



Council meetings don't guarantee a back-and-forth, but they're still worth attending

BY JON STINNETT
The Cottage Grove Sentinel

As a communicator in Cottage Grove who works to bring the news and events of this community to its weekly newspaper, I commonly hear a lament from the public that their government is not often responsive to their needs and concerns. Similarly, the other side of the equation also holds true — local leaders researching an issue and the consequences of actions that could be taken to resolve it often feel that the public is not truly engaged in the process to the extent that it could be.



The situation illustrated itself during the Monday, Nov. 23 meeting of the Cottage Grove City Council, where, during a time devoted to public comment for items not on the evening's agenda, a group of citizens inquired as to why a flag is not flown at the Cottage Grove Library. Following their comments, many of these residents left the Council chambers, some seemingly disgusted with the lack of attention paid to their concerns, and in most cases long before City Manager Richard Meyers addressed the issue during an agenda item devoted to comments from the City Manager. By this time, several topics had been discussed in detail.

Meyers told the Council and all present that the City has been searching for a proper place to erect a flagpole at the Community Center for some time, particularly since a pole had been donated for that purpose back in 2007. Meyers said the City did not want to lose valuable parking spaces at the Community Center to accommodate a flagpole, and he added that, as the building was formerly a Safeway store, the City still does not know the schematics of the utilities that could be located under the parking lot. Discussion involved the possibility of a pole to be located in an adjacent courtyard, and Councilor Mike Fleck said he'd like to see that possibility revisited during the City's

budget process.

Still, the exchange, or lack of one, illustrated a key component that those who do not regularly attend Council meetings may not realize or find satisfying. Before the public comment period, Mayor Tom Munroe read (and always reads) a statement pointing out that the Council will not engage members of the public with regard to their comment on items not on the agenda that night but will take those comments under advisement. In short, this means that citizens who bring an issue they care about to the City Council can't expect a back-and-forth, human style discussion of that issue at the time they bring it forth.

It's not my place to defend or condemn this system or to lay blame on either side, but it's easy to understand why this isn't a perfect scenario, particularly among parties who need so badly to communicate and who (I believe) genuinely care about the future of this community. But as a regular attendee at Council meetings, I also believe that the members of this City Council are responsive to the concerns brought to them by their constituents. Or, as Mayor Munroe pointed out later, "You may not get what you want right now, but that doesn't mean we're not going to work on it."

In the end, it would be a sad thing if citizens who genuinely sought to become involved in the political process were put off of their desire to weigh in simply by the structure of meetings of the Cottage Grove City Council. It would also be wonderful to have more free-flowing, town hall-type meetings at which citizens could be heard and interact with their representatives.

Until the situation changes, however, I'd urge all involved to continue to examine the issues with an open mind and participate in the decision-making process whenever and however they can. In an imperfect system, it may also require persistence to see change through to its conclusion. Unfathomable sacrifices have been made throughout past generations to give us the right to be heard and to affect change, and we owe it to future generations to exercise those rights.

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

Cottage Grove Mayor Tom
Munroe: 942-5501.

**Cottage Grove City
Councilors:**

Mike Fleck, At Large:
942-7302

CONTACT YOUR ELECTED OFFICIALS

Heather Murphy, At Large:
942-3444

Jake Boone, Ward 1:
653-7413

Jeff Gowing, Ward 2:
942-1900

Garland Burbach, Ward 3:
942-4800

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

**Lane County
Commissioners:**

Faye Stewart, East Lane
Commissioner. Lane County
Public Service Building

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

**Oregon State House of
Representatives:**

Rep. Cedric Hayden (REP)
District: 7
900 Court Street NE
Suite H-379
Salem, OR 97301
Phone: (503) 986-1407
Fax: (503) 986-1130
Email: rep.cedrichayden@state.or.us

Offbeat Oregon History

The all-night municipal gunfight of the frontier town of Ione

BY FINN J.D. JOHN
For the Sentinel

Plenty of Oregon towns have been the scene of Old West-style gunfights during the frontier era, but very few of them have ever hosted one in which nearly everybody in the town participated.

The tiny town of Ione, in northern central Oregon, is one that has.

The occasion of Ione's experiment in mixing a gunfight with a block party ("two great tastes that taste great together?") was the arrival on the scene of a local troublemaker named Charles Earhart.

Earhart was well known to the citizens of Ione. At various times a wheat farmer and a saloonkeeper, he was also an ex-convict, having just been pardoned out of the joint six months earlier on charges stemming from a drunken shooting spree in Ione. He was one of those fellows who's perfectly nice until he takes a drink — but after that, watch out.

That night, his boilers were well stoked — and he was on the town to settle a score. Before his jail stretch, when he was keeping his saloon in town, he'd boarded with a woman named Mary Granger. He and Mrs. Granger apparently got along too well for the tastes of her husband. Whether there was anything to be jealous of or not is unknown, but Mr. Granger was confident enough in his conclusions that he moved out, taking the couple's two sons with him and leaving three daughters — ages 10, 13 and 14 — with her. The couple had a fourth daughter as well, who had married a man named Henry Clark and left the nest.

Months went by. Earhart went to prison, served a year and a half, was pardoned by the governor, and moved back to town. Mary Granger left her boarding-house business and took a job as manager of the Ione Hotel. And then, in late June of 2009, she offered Earhart a job

on her staff.

When news of this job offer reached the ears of Henry Clark and his wife, the two of them confronted Mary and demanded that she fire Earhart and remove her other daughters from his influence.

News of this interference reached Earhart's ears on Thursday, July 2. He apparently stewed on it for a day; but Friday night found him in a more proactive mood.

"Early Friday evening, Earhart began to tank up, and at dusk went down to the hotel conducted by Mrs. Granger," the Heppner Gazette reporter wrote. "Upon meeting the woman in front of the hotel on the sidewalk, a quarrel ensued. The quarrel, after reaching the warm stage, was taken up by Henry Clark."

Clark was, of course, just the man Earhart wanted to see, and he pulled a big knife out of his pocket with which to continue the conversation — escalating the imminent conflict from fists to knives. Clark responded by escalating things a bit more — with a revolver. Mary Granger jumped between the two men, trying to hold Clark, who fired over her shoulder at Earhart. Then, shaking free, he ran to the street and fired three more shots after the fast-retreating ex-con. All were clean misses.

But Earhart didn't scare that easy — not, at any rate, when drunk. Running to Walker's General Merchandise store, he kicked out the plate-glass front window and ducked into the building, making for the gun counter. He was looking for a Winchester rifle with which to continue the arms race with Clark.

Luckily for everyone involved, he couldn't find the rifles in the dark. But he did find a dandy double-barreled shotgun, and grabbing a couple boxes of shells (loaded, in another stroke of luck for all involved, with No. 1 birdshot) he headed for the door, bashing the lock off with the butt of the shotgun to let himself out. Then he struck out for Clark's

house.

Nobody was there. But on his way back to town, Earhart met Clark with another man. Leveling the shotgun at them, he ordered them to climb over a nearby fence, and as they did so, he pumped a charge of bird shot into Clark's back. Luckily for Clark, it didn't penetrate enough to inflict more than a painful flesh wound and knock him off the fence, where presumably he had the good sense to not move.

Meanwhile, Ione residents who'd seen or heard the burglary at Walker's store had reported the situation to the town marshal and sheriff's deputy. Soon virtually every man in Ione was excitedly (and, in most cases, drunkenly; after all, it was Friday night) hurrying home, arming himself, and presenting himself for service on a posse. The officers were gathering and instructing the excited members of the still-growing posse on the main street in town, apparently unaware that their quarry was sitting quietly on the steps of the drugstore next to a friend whom he'd forced at gunpoint to accompany him.

Finally, Earhart looked over at his friend, remarked that it was his turn to make a move and started up the street.

The movement caught someone's eye, and a shout went up from the posse: "Stop right there!" Earhart's reply was two quick blasts from the shotgun as he took to his heels, heading for the far side of a blacksmith's shop; the path before him was lighted by the muzzle flashes of at least a dozen posse members' rifles and pistols, but somehow none of the bullets hit him, although one did graze his back.

As he ran, Earhart tripped over an elderly hobo, who had spread his bedroll out between two houses. The hobo raised his head, trying to see what had happened — and a member of the posse, seeing him there and thinking

Please see **OFFBEAT**, Page 8A

Eight steps to reducing cholesterol naturally

BY JOEL FUHRMAN, MD
For the Sentinel

Almost 50 percent of American adults have total cholesterol levels above 200 mg/dl, placing them at risk for cardiovascular disease — elevated cholesterol is one of the most important



risk factors for heart disease. Elevated cholesterol is also associated with increased risk of several cancers.

A high-nutrient diet is by far the most effective method of reducing cholesterol while avoiding side effects. A dietary intervention study using my recommended eating style found that LDL cholesterol was reduced by 33 percent in just six weeks. Similar six-week interventions using low-fat vegetarian, Mediterranean or other diets have not been nearly as ef-

fective.

Statin drugs are also not as effective for reducing cholesterol as an excellent diet coupled with exercise. After six weeks of taking cholesterol-lowering statin medications, cholesterol levels decreased by 26 percent — almost as much as a high nutrient diet, but statins have harmful side effects compared to the healthful benefits of a high nutrient diet. Statins are associated with liver dysfunction, acute renal failure, cataracts, diabetes and impaired muscle function. In contrast, not only will a high nutrient diet lower cholesterol, it will also decrease heart disease risk by improving other factors such as glucose levels, blood pressure, inflammation and body weight.

The safest and healthiest strategy for reducing cholesterol and preventing future heart attacks and strokes starts with eating a high nutrient, vegetable-based diet with plenty of raw and cooked vegetables. In particular, follow these eight simple rules to maintain healthy cholesterol levels and to protect against heart disease:

1. Eat at least one cup of beans every day. Beans are packed with resistant starch, soluble fiber and phytochemicals, which help to lower cholesterol — a pooled analysis of 10 trials found that consuming beans regularly significantly reduced total and LDL cholesterol. Plus, a 19-year study found that people who eat beans at least four times a week have a 22 percent lower risk of heart disease than those who eat beans less than once a week.

2. Eat at least one ounce of raw nuts and seeds daily. When eaten regularly, nuts not only reduce total and LDL cholesterol but also aid in weight control, reduce the glycemic load of the diet, and they reduce heart disease risk by 35 percent. Nuts and seeds have a variety of heart healthy nutrients, including plant sterols, antioxidants, minerals, and arginine. Include walnuts in your diet for their omega-3 and other heart protective benefits.

3. Eat one large green salad each day, and include raw onion. Higher leafy green and cruciferous vegetable intake is linked to lower risk of heart disease.

ease.

4. Eat steamed green vegetables with every lunch and dinner. Recent research suggests that phytochemicals from green vegetables can turn on the body's natural antioxidant and anti-inflammatory protection mechanisms.

5. Include tomatoes/tomato sauce, berries and/or pomegranate in your diet daily. The antioxidants in berries and pomegranates, such as anthocyanins and punicalagin, are especially effective in improving both LDL and HDL cholesterol. Many observational studies have made a connection between higher blood lycopene (the signature carotenoid of the tomato) and lower risk of heart attack.

6. Have 1 Tbsp. of ground flax or chia seeds plus a DHA supplement each day. Flaxseeds contain the beneficial omega-3 ALA, lignans, flavonoids, sterols and fiber. Clinical trials show that daily flaxseed consumption reduces total cholesterol by 6-11 percent. Chia seeds are also rich in ALA and fiber, and taking a DHA sup-

plement ensures adequacy of long-chain omega-3 fatty acids, because conversion of ALA to DHA and EPA varies greatly among individuals.

7. Avoid refined carbohydrates and added oils. Processed foods are full of these calorie-dense, nutrient-poor ingredients that promote weight gain and increase heart disease risk.

8. Minimize animal products to less than five percent of total calories per week. If you have heart disease or significantly high cholesterol, avoid animal products altogether. Higher animal product consumption is linked to increased heart disease risk.

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.

Cottage Grove Sentinel

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

ADMINISTRATION:
JOHN BARTLETT, Regional Publisher.....
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 • cgnews@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 • legal@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.