



OPINION

LETTERS TO THE EDITOR

BPS supports 20-237

The Blackberry Pie Society, a Cottage Grove-based political action committee, endorses Measure 20-237, a \$2,605,000 five-year general obligation bond South Lane Fire and Rescue placed on the upcoming Nov. 3 ballot.

On Oct. 6, the Blackberry Pie Society hosted a public forum with South Lane Fire and Rescue Chief John Wooten. Chief Wooten outlined the bond proposal, during which he emphasized the following key factors that led to this endorsement:

The money raised by the bond measure is dedicated exclusively to purchasing much needed new fire fighting apparatus.

Key firefighting apparatus now used by the South Lane Fire and Rescue is outdated and well beyond its recommended service life – including two trucks from 1992 and one from 1985.

Updating firefighting apparatus helps ensure firefighter safety, more effective and quicker response times and can lead to lower home insurance rates.

It is clear to the Blackberry Pie Society that approval of this bond is a sound investment that will help South Lane Fire and Rescue more effectively provide the crucial firefighting services. The public wants a fire department that provides a swift, sure and effective response that mitigates damage and ensures the safety of firefighters and those who suffer loss from fire. Approval of this bond will help South Lane Fire and Rescue do just that.

Leslie Rubinstein
Steve Kilston
Gail Hoelzle

Brian Forge
Cathy Bellavita
Alice Doyle
Julie Parker
The Cottage Grove Blackberry Pie Society

LWV says yes to 20-237

The League of Women Voters of Lane County urges a yes vote on Measure 20-237 to raise funds for South Lane County Fire and Rescue District to acquire much needed fire suppression equipment. The approval of Measure 20-237 will allow the District to issue \$2.605 million in general obligation bonds and use the proceeds to purchase a ladder truck, two structural firefighting engines and two water tenders.

The District needs to replace aging, inadequate equipment in order to effectively respond to fire emergencies in a district that covers more than 130 square miles and includes urban development in Cottage Grove and Creswell as well as rural areas where water is often not available in sufficient quantities to combat a blaze.

The bonds would be repaid in 5.5 years or less by annual property taxes of \$.30 per \$1,000 of assessed value. This amount is only \$30 per year for the owner of a home assessed at \$100,000 — a small investment for improved fire protection.

In a time of drier conditions due to reduced rainfall and higher temperatures, it is critical that the district have the necessary equipment to respond to fire emergency calls.

Linda Lynch, President
League of Women Voters of Lane County



Media, President's response to UCC tragedy despicable

BY JIM JENKINS
For the Sentinel

“What drives an ideological movement, Goebbels asserted in a speech to a party rally in 1927 was in essence ‘not a matter of knowledge but of faith.’ Besides Jean-Jacques Rousseau’s writings and Karl Marx’s Das Kapital, he cited as an example above all the Sermon on the Mount. Christ did not offer proofs in his sermon in his Sermon on the Mount.” wrote Goebbels in an article around this time. ‘He simply made assertions. Self-evident truths don’t have to be proven. It could not have been clearer. Goebbels had no intention of conducting party propaganda in terms of argument. The only thing that mattered was the impact on the masses.’ Goebbels a Biography, Peter Longrich .p.79

Like all of you, I was sickened by the mass shooting at Umpqua Community College. I was also

troubled by some of the media coverage. Listen to this from an editorial that appeared in The Oregonian:

“John Hanlin, the Douglas County Sheriff, has never shied away from sharing his opinion. Hanlin is big on the Second Amendment and down on legal marijuana. Conservative Roseburg, ‘a red dot in a blue ocean’ the local newspaper called it last year, liked that about him. Hanlin’s stances became world news Thursday after a 26 year old man killed nine and injured nine others at Umpqua community college. The shooter committed suicide after exchanging gunfire with police. In some circles Hanlin was the hero who refused to speak the shooter’s name. In others he was the sheriff who balked at gun control and shared it on Facebook suggesting that Sandy Hook Elementary School shooting was a hoax. As President Obama and pundits debated gun control

laws, Hanlin refused to chime in.”

The front page article of the Oregonian went on to describe how Hanlin “has the same goofy flat top haircut that he has now...”

Please note that the emphasis here is not about the shooter, who was incredibly measured and cool as he forced people to stand up and declare if they were a Christian, then shot them in the head. No, this was a ‘hit piece’ about a rogue law enforcement official who dared to oppose the narrative being constructed by the ideologue press bent on making this all about gun control. Note also the clever sequence.

The sheriff is described as: Pro Second Amendment (a gun rights nut) Against legalized marijuana (a sop to a state media obsessed with this issue) From Roseburg ‘a red dot in a blue ocean’ (Roseburg is a

back-water insignificant place populated by out of touch conservatives) Goofy looking

The President of United States, true to form, ‘did not let a good crisis go to waste.’ Facts be damned, He rushed to the bully pulpit and lectured us on how it is time to address the whole issue of gun control.

When asked at the press conference the next day (Team Obama deftly chose the ceremony of the retirement of the Secretary of Education...Umpqua Community College was a school after all), he replied to the reporter who asked him if he as President could do anything about all the disaffected angry young men. (He had just lectured that there are “millions of such young men in the world...I used to be one of them.” (Sounds like ‘Trayvon could have been my son’.) He answered the reporter by saying “No.” He as President could do nothing, but

he did, however, promise to talk about it.

One has to remember that this is the same political party that turned the Senator Paul Wellstone memorial service into a pep rally full of invective-laced ad hominem attacks against the Republicans. To use this tragedy to advance a political agenda is despicable.

I conducted some Critical Incident Stress Debriefings for teachers and staff and others after the Thurston High shooting. The anguish and pain in the room was palpable. To introduce anything but compassion and respect for the privacy of those dear people would have been obscene.

I also served as a chaplain at Ground Zero. I remember hearing a report that I quite frankly refused to believe until I actually saw coverage in the newspaper. A reporter, accompanied by a cameraman, went up and knocked on the front door. A

young woman answered. The lights on the camera went on... the reporter shoved a microphone in the woman’s face and pulled a photograph out and showed her. “This is one of the jumpers... we think it’s your husband ...”

It is the responsibility of the readership to hold publishers and reporters accountable. Shame on the Oregonian and shame on the President...and shame on us if we sit idly by as propagandists yet again use the slaughter of innocent people for political points. Finally, God bless those who literally made a stand for their faith in Jesus. Their ‘stand’ was not printed in ink, it was poured out in blood.

Jim Jenkins is the former pastor of Cottage Grove Faith Center and author of "Fatal Drift...Is The Church Losing its Anchor?"

Set your sights on carrots — and greens

BY JOEL FUHRMAN, MD
For the Sentinel

As a child, you probably heard that carrots are good for your eyes. This may be because carrots (and other orange and yellow vegetables and fruits) are abundant in beta-carotene, which is a provitamin A carotenoid, meaning it is converted to vitamin A in the body. Vitamin A is important for eye

health, especially for night vision, as it helps to produce a pigment called rhodopsin in the retina, which helps the eye detect low levels of light and allows us to see at night. As such, vitamin A deficiency is



known to cause night blindness.

However, beta-carotene is not the only carotenoid that contributes to healthy vision. Out of about 600 known carotenoids, 20 have been found circulating in human blood, and only two are found in the eye. They are lutein and zeaxanthin, which cannot be synthesized by the body and are primarily found in green leafy vegetables. Once consumed, these two carotenoids accumulate in the macula, the inner portion of the retina, which has a high concentration of photoreceptor (or light receptor) cells. The typical amount of lutein and zeaxanthin in the macula (called “macular pigment”) is quite low among Americans, due to low intake of leafy greens. The retina is the most metabolically active tissue in the body, and lutein and zeaxanthin provide antioxidant protection. Furthermore, macular pigment reduces glare and enhances contrast and visual acuity, and acts as a filter to protect the macula from blue light damage. Blue light is a part of visible light (and sunlight), and

electronic devices and energy-efficient lighting increase our exposure to it, especially in the evenings.

The idea that leafy greens benefit vision began to gain momentum about 20 years ago in research on age-related macular degeneration (AMD), a disease in which the photoreceptors in the macula are progressively damaged or lost, causing impaired vision. AMD is the leading cause of blindness worldwide. In 1994, a study on AMD found that higher total carotenoid intake was associated with lower risk of the disease, and lutein and zeaxanthin were the specific carotenoids most strongly associated with decreased risk. When looking at foods, higher intake of spinach and collard greens (rich sources of lutein and zeaxanthin) were also associated with decreased risk. More studies followed, many reporting that higher lutein and zeaxanthin intake was linked to lower AMD risk. Supplementation trials in AMD patients also reported increases in macular pigment (more lutein

and zeaxanthin in the macula) and improvement in visual performance.

These results sparked the marketing of eye health supplements containing lutein and zeaxanthin. However, previous findings on isolated carotenoid supplements should urge us to be cautious; several trials of beta-carotene supplements have reported an increased risk of lung cancer, cardiovascular disease, or overall mortality. This is an unacceptable risk for a nutrient we can easily get from foods, which have no risk. These nutritional benefits are also enhanced by accompanying phytonutrients in green vegetables that have further benefits to the entire body.

The typical American diet is dangerously low in leafy greens, and the average adult’s intake of lutein plus zeaxanthin from foods is a meager 1.5 mg per day. Just a single cup of cooked spinach or kale contains more than 20 mg of lutein plus zeaxanthin, and collards more than 14 mg; commercial vision supplements commonly contain 10-

20 mg of lutein plus two mg or less zeaxanthin. So, a healthful diet actually supplies more of these beneficial nutrients for the eye than supplements do, and of course leafy greens have several advantages over supplements, in particular a huge variety of additional carotenoids and other beneficial nutrients, with no risk of excess.

Dr. Fuhrman is a #1 New York Times best-selling author and a family physician specializing in lifestyle and nutritional medicine. His newest book, The End of Dieting, debunks the fake “science” of popular fad diets and offers an alternative to dieting that leads to permanent weight loss and excellent health. Visit his informative 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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Personal attacks and name calling in response to letters are uncalled for and unnecessary.

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