



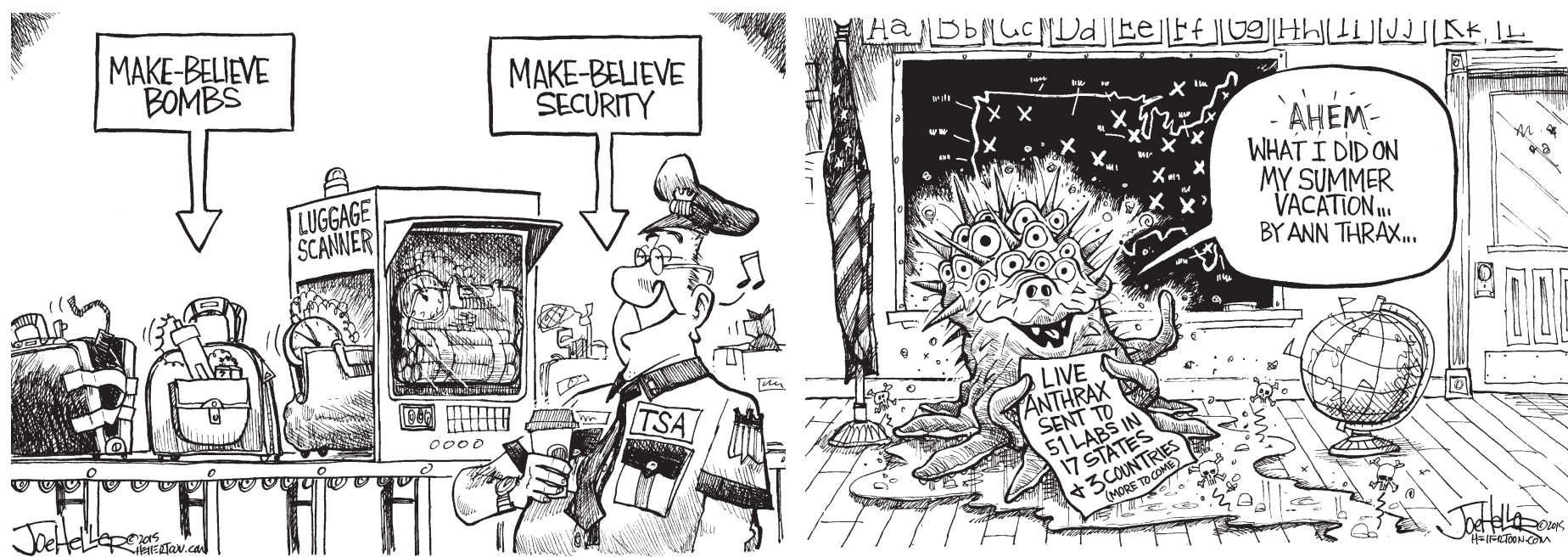
OPINION

LETTERS TO THE EDITOR

Bad rap

Before we say too much bad about transients, I was cleaning up trash as I often do along Gateway Blvd. and a transient came down the hill from I-5 and asked if I minded getting a little help. For 10-15 minutes he picked up trash and then went on his way. If that isn't enough, about 15 minutes later, another transient did the same.

Jane Rapier
Cottage Grove



Don't grow immune to the value of vaccines

BY FRANKIE L. TRULL
For the Sentinel

The fight against rubella, the deadly German measles, has finally paid off.

Global health authorities say the terrible disease has been eliminated in the Americas. It's a rare dose of good news in the fight against the debilitating disease, which can cause birth defects or even fetal death if contracted by a pregnant woman.

The eradication was possible by one of modern medicine's most indispensable tools — routine vaccination.

Immunization's value has never been more apparent. Yet Americans have grown skeptical of vaccines — and the sci-

ence behind them. That has to change. Few medical innovations have saved more lives than vaccines, which may play an even larger role in the years to come.

It wasn't long ago that rubella posed a fearsome threat to unborn children. A U.S. outbreak in 1964-65 led to 11,000 miscarriages, abortions and deaths in the womb. Another 20,000 children suffered birth defects.

The first vaccines for rubella arrived in 1969. Of course, the victory over rubella is only the latest success story for vaccines. As recently as the 1950s, polio posed a serious threat to American children. A 1952 outbreak of the disease infected almost 60,000 children and killed more

than 3,000. The disease paralyzed thousands more.

Vaccines' past and future beneficiaries may not realize that an important component of vaccine development is animal research. Animal research is responsible for some of the most beneficial vaccines in modern history — including those for rubella, measles and polio. And it's our best hope for eradicating other destructive illnesses in the years to come.

Primate studies, for instance, provide unique insight into the immune system. Testing experimental medications and vaccines on animals is also a dependable — and FDA required — way to determine whether a new vaccine is safe for humans.

The rubella virus used in current measles-mumps-rubella vaccines was initially developed using animal cell cultures and chicken embryos. Later, tests on a variety of species, including primates, mice and rabbits, proved the vaccine safe.

Animals have benefited from this research as well, as vaccines have been developed for animal diseases like rabies, cowpox, West Nile virus and anthrax.

Today's vaccine research also depends on primate experiments. Scientists are researching advanced vaccines for preventing HIV/AIDS, protecting humans against bioterrorism, and treating devastating diseases such as cancer and Alzheimer's.

In recent years, however, vac-

cines have been victims of their own success. With diseases like measles, polio and now rubella mostly wiped out, some folks have forgotten how deadly those diseases used to be. Without a clear memory of the potential consequences of foregoing immunity, many people think of vaccination as less pressing.

Today, around 40 percent of parents choose to delay or refuse vaccinations for their children, with little understanding of the public health risks involved in such a decision. Many justify their choice with appeals to so-called "herd immunity" — the idea that if enough people are vaccinated, a disease won't spread as easily. They free-ride on the fact that most other peo-

ple have received their shots.

But herd immunity only applies if a sufficient number of herd members get vaccinated. Eliminated diseases can quickly re-emerge when vaccination rates decline.

Less than 50 years ago, expectant parents lived in fear that rubella could harm — or kill — their unborn children. Animal research gave us the tools, in the form of vaccines, to eradicate rubella, measles, and other deadly diseases. We must remember to use them.

Frankie L. Trull is president of the Foundation for Biomedical Research.

Offbeat Oregon History

FBI's 'Most Wanted' gangster was busted in Beaverton

BY FINN J.D. JOHN
For the Sentinel

The contractors were getting ready to wrap up work for the day when several visitors arrived at the job site, a house on Scholls Ferry Road near Beaverton. The newcomers were a small group of serious-looking men in conservative, well-fitting suits, accompanied by the workers' boss, Charles Robinson.

Robinson sought out one of his employees, a 55-year-old plasterer named John McCullough. McCullough, although he'd

only been on the job for three months, was already one of Robinson's best men. He was quiet, easygoing, hardworking, sober and reliable.

Robinson led his well-dressed visitors to McCullough and introduced them as FBI agents.

The other workers on the job watched with astonishment as the agents arrested McCullough and led him away. They'd been kidding him for days about his uncanny resemblance to a picture that had run in the Portland Morning Oregonian a couple days earlier, under the headline, "Accused Murderer of Three Tops FBI List of Wanted Criminals." Maybe there'd been something in that resemblance after all, they thought.

The picture had been identi-

fied as Thomas James Holden, and the resemblance to McCullough had been quite startling. Holden could have been McCullough's twin brother.

Holden, the newspaper said, was wanted for gunning down his wife and two brothers-in-law during a drunken family argument. He had, apparently, shot each of them once with a .38, and with his fourth shot, grazed the cheek of his sister-in-law. Four shots, three dead. Then he'd fled and disappeared.

The newspaper said Holden was a train robber, serial bank robber and "product of the mad-dog days of gangsterism," who had been caught, sentenced to a long stretch at Leavenworth, escaped and subsequently helped perpetrate a sensational armed prison breakout in 1931. Recaptured, Holden had been sent to the feds' maximum-security prison — Alcatraz, where he served for about a decade. He

was paroled in 1947.

It had been 18 months later that he'd committed the shocking triple murder for which he was now wanted.

The newspaper also quoted the FBI as calling Holden "one man whose freedom in society is a menace to every man, woman and child in America."

Such a criminal resume formed quite a contrast with the mild-mannered McCullough that the other men on the plastering crew knew. They never once thought they might be the same man, despite the eerie similarities. But they teased him about it, an activity that was made even more fun by the fact that he apparently had no idea what they were talking about. He had not, it seemed, read Wednesday's paper.

If he had, he would have disappeared immediately, he later told authorities.

"McCullough" at first tried to

stick to his story. He was John R. McCullough, he insisted — just a laborer who'd come to Portland three months before from Butte, Mont., to find work. But when they reached the FBI office and he learned how much they knew about him, he broke down and copped to it.

Holden's landlady was shocked by the news. He'd been renting a tiny cabin from her in Sahnaw's Motel and Trailer Park since first coming to town.

"He was a model tenant," she told the Oregonian. "I suspect a lot of people about being crooks, but not this one. I'm a little shocked. I took his rent every week. He always was happy and singing Irish folk songs. He had a good enough voice to be in opera."

Holden had been the first man ever put on the FBI's Ten Most Wanted list, and he was among the first to be caught. His distinctive appearance made iden-

tification an absolute breeze. His mugshot shows a wide and flat forehead, low and straight brow ridge, preternaturally straight mouth — in all, startlingly similar to Boris Karloff playing Frankenstein's Monster in the iconic 1931 movie.

Not much is known about Holden's story, other than what's in the police reports. But we do know that the wife he shot during that drunken argument was the woman who'd faithfully waited 16 years for him to get out of prison. During his time on Alcatraz, his only visitor was his son, Tommy, now a U.S. Army private who'd grown into a man with his father behind bars. And we know that Holden got a telegram from his mother, in 1945, telling him Tommy was dying, and asking to see him.

Of course, he couldn't come.

Please see **OFFBEAT**, Page 5A

Beans: the ideal carbohydrate

BY JOEL FUHRMAN, MD
For the Sentinel

Beans are nutritionally unique. Beans and other legumes (such as lentils and split peas) are the ideal starchy



food. When many people think of high-fiber, starch-containing foods, they think of whole grains, which are healthful foods, but beans are nutritionally superior. Beans and other legumes have uniquely high levels of fiber and resistant starch, carbohydrates that are not broken down by our digestive system. Though indigestible, these carbohydrates have a number of valuable health effects. First, because they are indigestible they

reduce total the number of calories that can be absorbed from beans. Fiber and resistant starch also limit the glycemic (blood sugar raising) effects of beans. Finally, when resistant starch and some fibers reach the colon, they act as food for our healthy gut bacteria, which then ferment it into anti-cancer compounds in the colon.

Beans help prevent diabetes and weight gain. Since the fiber and resistant starch in beans and other legumes keep their glycemic load low, they are great foods for preventing or reversing diabetes. A study on 64,000 women followed for four years found that high intake of legumes were associated with a 38 percent decreased risk of diabetes. Also, a recent clinical study found that type 2 diabetics who followed a legume-rich diet had enhanced improvements in fasting glucose, HbA1c, body weight, cholesterol, triglycerides and blood pressure compared to a whole grain-rich diet.

Since beans are high-nutrient, high-fiber, and low-calorie, you can eat them in large quantities without the danger of weight

gain. The high fiber and resistant starch content of beans also makes them very satiating, allowing you to feel full longer and stave off food cravings; these properties make beans an effective weight loss tool. Those who regularly eat beans have greater intakes of minerals and fiber, have lower blood pressure and are less likely to be overweight than those that don't consume beans.

Beans protect against colon cancer. Colon cancer is the third most common cancer in the United States, and diet is a key contributor to colon cancer risk. The cells lining the intestinal tract come into direct contact with the foods we eat; the substances contained in our food can therefore have significant effects on the cells of the colon. Numerous studies have found decreased risk of colorectal adenomas and cancers in those who consume beans and other legumes regularly. For example, a six-year study of over 32,000 people found that those who ate legumes at least twice a week had a 50 percent reduction in colon cancer risk. So imagine

the protection we could achieve by eating beans daily! As mentioned earlier, the fiber and resistant starch in beans pass into the large intestine where bacteria ferment them into short chain fatty acids such as butyrate, which have a number of cancer-preventive actions in the colon, such as halting cancer cell growth and increasing the production of detoxification enzymes.

Beans protect against several other cancers too, not just colon cancer. High intake of total legumes (not just soybeans) is associated with a decreased risk of breast cancer. A study of the relationship between legume intake and all cancers also found that consuming beans and lentils decreased risk of cancers of the oral cavity, pharynx, esophagus, larynx, digestive tract, and kidney.

Eat beans daily! I recommend eating at least a half-cup of beans, lentils, or split peas every day. Have them on your salad for lunch, in soups and stews, or blended into dips for raw vegetables. They can be flavored and spiced in lots of interesting

ways, and there is a huge variety of beans to choose from; chickpeas, black-eyed peas, black beans, lima beans, pinto beans, lentils, red kidney beans, soybeans, cannellini beans, split peas and more. Dried beans and legumes are very economical, but if using canned beans for convenience, be sure to choose no-salt-added varieties, preferably packaged in BPA-free cans.

If beans are a relatively new food for you, make sure to chew them very well to minimize gas and bloating. Start out with a small quantity and gradually increase the amount as your digestive tract adapts. Over time, you will build up the beneficial bacteria that help to digest beans.

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

(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.