dr. Fuhrman is the #1 New York Times bestselling author of Eat to Live, and a board certified 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).

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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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