



LETTERS TO THE EDITOR

Bravo!

Bravo, Cottage Grove! Tonight a little bit of magic was sprinkled into the center of town via the Eugene Symphony's lovely performance in our new Bohemia Park. It occurred to me how brave it was for the generous benefactors and volunteers who must have had moments wondering if anyone would show up. For it takes courage to take a chance on bringing a symphony to town with hopes the music will be a hit (and on a hot night too). Put those worries aside, for it seemed the entire town arrived and thoroughly enjoyed the event. Old friends greeted each other in the crowds, picnickers were everywhere and children danced to the tunes with their grinning parents nearby. I'll remember this night, as it's a bit too easy to get grumpy with town issues and that certainly includes myself...but tonight? Not so much, for this was a reminder that the real soul of Cottage Grove is how we can come together. Thank you Faye Stewart and everyone else who stepped up to make this night happen. So now...we applaud YOU!

Nancy P Wales
Cottage Grove

Clean up

My dog "PUP" and I try to take a walk around the beautiful city of Cottage Grove each morning.

As Pup and I walk around it makes me happy to be part of a city such as ours, a lot of the well taken care of yards and properties. Occasionally we will notice a Yard of the Week sign; this makes me smile to think of the labor involved in keeping one's place looking nice. Occasionally we will see a yard with large dandelions, morning glory, the start of a blackberry vine and various other plants that some would find undesirable. I think if the dandelions were just a little bit larger they would

be classified as "old growth;" then they would be a protected species. I have to smile then at these yards also, thinking they need a sign that says, "This is not yard of the week". Just in case somebody was confused, the sign would erase all doubt.

Something that is disturbing though, is the inconsiderate jerks who do not clean up after their dogs. A small plastic bag is all it would take to pick up the dog poop. I noticed one fellow waiting for his dog to poop then threw his cigarette but down on the sidewalk as he and the dog walked away — nice citizen that person. Signs such as the one on the trails by the ponds that address dog feces should be placed on the popular walk paths around town; maybe it would cause people to think about cleaning up after their dogs!

Dick Gilkison
Cottage Grove

I recommend prayer

Greetings to all of the hate-filled liberals,

Such expressions of hate are not usual in the letters to the editor as printed in the Sentinel ("Racism and Hate is alive and well in Cottage Grove, July 22 Sentinel.") But to so blatantly express the desire to trample on another person's First Amendment rights is certainly indicative of far too much of what passes for the liberal's credo at the present time. And showing such a childish attitude: "If you will not play by my rules, I will just take my toys home and pout!" And to irrationally punish all the other vendors by withholding your patronage is just "cutting off your nose to spite your face." Let me tell you about hate: A few years ago, I was driving in Eugene. Stopped at a red light, I saw a young man run to the middle of the intersection and set an American flag on fire. The hate that I felt toward that person was over-



whelming; I wanted to leap out of the car and beat him. But I didn't. What I did do was to pray to God to remove such hate from my heart, and He did. I have never hated another person, in spite of some considerable provocation. I wonder if those complaining about the presence of what they hate have any idea as to why the sales of the Rebel flag in this area were so brisk? It's something to ponder. I recommend to those complainers and other liberals that they avoid driving around town because there are quite a few Stars and Bars waving in the area. So, remember this, if denying another person's First Amendment rights is successful, you may be next in line. I recommend prayer.

Herb Ball, PhD
Cottage Grove

Flags

Well here we go again — the Confederate flag. I saw it on the local TV news, so I went right down to get one, and a "Don't Tread on Me" flag also. It will be one subject after another, one controversy after another. Well, I guess it is time to take the American flag down, with what this country has done to the Indians.

My flag is the one that was on the Navy battleships.

People, it's the people behind the scenes that start this garbage to further divide the people. You should really pay attention to what they are really plan-

ning for you — stop hopping on the bandwagon. You're being used — they are going after all you care about and love. You can make or believe whatever you want to about the Confederate flag, but get your facts straight. We must stand together, never give in, fight like there's no tomorrow. There will be more garbage coming to keep you off track. Be ready. Flags don't cause people to shoot people. And I've never seen a flag get up and shoot people.

Mike Ritter
Cottage Groves

Offbeat Oregon History

Oregon's 20th-century "gold rush":
The quest for uranium

BY FINN J.D. JOHN
For the Sentinel

When people talk about mining in Oregon, they're usually thinking of gold — something the Beaver State still has plenty of, hidden away in high-country streambeds and quartzite ore deposits.

But there's another precious metal out there in Oregon's outback, and it's one that inspired a bigger "gold rush" than even the big one of 1849: Uranium.

The heart of the uranium mining story is centered on the dry states of the Southwest — Nevada, Utah, Arizona, Colorado and New Mexico. But the south-

east quarter of Oregon was uranium country, too, back in the decade and a half following the Second World War.

Uranium: The heaviest metal

Uranium is one of the heaviest naturally occurring elements on Planet Earth — except for some traces of plutonium, everything heavier is a man-made element. It comes in several different flavors, only one of which is the radioactive uranium 238 that's used to make nuclear bombs and reactors.

Uranium had been used for other things before the atomic

age came along, but for the most part, it had been a waste product — part of the waste tailings generated by refining carnotite ore for radium and vanadium. But when the U.S. government started spinning up its production of nukes for Cold War chest-thumping purposes, things suddenly got very crazy in uranium country.

Starting around 1952, the Atomic Energy Commission started building roads into promising uranium regions, and announced guarantees of a minimum of \$50 per ton on ore that exceeded 0.3 percent uranium. They also offered a \$10,000 cash bonus for prospectors who found big deposits of the stuff and offered to analyze the samples for free.

The result was a massive, government-sponsored mining rush. All over the arid West, this federal intervention got local residents and out-of-town

prospectors alike very excited indeed.

The dryer parts of Oregon were no exception. Deposits of uranium had been found there, near Steens Mountain, in the late 1940s. Now, remembering that, local residents found themselves joined by hordes of prospectors from out of the area, all of them crawling all over the arid desert in four-wheel-drive rigs looking for "A-metal," flashing Geiger counters at every possible outcropping and staking claims when the gadgets beeped.

Mining on Main Street

One enterprising fellow, Earl Sheridan, set the tone for Uranium Mania in the Beaver State on the streets of his home city of Klamath Falls. A descendant of city founder George Nurse, he believed that he had inherited the mineral rights to the entire town. So he staked out a claim,

pitched a tent, loaded his shotgun and stood guard there to defend it ... in the middle of Main Street. He stayed there on guard through a bout of appendicitis but quit the scene after his lawyer found out that Nurse had in fact deeded over mineral rights to the city.

In a sense, Oregon's backcountry was a real uranium "tease." There was plenty of uranium out there in Oregon, so prospectors' Geiger counters were kept in a relatively constant state of excitement; but only two deposits would turn out to be commercially viable: the White King Mine and the Lucky Lass Mine. They were both close by each other in the Fremont National Forest, near Lakeview.

Soon the two deposits were being exploited with giant open-pit mines, and Lakeview got a brand-new uranium processing mill in 1958.

It wasn't long, however, before the federal government decided it had enough uranium to blow the world up several times over or provide it with centuries of electric power. The feds pulled the plug on the AEC's heavily subsidized program, and uranium mines all over the arid West were abandoned.

The aftermath

It could have been worse, though. In other states, it was. Because Oregon was on the periphery of the uranium-mining boom, it missed out on most of the worst effects of uranium mining, such as were experienced by more southerly states. The problem was, uranium ore was nasty stuff and often contained radium to boot. Miners who tried to save some money

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Animal protein, IGF-1 and cancer

BY JOEL FUHRMAN, MD
For the Sentinel

Most people are aware of the connections between red and processed meats and

cancer—that there is convincing evidence that these dangerous foods are a cause of colon cancer. In addition, cooking any meat at high temperatures (for example, grilled or fried chick-

en) forms carcinogenic compounds such as heterocyclic amines, which contribute to cancer risk. However, animal foods such as non-fat dairy products, egg whites, and fish are considered healthy by most people. It not yet widely recognized that foods such as these, since they are so high in animal protein, may also contribute to increased cancer risk.

When we consume too much animal protein, the body increases its production of a hormone called IGF-1, (insulin-like growth factor 1). IGF-1 is one of the body's important growth promoters during fetal



and childhood growth, but later in life IGF-1 promotes the aging process. Reduced IGF-1 signaling in adulthood is associated with reduced oxidative stress, decreased inflammation, enhanced insulin sensitivity and longer lifespan. In contrast, IGF-1 has been shown to promote the growth, proliferation and spread of cancer cells, and elevated IGF-1 levels are linked to increased risk of several cancers. Several observational studies have suggested that high circulating IGF-1 may translate into promotion of tumor growth in colon, prostate and breast tissue.

Which foods raise IGF-1? Since the primary dietary factor that determines IGF-1 levels is animal protein, the excessive meat, fowl, seafood, and dairy intake common in our society elevates circulating IGF-1. Re-

duced carbohydrates, like white flour, white rice, and sugars can also raise IGF-1 levels, because they cause rapid increases in insulin levels, leading to increases in IGF-1 signaling. In fact, IGF-1 signaling is thought to be a major factor in the connection between diabetes and cancer.

It is the amino acid distribution of animal protein that sparks IGF-1 production. For this reason, isolated soy protein, found in protein powders and meat substitutes, may also be problematic because the protein is unnaturally concentrated and its amino acid profile is very similar to that of animal protein.

How can we keep IGF-1 in a safe range? Reducing IGF-1 levels by dietary methods is now considered by many scientists to be an effective cancer prevention measure. Minimiz-

ing or avoiding animal protein, isolated soy protein and refined carbohydrates can help to keep our IGF-1 levels in a safe range. Green vegetables, beans and other legumes, and seeds are rich in plant protein and they have cancer-preventive, not cancer-promoting properties. For optimal cancer protection, vegetables, beans, fruits, nuts and seeds should comprise the vast majority of our calories.

Dr. Fuhrman is a #1 New York Times best-selling author and a 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 newsquestions@drfuhrman.com. The full reference list for this article can be found at 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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