



## LETTERS TO THE EDITOR

## Test the plan

When we remodeled our kitchen, we wanted an island with an attached circular table on the end. My husband and I made cardboard/ newspaper templates and placed them on the floor to see how the traffic would flow and the doors would open. Over the course of about two weeks, we altered the templates three times before being exactly sure we had it perfect.

This same theory could be used downtown. Let's haul out the traffic cones and caution tape, marking what the City Councilors are recommending and see how the traffic flows and the doors open.

Debra Mathre-Dahlen  
Cottage Grove

## Fountain concerns

I am concerned for the public's safety concerning the Bohemia Park fountain. I know that there are signs warning people not to play in the fountain, but on hot days I have seen children and pets in the water. I would encourage you to follow the same line of investigation that I took last year. My question, is there a public safety issue with the fountain in Bohemia Park? And, is the City of Cottage Grove responsible for maintaining the fountain?

The issue? The fountain is filled with affluent water, which is not potable; people and pets should not be in the fountain for their safety. That is why the signs are posted. As I have been told, the fountain often is tainted with pet feces, etc., making the situation even more unhealthy. However, people will be people and will ignore the signage.

I was able to have a lengthy discussion with Richard Meyers on the topic. His explanations were clear and I ap-

preciated his time. There seems to be a grey area on responsibility. Also, a conflicting goal with public safety is the need to use affluent water — the purpose of the fountain. My suggestions of replacing the fountain with recessed spouts that shoot water up for children to play in requires chlorinated water. I thought it was a good suggestion because it was using safe drinking water and impervious to vandalism. As it is, the fountain is lined with a thick plastic; if punctured would cost a lot to replace.

I couldn't get contact information for anyone on the board of directors of the Faye Stewart Foundation. At the time, the park development planning decisions were still being made. I hope some of my feedback on placement of misters and drinking fountains was considered. However, the idea of replacing the fountain was out of the question.

Rachel Kyle  
Cottage Grove

## Dog park?

How about a dog park in Cottage Grove?

Other than private residences, Cottage Grove has no place where a dog can legally run and play off leash.

A dog park would:  
Be a great draw for tourists traveling with their dogs,  
Provide a comfortable and casual way to meet neighbors,  
Provide a great environment to socialize with other dogs, and  
Provide a way for you and your dog to bond, play and get exercise.

Eugene, Jasper, Pleasant Hill have dog parks; why don't we?

Trish Gillespie  
Cottage Grove



## Nine million?

We are in complete amazement as to how the city council can justify spending \$9 million to change Main Street — notice I said "change," not improve. We have never been downtown when the sidewalks were so crowded that they needed widened, except of course at a time where there is a downtown celebration, which is only a few times a year. The width of Main Street is plenty narrow enough now! The study that was done was not done with all possible scenarios that have to be dealt with; if it was, there would have been a different conclusion. I think the people doing the study had an agenda and wanted the

project to move forward.

Drive any street in the city and you will see that they all need work and improvements. Nine million dollars will go a long way to pay for the work needed on our streets. If the work needed on the streets is not addressed soon, the cost will increase immensely, or even more than that.

As for the trees ruining the sidewalks, cut out the concrete or cement for a distance of four feet lengthwise with the street and two feet towards the buildings facing the trees. This should have been done before the trees were planted, but no matter what's done a person can always say "shoulda, woulda, coulda."

What happened to the three cents a gallon gas tax that was supposed to go for street maintenance? It must have been spent for some other "need".

Dick and Barb Gilkison  
Cottage Grove

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## Offbeat Oregon History

Oregon's highest, smallest city once had its jail stolen

BY FINN J.D. JOHN  
For the Sentinel

One clear June morning in 1963, early risers in the historic Blue Mountains town of Canyon City were startled to see that there had been an unscheduled addition to the Grant County Courthouse the previous night.

Sitting there in front of the courthouse was a jail. It was a ramshackle blockhouse jail, small and square, its roof half collapsed but its thick walls of

interlocking planks still as stout as they'd been when it was first built.

It was quickly recognized. The jail was a familiar one to many Canyon City residents — deer hunters in particular. It was the old municipal jail from the nearby ghost town of Greenhorn City.

As it turned out, a small group of Canyon City residents — no one seems to know exactly who — had stealthily executed a daring and audacious heist the previous evening. They'd slipped

across the county line with some heavy equipment and absconded with the jail.

Was this a joke? A drunken prank? Or was it a group of serious history buffs worried about the deteriorating condition of the historic building?

Given the larcenous nature of the act — and the fact that it involved an incursion onto the territory of the neighboring county — these questions seem destined to remain unanswered.

As a joke, it would have been a grand one — almost as good as stealing a police car. But as an act of guerilla historical preservation, if such it was, it has to be one of the most effective interventions in Oregon history. Had these anonymous jail-napping ninjas not acted, the build-

ing might well have deteriorated beyond repair or been torn down for campfire wood before it could be saved by Greenhorn City's early-1970s rebirth.

Actually, "rebirth" is overselling it a bit. Greenhorn City is still a ghost town. But it is a very unusual ghost town in many ways. For one thing, it's still an incorporated municipality, even though its population held steady at zero for decades. That's because of the unique way in which it was chartered. President Taft, in 1912, issued a patent directly to the town's mayor and his successors, making Greenhorn City something like a tiny principality rather than a city, its mayor answerable directly to the federal government. Theoretically, the town

could establish its own army and, if its residents fancied a good joke, navy. (Greenhorn City is, of course, landlocked.)

As far as I've been able to learn, Greenhorn City is the only U.S. municipality to have been chartered in this way. It is also both the highest (6,271 feet) and the smallest (year-round population fluctuating between zero and two) incorporated city in Oregon.

## Origins of Greenhorn City

The origins of Greenhorn City, like those of many mining towns, are shrouded in a confusing cloud of fantastic campfire stories. The best of these is the one told by author Lambert Florin: Two greenhorns from back

east wandered into a tent saloon in a rough, unnamed mining camp high in the Blue Mountains one day in 1890 and asked the barkeep where they could find some gold to dig up. The bartender, laughing discreetly into his sleeve, pointed to a random spot on a hillside above town (where he and his bar patrons could watch and laugh) and said, "Why not start there?"

With great enthusiasm the greenhorns did so. Meanwhile the saloon filled with regulars quaffing shots of rotgut and watching the show. Presently one of the greenhorns came out of the hole they'd dug with a big rock and lugged it down to the saloon.

Please see **OFFBEAT**, Page 5A

## Red meat, fiber and stroke risk

BY JOEL FUHRMAN, MD  
For the Sentinel

Stroke is a leading cause of disability and death in the United States. About 795,000



people in the U.S. have a stroke each year. A stroke occurs when blood flow to a portion of the brain is interrupted, preventing oxygen and nutrients from reaching brain tissue. Elevated blood pressure is the chief risk factor for stroke, accounting for 62 percent of strokes. There have been countless studies on dietary factors and their relationship to stroke risk.

Fiber and fiber-rich foods are

known to be beneficial for colon health and healthy blood glucose regulation. For stroke prevention, the blood pressure-lowering effects of fiber and fiber-rich foods are thought to be primarily responsible. Foods that are higher in fiber tend to have a lower glycemic load, which limits the rise in insulin after a meal; elevated insulin levels contribute to elevated blood pressure. Also, high-fiber foods are usually rich in phytochemicals and minerals like potassium and magnesium, which help to keep blood pressure in a healthy range. In addition to reducing blood pressure, high fiber foods improve several factors relevant to atherosclerotic plaque formation, such as cholesterol and triglyceride levels.

In a recent meta-analysis of six large studies, for every 10 gram increase in daily fiber intake, there was a 12 percent reduction in stroke risk. A previous analysis of data from 10 studies found that each 10 gram per day increase in fiber intake was associated with a 24 percent decrease in risk of death from heart disease. Ten grams is

the approximate amount of fiber contained in 2/3 cup of beans or lentils, two cups of cooked collard greens or 2 1/2 cups of blueberries. The average daily intake of fiber in the United States is a meager 16 grams, but a nutitarian diet (the high-nutrient, vegetable-centered diet I recommend), depending on one's calorie needs, provides about 60-80 grams of fiber daily. I want to make it clear it is the use of high-fiber whole foods that enable this degree of protection against stroke, not adding fiber to a standard American diet. It is more than just the fiber in fiber-rich foods that offers protection.

Red and processed meats are calorie-dense, micronutrient-poor, saturated fat-rich foods. Another major concern is heme iron. The human body absorbs heme iron, the form of iron found in animal foods, more readily than nonheme iron from plant foods. Iron is an essential mineral that transports oxygen in the blood and has many other crucial functions, but can promote free radical damage, called oxidative stress when

excess is present. As a result, high body iron stores are associated with increased risk of chronic diseases that have an oxidative stress component: for example, diabetes, heart disease and dementia. Several previous studies have found that higher heme iron (or red and processed meat) intake was associated with higher blood pressure and higher non-heme iron intake (or plant food intake) was associated with lower blood pressure. Again, it is not merely the high iron in meats; many other factors play a role including their hormonally-induced growth promoting effects that promote atherosclerosis.

Another recent meta-analysis reported on five studies of red and processed meat and stroke risk and found that for each 100 gram daily increment red meat eating daily, there was a 13 percent increase in stroke risk and a 13 percent increase in risk for every 50 grams daily of processed meat. Processed meats are nutrient-poor and high in heme iron like red meat but have additional sodium, which is likely why the authors found a

steeper association with stroke.

These studies add to the already huge body of evidence showing that whole plant foods are health-promoting, while red and processed meats are disease-causing. Between the excessive amounts of protein and heme iron, new findings on detrimental effects of red meat compounds Neu5GC28 and carnitine, and the volume of evidence linking red and processed meats to cancer and premature death, there is no question — these are dangerous foods. People who still desire to eat meat should think of it as a condiment, only to be used a few times a week in small amounts.

*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 website at DrFuhrman.com. Submit your questions and comments about this column directly to [news-questions@drfuhrman.com](mailto:news-questions@drfuhrman.com).*

## Cottage Grove Sentinel

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

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