



OPINION

LETTERS TO THE EDITOR

Nice baskets

Thank you all so very much for the beautiful flower baskets on Main Street. Whoever made them up and, most especially, to whoever watered and maintained them, especially dur-

ing our hot spell, are all to be congratulated. We have several eyesores like canopies on Main Street, but the trees and flower baskets make up for a lot.

Sujo Tryk
Cottage Grove

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Offbeat Oregon History

Navy schooner doomed by skipper's fear of skipping sailors

BY FINN J.D. JOHN
For the Sentinel

History is not always made by the "great." Sometimes key points in history turn on people like 25-year-old ex-sailor John Tice.

Tice, according to the United States Navy, "pretends to be a blacksmith, but is a bungler at that or any other business he undertakes."

The officer who wrote those words had no idea how much Tice's "bungling" would affect him personally. There's some reason to believe that Tice and a half dozen of his fellow sailors were ultimately responsible for one of the most storied shipwrecks of the 1800s — and, incidentally, for putting the "cannon" in Cannon Beach.

They did this by quitting — slipping away from the U.S. Navy schooner U.S.S. Shark during its two-month survey-and-exploration mission of the

Oregon country, during the summer of 1846.

Sailors deserting from that particular ship at that particular time in the Oregon country posed a massive problem for their skipper. They could not be replaced. The only non-Native American men in the Oregon Territory in 1846 were people who had paid vast sums and made enormous sacrifices to get there. Nobody who had made the grueling overland journey along the Oregon Trail would ever think of signing onto a Navy ship for seaman's wages after arriving there. Especially not in the summertime.

Moreover, the residents of Astoria — where the men were believed to be hiding out — showed no sign of responding to the generous bounties offered for their recapture. It looked like the deserters were home free, in a wild new state full of freedom and opportunity.

This fact was not lost on the other sailors on the Shark, who were already resentful of Navy's official policy on ships in port — designed to prevent desertion. The policy was, sailors were denied any shore leave and had to remain on board the ship even when it was securely anchored in the same place for days on end.

As a result, on shore, sailors could see the generous sunshine and scenic beauty of a temperate northwest Oregon summer — but they couldn't go experience it.

Now they were beginning to see that if they could but slip away in the middle of the night, their chances of getting away clean were pretty good. And if enough of them acted on that realization, the Shark's captain, Lt. Neil M. Howison, stood a pretty good chance of getting stranded there, without enough crewmembers to sail back home.

And so, in the grand old tradition of haste making waste, Howison wrapped up his business in record time and ordered his ship out to sea with an almost panicky urgency — when a delay of a few days would probably have made all the difference between success and soggy, chilly, humiliating failure.

The hunter of slave ships

The U.S.S. Shark may have been the most historically significant floating object to enter the Columbia River in the entire 19th century. It had been built 25 years before and still represented a powerful threat as a Navy ship.

It was a small ship, just 86 feet long and displacing 200 tons. It was designed as a pirate hunter, intended to help make the Caribbean Sea a less dangerous place for American merchant ships. Its hull was that of a Baltimore clipper, and it was rigged as a topsail schooner, with aggressively raked masts and a colossal square topsail on the main, all of which made it extraordinarily fast while keeping its draft shallow.

The Shark also was endowed with a particularly hefty load of firepower for such a small warship: a pair of rifled long guns throwing nine-pound cannonballs, and eight beefy, short-range carronades throwing 32-pound charges.

This combination would have been a deadly one in a fight with any pirate ship of the day. But its first assignment, in 1821, was to operate against

a different kind of pirate: slave traders. The slave trade had been outlawed for American skippers and traders in 1808, but that hadn't ended the practice, and American, Portugese and French smugglers continued hauling unfortunate Africans across the sea to plantations of sugar and cotton in the Caribbean and the American South.

Of course, the rescued slaves had to be taken somewhere. So in 1821, the year it was launched, the Shark brought Dr. Eli Ayres to Sierra Leone to acquire land in West Africa for what would become the nation of Liberia — where the former slaves were resettled after being rescued from their hellships (and, in most cases, nursed back to health).

Later the Shark's captain, Matthew Perry — the same man who famously visited and "opened" Japan some years later — found and formally took possession of a Caribbean island that he dubbed Thompson's Island, after the U.S. Secretary of the Navy. Thompson's Island is, today, better known as Key West.

Then in 1839, the doughty little schooner became the first U.S. Navy ship to ever pass through the notoriously stormy and dangerous Strait of

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Ten best and worst foods for health and longevity

BY JOEL FUHRMAN, MD
For the Sentinel

I am often asked for my list of the best foods to eat — the foods that contain the most micronutri-



ents, phytochemicals and other health-promoting compounds. People want to know which high-nutrient foods provide the keys to optimum health and longevity. They are searching for a simple answer to the question, "What should I eat to reach my ideal weight, achieve immunity to disease and feel my best every day?"

It is difficult to squeeze all the nutrient-dense, health-promoting

foods into a list of the 10 best. The foods on my list however, are the foods that I believe everyone should include in their diet on a regular basis. They strongly protect against cancer and favor longevity. They contain the most vitamins and minerals and powerful phytochemicals including allium compounds, glucosinolates, aromatase inhibitors, flavonoids and lignans. Of course, not all of my favorites could make my top-10, and the runners-up include many other vegetables and fruits.

pine nuts, almonds)
Tomatoes
Pomegranates

It is almost just as challenging to take all the bad foods in the world and condense them down to the worst of the worst. Foods have the power to heal but also have the power to harm. Our leading causes of death, including cancer, diabetes, and heart disease are primarily the result of the foods we eat. The wrong foods can be as addictive as drugs and alcohol and can cause us to lead lives that provide only a fraction of our potential for health, energy level and physiological well-being.

Foods such as dairy and other animal products are rich in substances that scientific investigations have shown to be associated with cancer and heart disease incidence: animal protein, saturated fat, cholesterol and arachidonic acid. The high animal protein content of dairy increases levels of IGF-1 in the blood, which increases cancer risk. The combination of dairy with insulin-raising sugars is even more dangerous when it comes to cancer risk. Processed foods

containing refined white sugar, refined white flour, salt and oil comprise over 60 percent of the calories in the American diet but provide little if any of the antioxidant nutrients or phytochemicals that are essential for preventing chronic disease and premature death. Salt consumption has been linked to both stomach cancer and hypertension. Needless to say, I advise people to avoid the foods on my "worst" list entirely.

Soda
Refined White Sugar
Refined White Flour

It is clear that unrefined plant foods should make up the bulk of your diet and that fruits and vegetables score highest on the nutrient density scale in terms of concentration of nutrients per calorie. It is also obvious to anyone who has studied the research and looked at the trends in recent years, that a diet based on refined processed foods and animal products cannot sustain optimum health and protection against disease.

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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Ten Best Foods:

Green Leafy Vegetables (e.g. kale, collard greens, mustard greens, spinach, lettuce)
Non Leafy Cruciferous Vegetables (e.g. broccoli, cauliflower, Brussels sprouts, cabbage)
Berries
Beans
Mushrooms
Onions
Seeds (e.g. flax, chia, hemp, sesame, sunflower, pumpkin)
Nuts (e.g. walnuts, pistachios,

Ten Worst Foods:

Sweetened Dairy Products (e.g. ice cream, low-fat ice cream, frozen yogurt)
Trans Fat Containing Foods (e.g. stick margarine, shortening, fast foods, commercial baked goods)
Donuts
Sausage, Hot Dogs and Luncheon Meats
Smoked Meat, Barbecued Meat and Conventionally Raised Red Meat
Fried Foods including Potato Chips and French Fries
Highly salted Foods

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.