



LETTERS TO THE EDITOR

More logging?
Really?

It really seems from the headlines we see every day that the problems stemming from global warming are becoming increasingly severe and dramatic. From the red tide along the West Coast that is restricting and shutting down the fishing and crabbing industries to the difficulties farmers are having with access to irrigation, we are experiencing this crisis now in all different ways with daily living, finances and the psychological ramifications of witnessing what is happening.

That is why it is both preposterous and unbelievable to me when I hear about the Bureau of Land Management calling for increased logging in the Northwest. This was mentioned in the same article that stated their aims to further protect endangered species. What, I ask, is the logic system being used here? Doesn't the BLM know you can't do homework and play outside at the same time?

Not only am I surprised by the nerve of BLM calling for more logging during these seri-

ously troubled times, I am angry as well. For the BLM no longer has the funding to monitor the effects of increased logging and global warming on our public lands, which seems like their real job. No, even though this is predicted to be the worst year with toxic blue-green algae, they do not have the funding to regulate this.

But they have the funding for speculative logging for the wood products industry, and I am not really thrilled that this is where my tax dollars are going. This is a pretty blatant example of industry-related pressures on the environment continuing to go unchecked while the restrictions and limitations are shouldered by the working public and families. The silver lining is that this outrageous logic system is beginning to expose itself. But it needs all of us to call it out. Agencies such as the BLM do not have the internal structure to moderate and check themselves; that is perfectly clear!

Kerstin Britz
Cottage Grove



Offbeat Oregon History

'Ship of Romance and Death' came to dramatic end off Oregon Coast

BY FINN J.D. JOHN
For the Sentinel

Sailing ships and curses go together like Oreos and milk. Curses and graveyards are almost as good a match. And the Columbia River Bar is known as the "graveyard of ships." So it's likely not a big surprise that plenty of "cursed" ships have seen their possibly imaginary doom carried through to a not-at-all-imaginary conclusion off the wild and tempestuous northwest coast of Oregon.

Over the next few weeks, we'll explore the stories of a few of the sailing ships and steamers with legendary curses attached to them — curses that

came to their final fruition in the merciless waters of the Columbia River Bar.

The Melanope:
Unlucky ship,
lucky ship's dog

On a clear December day of 1906, a lookout in the steamer Northland was scanning the ocean when he spotted what looked like a large derelict hull far in the distance. Upon investigating, the steamer crewmembers found themselves staring at a big, waterlogged, dismantled thing that had apparently once been a barque. Its masts were all broken off at the hounds, and the remaining rigging hung in long-neglected disarray. Its steel hull was stained with rust. It listed heavily to starboard. The lifeboat on the starboard side was

gone, indicating that the crew had at least attempted to abandon ship. The barely legible paint on the transom proclaimed it to be — or to have once been — the full-rigged barque Melanope, out of Liverpool.

As the sailors tentatively explored the long-abandoned hulk, a strange wavering cry reached their ears. Investigating, they found, in the forecabin, a small dog, starved nearly to death. The dog — which was quickly taken aboard the Northland to be nursed back to health — was the only sign of life on the ship.

What had happened? It was a great question, but one that the skipper of the Northland was only secondarily interested in. The wallowing hulk was a valuable find, and he immediately got about putting a line on it and towing it to Astoria.

Several weeks passed before the salvors learned the story of the Melanope. She had been dismantled in a gale and thrown onto her beam ends, swatted flat

against the sea like a mosquito. This sudden motion had caused the cargo in her holds to shift en masse, piling up on the starboard side and giving the ship a dangerous list. Convinced she was going down but fast, the crew had hastily abandoned ship, taking its chances with the howling gale in a lifeboat. Miraculously, they'd survived — but Queenie, the ship's dog, had been forgotten in the rush.

Some of the Melanope's former crewmembers considered this an unusually lucky end for a singularly unlucky ship. The Melanope had been known as a cursed vessel since its first launch in 1876, when — according to the notoriously unreliable accounts of the sailors — an old woman was found peddling apples to its passengers as it left Liverpool on its maiden voyage to Australia. She looked like a witch, she had no ticket and nobody knew how she'd gotten aboard. The captain put her off the ship with some firmness, an

action that infuriated her. According to the story, it took three seamen to take her off the ship and onto the tugboat, fighting and scratching and screaming blasphemies and calling down curses upon ship, captain, passengers and crew as the passengers looked on with wide eyes and open mouths.

Then, from the tug (the story goes) she pronounced a heavy and ominous curse upon the Melanope, a curse the ship would labor under for the next 30 years.

Of course, curses are not a real thing. But it was odd that the Melanope was actually dismantled on that same maiden voyage, after running into a horrible gale.

Really, there can't have been too much in the curse of the Melanope, because the ship survived three decades of hard service — from 1876 to 1906 — before coming to grief off the Columbia River. That's a long and respectable run, con-

siderably longer than average. But there is no denying that it was more than usually colorful. The ship was involved in at least three serious collisions, as well as several strandings and dismastings over the years. It also was involved in at least two odd romantic dramas, which earned it a reputation as the "Ship of Romance and Death." An Australian debutante tried to commit suicide from its decks after her fiancée ditched her to go roistering onshore with his friends and the deckhands started teasing and jeering at her attempts to find and corral him. (She was fished out of the drink, barely alive, and prosecuted for attempted suicide.)

Later, the Melanope's rakish captain, already married, got into an ill-starred romance with another woman — a wealthy young English woman who had inherited her family's estate. The captain's mistress, Emma

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Women and heart disease: What you need to know

BY JOEL FUHRMAN, MD
For the Sentinel

In recent years, the impact of heart disease on women has gained increasing attention.

Though it is often thought to affect men disproportionately, heart disease kills more women than men. Heart disease is responsible for one in three deaths of



American women each year, killing more women than all cancers combined.

The standard American diet (SAD), full of white flour, sugars, oils and animal products, promotes heart disease; as a result, taking medications for elevated cholesterol and blood pressure has become nearly ubiquitous, and it's common for heart attacks and strokes to occur. Health authorities often advise women to know the symptoms that may be characteristic of a heart attack, and they make lenient, ineffective dietary recommendations about reducing fat

intake. This does not work; only a Nutritarian diet, rich in protective plant foods can reverse this epidemic and protect your life. Women can take control of their cardiovascular health; they can become so healthy that a heart attack is almost impossible. A growing body of scientific literature shows that heart disease is easily and almost completely preventable (and reversible) by following an eating style rich in plant produce and dramatically lower in processed foods and animal products. My 25 years in clinical practice is a testament to these principles. I have treated advanced heart disease for nearly a quarter century, and all my early adapters are still thriving into their eighties and nineties without experiencing heart disease again or requiring medications anymore for hypertension or high cholesterol.

When you learn how to take care your heart with superior nutrition, you automatically take steps that will help to prevent diabetes, cancer, osteoporosis and other diseases, and maintain youthful energy, positive emotional outlook and enthusiasm for life. It protects your brain, not just your heart.

The most important strategy for taking care of your heart is

to eat your G-BOMBS daily: greens, beans, onions, mushrooms, berries and seeds. Natural plant foods have numerous cardioprotective effects. For example, greens turn on the body's natural detoxification mechanisms and protect blood vessels against inflammatory processes that lead to atherosclerotic plaque buildup. Higher consumption of fiber-rich vegetables, fruits and beans helps to keep blood pressure in the favorable range. Beans, nuts and seeds have unique cholesterol-lowering capabilities. Berries and the flavonoids they contain have a blood pressure-lowering effect, plus berries and pomegranate have potent antioxidant and anti-inflammatory effects that protect against the development of heart disease. Getting frequent exercise and maintaining a healthy weight are of course also important, as is minimizing added salt, alcohol and caffeine.

Radical fat exclusion or a completely vegan diet is not the foundational principle here. The foundational principle is micronutrient adequacy and nutritional excellence. An extremely low-fat diet is not the optimal method to address this issue, since including nuts and

seeds in the diet contributes to cardiovascular health in several different ways including cholesterol-lowering, arterial function, blood glucose lowering, and weight maintenance. Furthermore, the combination of delicious dressings and dips made from nuts and seeds with overall healthful diet and lifestyle habits, not only leads to more favorable outcomes, but also was demonstrated to add almost a decade of lifespan in the most thorough study investigating this issue.

Another important message I have for women: don't be fooled by high-protein weight loss schemes that emphasize animal products and/or limit fresh fruit. High-protein diets can generate ketosis, which predisposes one to electrolyte imbalances and cardiac arrhythmias that could lead to sudden cardiac death. High-protein, low-carbohydrate diets are associated with increased risk of cardiovascular disease and premature death. Animal protein also elevates IGF-1, which is associated with increased risk of several cancers, especially breast cancer as well as cardiovascular disease. You can lose weight without compromising your health; the most

effective eating style for weight loss is also the healthiest way to eat for protection from cancer and cardiovascular disease.

When you use lifestyle interventions instead of drugs to reduce blood pressure, cholesterol and other risk factors, you achieve much greater results—because a high-nutrient diet doesn't merely lower blood pressure and cholesterol, it floods the cells and tissues with beneficial phytochemicals and allows the body's self-healing mechanisms to work at their full capacity to restore health. My book Eat for Health guides you easily through the transition toward a health-promoting Nutritarian diet and can help you achieve a healthy weight and a substantial reduction in heart disease risk.

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 news-questions@drfuhrman.com. The full reference list for this article can be found at DrFuhrman.com.

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