



## LETTERS TO THE EDITOR

## Trump's still in debt

Donald Trump has become wealthy by playing to the base instincts of people. His gambling casinos in Vegas and Atlantic City leave most people poorer and appeal to people who don't do the math.

For his highly leveraged building projects, four times his businesses filed bankruptcy instead of repaying the people who loaned him money. Even though the court ruled that he did not need to fulfill his promises to repay company debt, morally he still owes the debt and should pay off the people who bought his bonds and his lies. Those American retirees who were charmed and scammed by this 69 year-old Music Man would welcome the return of their investment in Trump Inc. Seeing his record, voters can guess he would push to default on US bonds to wipe out the federal debt doubled by Obama. His latest bankruptcy was only six years ago. With net worth of \$4 billion, let him make a real blessing in America by paying back the people he still owes.

Larry Bottemiller,  
Certified Financial Planner  
Cottage Grove



## Offbeat Oregon History

Private manhunt ended with cold-blooded, jury-approved murder

BY FINN J.D. JOHN  
For the Sentinel

It was a little after 6 a.m. on June 14, 1907. Dawn was just brightening the decks of the passenger steamer Alliance, docked at the pier in Astoria, when John Bowsby saw his prey step aboard. He fingered the .44 revolver in his pocket and tried to stay out of sight, waiting for a chance to make his move.

His chance came almost immediately. The marked man was moving away from the crowd of people, and soon he stood in a spot where Bowsby felt he could get in a good shot without risking hitting any bystanders. Carefully he steadied the big .44 against the side of a deckhouse – and pulled the trigger.

Bowsby's target, a fellow North Bend man named Cleve Jennings, died in a hospital eight hours later. Meanwhile, with his head held high, a triumphant John Bowsby quietly submitted to arrest and handed over his revolver.

Hard as it is for a modern person to believe, this cold-blooded assassination met with widespread approval. It was about as close to a pure example of "The Unwritten Law" in action as Oregon would ever see.

"It was the outcome of one man alienating the affections of another man's wife and was the result of a manhunt in which the hunter finally found his game," wrote the Morning Oregonian's Astoria correspondent the next day.

Bowsby was, or at least considered himself to be, a wronged husband. The man he had stalked and gunned down was Cleve Jennings, a former co-worker of Bowsby's wife; Jennings and Mrs. Bowsby had both worked in a cheese factory in North Bend for a time. Bowsby had grown suspicious of Jennings and determined to run him out of town. This he apparently did; Jennings left North Bend sometime in early 1907.

Some time later, Mrs. Bowsby (the newspaper never mentions her name) had journeyed to Astoria to visit her brothers; after her departure, Mr. Bowsby had somehow heard a report that she had secretly met up with Jennings at a lodging house in Astoria prior to going to her brother's house. Immediately Bowsby had journeyed north to pursue – and, of course, to avenge.

He found his wife easily enough; but Jennings, he learned, had traveled on to Portland. Bowsby followed but was unable to find his rival in Portland after several days' search, so he booked a ticket back home to North Bend – via Astoria – on the steamer Alliance.

It had been during the passenger loading at Astoria that Bowsby had spotted his rival, who apparently was also journeying home to North Bend.

And that is how the two of them came to be on the deck of the steamer Alliance that morning, taking part in a dramatic tableau of assassination and revenge.

From the very start, Bowsby based his defense on The Unwritten Law. He told reporters he regretted nothing.

"I believe I did no more than any other man would do under similar circumstances, as there appears to be no law to protect a man's home and family unless he does it himself," the unrepentant assassin told the Oregonian's correspondent the next day. "The only regret I have is the disgrace to my son and daughter. For myself I do not care."

He blamed the affair on Cleve Jennings' aged mother, who, he claimed, encouraged the affair, and on another "meddlesome old woman"; both of them, he said, "were constantly urging my wife to leave me."

The picture Bowsby painted clearly resonated with the coroner's jury, which not only ruled the killing justified, but exonerated its victim at the same time.

"The evidence shows that the defendant and his wife had lived together in peace and happiness for a period of over 15 years until the serpent entered their household in the shape of Cleve Jennings and destroyed their home," the jurors wrote. "We are furthermore of the opinion, on account of the lack of statutes covering crimes of this character, that said Bowsby was fully justified in shooting the said Jennings."

The district attorney nonetheless filed charges against him; but one gets the distinct impression that this was done as a courtesy, to secure for him a record-clearing acquittal and an official declaration of innocence. Certainly the outcome was never for a moment in doubt. Mrs. Bowsby had confessed to having been intimate with Jennings, and although it's possible that she was lying to keep her husband out of prison, that seems fairly unlikely. To that jury in 1907, the case for acquittal seemed as clear and obvious as the case for conviction would be to a jury today.

Please see **OFFBEAT**, Page 5A

## The Unwritten Law Files

This column is one of a series of case studies of the early-20th-century mania for honor killings. It was popularly known as "The Unwritten Law," and it was a social convention that permitted and/or obligated a man to murder anyone whom he knew to be working to seduce his wife or sister. Unwritten Law cases arose around the country in the 1890s and were alarmingly common until around the time of the First World War. Today's column discusses one such case, which took place in Astoria in 1907.

## New information to sleep on

BY JOEL FUHRMAN, MD  
For the Sentinel

We often fail to recognize or acknowledge its importance, but sleep, like a high-nutrient diet and exercise, is a crucial component of excellent health. As our lives become increasingly busy, we are sacrificing sleep: in 1942, mean reported sleep time for adults was 7.6 hours, and by 2001, the average was down to 6.7 hours. According to a poll



by the National Sleep Foundation, 63 percent of American adults report that their sleep needs are not being met, and 43 percent report that on weeknights they rarely or never get a good night's sleep. But we need adequate sleep to work optimally in our daily activities.

Why do we need sleep? Our brains work best when we are well-rested: during sleep, our brains stabilize newly formed memories, and adequate sleep promotes learning and cognitive performance the next day. Sleep is also essential for proper immune function. Getting adequate sleep regularly may reduce the severity of cold symptoms and also may main-

tain sufficient numbers of natural killer cells. In fact, there is some evidence that poor sleep could impair the immune system's ability to eliminate, small, newly established tumors before they become dangerous. In addition, melatonin, which is a hormone produced in response to darkness and during sleep, is an antioxidant and an inhibitor of cancer cell growth. Allowing the body to produce sufficient melatonin is essential. Inadequate sleep is associated with impaired learning ability, faster aging of the brain, impaired driving and work performance, overeating, obesity, elevated cholesterol, and increased risk of diabetes, hypertension and death from all causes. Plus, lack of sleep negatively affects our appearance and emotional state.

Are you getting enough good-quality sleep? The precise amount of sleep required for adults has been debated and differs between individuals. But, if you wake up to an alarm clock you are most likely sleep-deprived. Here are some strategies to consider if you'd like to improve the quality of your sleep:

Minimize electronic device use at night. Smartphones, computer screens, televisions and tablets emit blue light, which suppresses melatonin production. Using these devices close to bedtime can disrupt sleep. If

you wake in the middle of the night, don't turn on your TV, smartphone or computer; the light will turn off melatonin and cause you to feel more alert. Instead, relax, read under low light or meditate until you feel sleepy again.

Make your sleep environment as dark as possible. Don't keep clocks that emit light or night lights in the bedroom; light-blocking curtains or a sleep mask can reduce exposure to outside light and enhance your sleep quality. Light exposure regulates our internal clock: bright light makes us alert in the morning, and a dark room at night promotes melatonin production and good sleep. Exposure to light soon before bed or during sleep reduces the depth and quality of sleep. Even a low level of light exposure through closed eyelids (such as a night light) can reduce melatonin production, and this disruption of our natural rhythms has ill health effects. Light exposure at night is associated with an increased risk of cancer, most strongly with breast cancer.

Sleep on a consistent schedule, going to bed at the same time every night, and waking up at the same time every morning.

Don't wake up to an alarm clock if possible; the alarm

clock wakes you abruptly and use of the snooze button can rob you of valuable REM sleep. When you wake naturally, your body prepares you during the final sleep cycles by shifting hormone production—reducing melatonin and increasing cortisol, which helps you to become alert.

Minimize noise. How noise affects one's sleep is somewhat individual, based on what is familiar and typical. Earplugs or "white noise" (for example from a fan) may help to prevent noises from disrupting sleep.

Avoid alcohol and caffeine. Although alcohol may cause you to fall asleep more quickly, it reduces the quality of sleep. Caffeine also disrupts sleep, especially when consumed in the evening.

Exercise. Exercising regularly (especially vigorous exercise) promotes healthy sleep, but exercise close to bedtime is usually not recommended.

Sleep at a comfortable, but cooler temperature. Body temperature naturally drops during sleep. Sleeping in a warm room (above 75°F) or trapping in excessive heat with extra blankets may disrupt sleep.

Follow a high-nutrient diet. A low intake of vegetables is associated with poor sleep. Those following a Nutritarian (high-nutrient) diet may get better quality sleep than people eating poorly, and therefore may require fewer hours of sleep.

For those who experience difficulty sleeping, morning light exposure (or light therapy) helps normalize melatonin cycling as a means of establishing better sleep patterns and resolving insomnia. In the mornings open the shades wide and get in a sun lit room, go outside or use a therapeutic light. Tart cherry juice, a natural dietary source of melatonin, may be an effective addition. Supplementing to achieve adequate omega-3 fatty acids and zinc may also benefit sleep. These natural methods are preferable to prescription sleep drugs, which are linked to serious problems including an increased risk of death.

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](http://DrFuhrman.com). Submit your questions and comments about this column directly to [newsquestions@drfuhrman.com](mailto:newsquestions@drfuhrman.com). The full reference list for this article can be found at [DrFuhrman.com](http://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

**NEWS DEPARTMENT:**  
JON STINNETT, Editor.....942-3325  
Ext. 212 • cgnnews@cgsentinel.com

**SPORTS DEPARTMENT:**  
SAM WRIGHT, Sports Editor.....942-3325 Ext. 204  
sports@cgsentinel.com

**CUSTOMER SERVICE**  
CARLA WILLIAMS, Office Manager.....942-3325  
Ext. 201 • billing@cgsentinel.com  
LEGALS.....942-3325  
Ext. 200 • legals@cgsentinel.com

**GRAPHICS:**  
RON ANNIS, Graphics Manager

(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.