



## LETTERS TO THE EDITOR

### Of the people?

As I listen to the news and the way the legal systems rule in controversies, I wonder why a few people can complain about something and the whole world caters to their whims. Stores will change a whole department to please someone who complains that they should not have “pink for girls and blue for boys”. But if 20 people want it to stay “pink for girls and blue for boys”, the store will not leave it that way.

### WHY?

It does not matter the subject: from department stores, bakeries or personal choices like marriage, the Congress, judges and even the president will cater to these few, while the majority suffer because their rights are violated.

What has become of the common-sense that those in leadership used to have? What has happened to the right to be morally decent, to speak the truth, to make a choice?

The lawmakers and those in

authority seem to cave in to the homosexual, the atheist, the radical environmentalist and those who want to legalize drugs, etc. The judges seem to rule in favor of these few who seem to believe everything that God says is wrong. Those in authority make decisions in favor of the few and seem to think that the rest of us (the majority) have no rights.

When did we become so blind and lose our freedoms? Who gave judges the right to make laws? It is not in the Constitution. It really scares me to hear

that my freedom of choice has been taken away and I did not even get to have a say or vote on it. Is America truly no longer a free nation? Is our government no longer a government of the people by the people?

Fayrene Barkemeyer  
Cottage Grove

### Dog park kudos

I've never met Stephen or Mary Nisewander, but I hope

the Cottage

Grove Chamber of Commerce considers them for its Citizen of the Year award.

I care about Cottage Grove's economic vitality and about the broad view of having a healthy community. I frequently participate in several local leadership groups. Consistently, I'm left with the impression that Cottage Grove has a lot of leaders – folks who want to help our town be safe, vital and fun.

By proposing a dog park on their own land behind the car

wash on Main Street, the Nise-wanders are offering up an idea of how to make our community a better place to live and play. I also applaud Amanda Ferguson and other City of Cottage Grove planners for supporting the idea. Thank you all so much for proposing a creative, great idea to make our town just a little bit better.

Tom Wheeler  
Cottage Grove

## CONTACT YOUR ELECTED OFFICIALS

Cottage Grove City Hall:  
942-5501.  
www.cottagegrove.org/

Garland Burback, Ward 3:  
942-4800

900 Court Street NE  
Suite H-379  
Salem, OR 97301  
Phone: (503) 986-1407  
Fax: (503) 986-1130  
Email: rep.cedrichayden@state.or.us

Cottage Grove Mayor Tom  
Munroe: 942-5501.

Amy Slay, Ward 4:  
541-942-5501.

### Cottage Grove City Councilors:

Mike Fleck, At Large:  
942-7302

**Lane County Commissioners:**  
  
Faye Stewart, East Lane  
Commissioner. Lane County  
Public Service Building

Heather Murphy, At Large:  
942-3444

125 East 8th Street  
Eugene, OR 97401  
Phone: (541) 682-4203  
Fax: (541) 682-4616

Jake Boone, Ward 1:  
653-7413

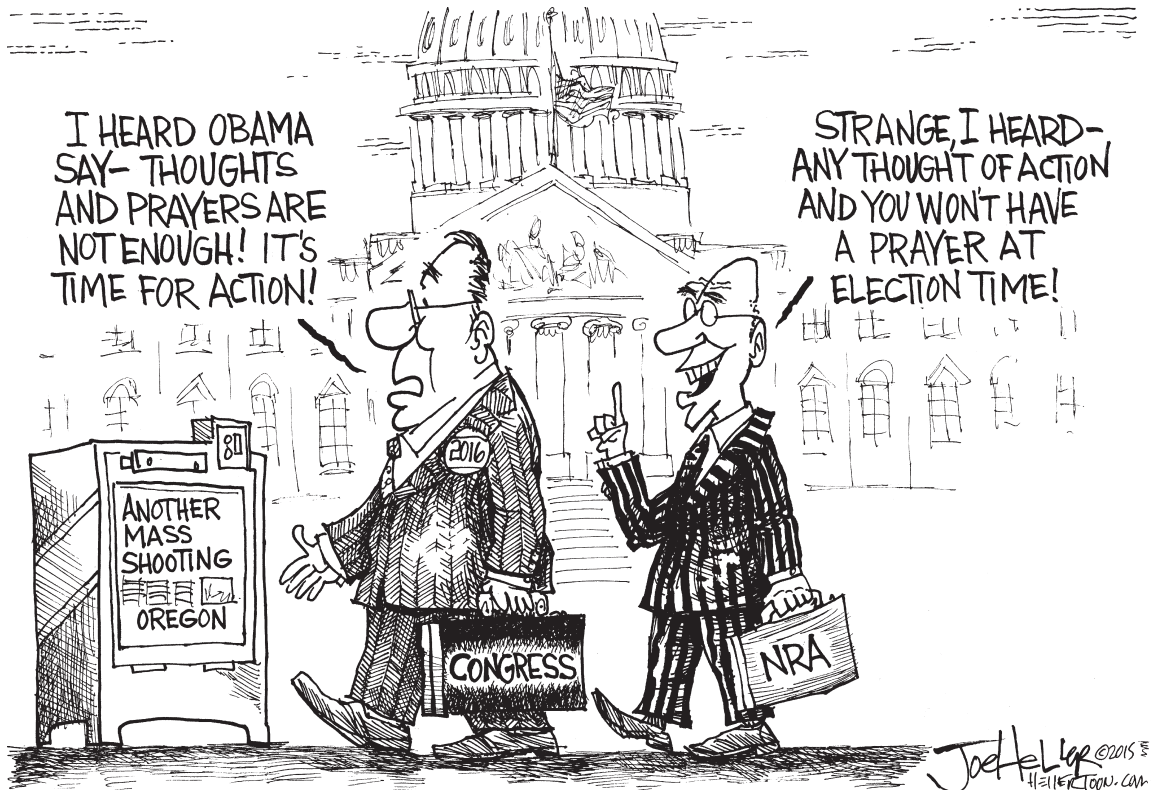
### Oregon State House of Representatives:

Jeff Gowing, Ward 2:  
942-1900

Rep. Cedric Hayden (REP)  
District: 7

### Oregon State Senate:

Sen. Floyd Prozanski (DEM)  
District: 004  
900 Court Street NE  
Suite S-319  
Salem, OR 97301-0001  
Phone: (503) 986-1704  
Fax: (503) 986-1080  
Email: sen.floydprozanski@state.or.us



## Offbeat Oregon History

*The Unwritten Law wasn't always a disastrous moral failure*

### The Unwritten Law Files

This column is one of a series of case studies of the early-20th-century mania for honor killings in Oregon. It was popularly known as “The Unwritten Law,” and it was a social convention that permitted 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 two cases that were widely reported as Unwritten Law verdicts, both of which are as close to being success stories for the doctrine as it was possible to find.

BY FINN J.D. JOHN  
*For the Sentinel*

By 1908, most Oregonians' views on the Unwritten Law were hardening into suspicious disapproval.

Just one year earlier, citizens had burst into spontaneous applause in the courtroom when Orlando Murray was acquitted of murdering his sister's ex-boyfriend. Since that time, though, suspicions had been growing that things were getting out of hand. The newspapers found the trend rather frightening and didn't hesitate to say so. Defendants were still getting acquitted because of the Unwritten Law — but it was getting noticeably harder for cases to qualify for its protection.

Take, for example, the case of Charles J. Powell's trial in Linn County that year. Powell was a prosperous and well-respected

farmer near Brownsville and a grandson of legendary pioneer preacher “Uncle Joab” Powell. He had a 15-year-old daughter, Leah, who had attracted the attentions of a 22-year-old Lothario named Homer Roper.

Powell didn't favor the match, so he barred young Homer from the house. In good Romeo and Juliet style, therefore, Homer secretly met up with Leah and the two of them eloped to Pilot Rock, out in Eastern Oregon.

Things must not have gone well, because after they had been living together there for a week, Powell learned where the young couple were — probably because she contacted him, although the newspapers don't specify — and traveled to see them. When he arrived, the two were still not married, so Powell was able to collect his daughter and bring her back home.

But then Homer came back to Brownsville and renewed his attentions to Leah. He was persistent and furtive. Powell complained to the police, who tried in vain to help. This went on for several weeks.

Finally, on the evening of Jan. 28, Leah went with her brothers

to a party, and Homer crashed it. He managed to catch her eye while avoiding her brothers and coaxed her into coming outside with him. When her brothers realized she was missing, they raced for home, fearing there had been another elopement. In response, Charles Powell grabbed an old Winchester .44-40 cowboy carbine, mounted up and galloped toward the house.

When he got there, he dismounted from his horse, and at that moment, he heard Homer Roper's voice coming from a nearby shed. It shouted, “I've got the drop on you!”

Powell whipped around in the direction of the voice and fired into the shed. Homer, apparently panicking, ran out of the shed where Powell could see him. Powell fired two more shots. Both of them passed through Homer Roper's head.

The young man's last words, they soon learned, had been a bluff. He'd been unarmed.

The resulting murder trial was the first in 13 years at Linn County. In the end, after a short deliberation, the jury acquitted him, and once again the newspapers got the chance to shout

of another victory for The Unwritten Law. But the obvious element of self-defense was not an insignificant part of Powell's story; after all, when a man yells from cover that he's “got the drop on you,” he can't really complain if the fellow he's shouting at assumes he's about to get shot at and reacts accordingly. Moreover, this killing occurred in defense of a daughter's safety rather than the “sanctity of a home.”

The same was true, even more egregiously, in the 1908 case of a farmer from the Malheur County town of Ironsides named John Brown. Brown was having a rough year. His wife had left him five months before, leaving their five young daughters in his care; the oldest of these was Bessie, who was just 13 or 14 years old.

About five months after Mrs. Brown left the family, Bessie came to see her father. She told him a family friend, Bill Wisdom, had been sexually molesting her since she was 11 years old.

“At first, she did not know what it meant,” Brown told a newspaper reporter later. “When

she got older, he made her do worse, and she began to realize more as she grew older what he was doing. Finally he got so brutal and unnatural that she made up her mind that she could not stand the life any longer, and she came and told me.”

John Brown was momentarily at a loss. He came to town to talk to another friend, Ike Whitely. Whitely's advice was very sensible: The damage was done, he pointed out, and any publicity would further traumatize the innocent girl. He urged Brown to leave the matter to him. He, Whitely, would confront Wisdom and tell him to leave the area and never return. Brown accepted this offer with thanks.

The next day Brown was in town again and saw that a flock of ducks had settled in a pond near town. Quickly he made his way to the general store and asked the owner, Ike Nichols, if he might borrow a shotgun. Nichols got one out, loaded it up and handed it over.

Just then the door opened and Bill Wisdom walked into

Please see **OFFBEAT**, Page 6A

## Is chocolate heart-healthy? Depends how you eat it

BY JOEL FUHRMAN, MD  
*For the Sentinel*

Where does chocolate come from? A darkly colored bean — so of course, unprocessed cacao beans are

brimming with antioxidant nutrients. Accordingly, chocolate consumption has been associated with reduced risk of heart disease and stroke.

Cocoa and dark chocolate have been investigated as a treat-

ment option for elevated blood pressure, but only small decreases in blood pressure were reported. Similarly, regular dark chocolate consumption results in small decreases in cholesterol levels. Flavonoids (antioxidants present in chocolate and many other plant foods) do indeed provide cardiovascular protection — high flavonoid intake is associated with considerable reductions (up to 45 percent) in the risk of heart disease. The main point to remember is that when you eat healthfully you are eating a large variety of flavonoid-rich foods, berries for example.

Certainly, you can enjoy some chocolate as a part of a healthful eating style — but how you enjoy



your chocolate is important. A milk chocolate bar is roughly only one-third chocolate and two-thirds added fat and sugar. Dark chocolate bars have a higher cocoa content and less added sugar, but they also deliver a significant load of calories and saturated fat. A great way to enjoy chocolate is by using unsweetened cocoa powder.

Most of the fat has been removed, but the chocolate flavor and the flavonoids remain. Add cocoa powder to smoothies ([like the chocolate cherry smoothie below](#)), or to blended frozen bananas or cherries for a healthy chocolate “ice cream.”

Or try making black bean brownies or muffins sweetened with dates or a healthy chocolate cake with hidden shredded vegetables. You can find recipes like these on the DrFuhrman.com Member Center or in my books.

Keep in mind, when you fol-

low a high nutrient eating style of vegetables, fruits, beans, nuts, and seeds, the polyphenols in cocoa are only a trivial amount of the loads of phytochemicals provided by your overall health-promoting diet.

Enjoy your chocolate by making delicious treats without added fats and sugars!

### Chocolate Cherry Smoothie

(serves 2)

- 2 ounces organic baby spinach
- 2 ounces Boston lettuce
- 1/2 cup unsweetened soy, hemp or almond milk
- 1/2 cup pomegranate juice, cherry juice or cherry pomegranate juice
- 1 tablespoon Dr. Fuhrman's Cocoa Powder or other natural cocoa powder, not Dutch processed
- 1 cup frozen cherries

- 1 banana
- 1 cup frozen blueberries
- 1/2 teaspoon vanilla extract
- 2 tablespoons ground flax seeds

Instructions: If using a regular blender, liquefy the spinach with non-dairy milk and juice. Add remaining ingredients and blend about two minutes until very smooth. If using a high powered blender, blend all at once.

Dr. Fuhrman is the #1 New York Times bestselling author of Eat to Live and Super Immunity, and a board certified 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).

## Cottage Grove Sentinel

116 N. Sixth Street · P.O. Box 35 · Cottage Grove, OR 97424

**ADMINISTRATION:**  
JOHN BARTLETT, Regional Publisher.....942-3325 Ext. 207  
GARY MANLY, General Manager.....942-3325 Ext. 207

ROBIN REISER, Sales Representative.....942-3325 Ext. 203  
E. SCURRY ELLIS, Sales Representative.....942-3325 Ext. 213

**NEWS DEPARTMENT:**  
JON STINNETT, Editor.....942-3325 Ext. 212

**SPORTS DEPARTMENT:**  
SAM WRIGHT, Sports Editor.....942-3325 Ext. 204

**CUSTOMER SERVICE**  
CARLA WILLIAMS, Office Manager.....942-3325 Ext. 201  
LEGALS.....942-3325 Ext. 200

**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.