



## LETTERS TO THE EDITOR

## No incentive to conserve Carolers brought joy

A couple years ago our water bills seemed quite high. The bill for August was the highest of the year, so I decided to really cut down on our water usage and see if I could lower the bill (and we never water our lawn, so it's not like we'd been using a lot of water anyway).

The bill for September was still exorbitant, but I figured the lag time between the meter being read and the bill being sent must've accounted for such a high bill. By October, however, our usage had shrunk by 85 percent...yet our bill only shrunk by 15 percent. Think about that.

I went down to City Hall and asked why this was so. The woman behind the counter explained to me that the majority of our water bill has "nothing to do with water usage." Think about that, too. Instead, she said, most of the bill was generated by fees.

What does all this mean? It means there is absolutely zero incentive to conserve water here in Cottage Grove. In an era of repetitive droughts, this is simply irresponsible. It also means the City has an unfair monopoly on this particular utility and, like monopolists everywhere, they can raise their prices as much as they like.

It's time to de-regulate the city's monopoly.

Matt Emrich  
Cottage Grove

My husband and I want to thank the City of Cottage Grove and whoever was involved with the "Roving Bus of Carolers" that were driving and singing past our house on Saturday, Dec. 5!!! They were so fun and gave us so much joy and good spirits!

We just moved here in July, and we couldn't be more welcomed or thankful for our new neighbors and friends here in Cottage Grove.

There have been many events and festivals downtown and each one is better than the previous one. The carolers were spectacular! Thanks so very much to all the local volunteers and civic and corporate and faith-based good souls in our lovely little town of Cottage Grove. We tip our hats to you all! Bless you!

Judy and Steve Palmer  
Cottage Grove

P.S. The Sentinel is such a lovely newspaper as well. Very well done.

*Editor's Note: A block party organized by the CG Faith Center drew dozens of carolers downtown on Dec. 5.*



## Offbeat Oregon History

*Cockiness, incompetence and a labor strike led to deadly shipwreck*

BY FINN J.D. JOHN  
For the Sentinel

Back in the 1920s, labor action on the waterfront was a notoriously violent thing. Strikers and strikebreakers, goon squads and "Special Policemen," hard-punching union longshoremen and hard-charging shipping magnates, all made for plenty of black eyes, bloody noses and even whizzing bullets when the two sides locked horns on the decks and wharfs.

By those standards, the International Seamen's Union strike of 1921 was a mild affair. It kicked off on May 1 and barely lasted two months. In retrospect, the union was crazy for picking that particular time to strike. The market was flooded with unemployed seamen laid off after the First World War, and there was a recession on, so many of them were desperate for work. Breaking the strike was easy: The owners simply opened a new non-union hiring hall, staffed all the vacant positions, and were back up and running in a week or two. After that, the union was broken, and it was simply a matter of waiting for them to give up and admit defeat.

The strike may have generated a few fistfights, but no strikers or strikebreakers were killed or even badly hurt.

But if you asked certain people in early August, a few weeks after the strike was settled, they'd tell you there were people killed as a result of it. There were, they'd assure you, at least 42 of them, drowned or burned or blown apart as a direct result of that strike — although they'd admit they couldn't prove anything.

You see, when the strike broke out, the companies had hired whoever was available for open positions as strikebreakers. These strikebreakers were rewarded by being kept on in their positions after the union was broken — as seemed only fair; after all, no union would hire them after they'd been "scabs."

But all of them were rookies; many may have been crewmembers on ships during the war, but all were brand-new to the ships they were on now, and there were no seasoned veterans to help them get acclimated. Some of them had served on sailing ships during the war and didn't know their way around a

steamer. Others had been longshoremen or coal-heavers and were now trying to learn more complex jobs. And still others of them were just not very competent at anything, and would never have been considered for their jobs had the companies not been desperate to break the strike. Together they made for ship crews that were barely adequate at the best of times — and worse than inadequate at the worst.

The evidence for this viewpoint is circumstantial, but pretty strong nonetheless. And it has a name: The S.S. Alaska.

The Alaska was a 3,700-ton iron passenger liner, 327 feet long, built in 1889 in Pennsylvania. She had been reliably making the Portland-San Francisco-Los Angeles run for about a decade for the San Francisco and Portland Steamship Company. But until the strike, she had always been operated by a competent crew of veteran seamen.

On her final run, the Alaska left Portland on Aug. 5, 1921, just a week or two after the strike was settled. According to passenger Edgar Horner, it became clear pretty early on that her crew was green as grass.

"It seemed to me at the time that they had a lot of inexperienced men aboard, young kids who couldn't handle the ropes, etc., and they had a difficult time trying to dock the ship at Astoria to take on more passengers and freight," Horner wrote in a long letter to his fam-

ily a week or so later. "When they cast loose to leave, they tore away several feet of the bulwarks on the forward part of the portside boat deck, and the ship swung in on the stern and struck the dock, tearing off some planking and piles."

It wasn't exactly a good omen for the voyage. But Horner thought little of it at the time.

He recalled it vividly about 24 hours later, though, when — while charging blindly along through a thick fog at her maximum speed of 15 knots — the Alaska abruptly slammed into one of the rocks that extend out from Cape Mendocino in northern California.

When this happened, Horner was in the social hall on the main deck. "I could feel the plates being ripped off the bottom," he wrote. "It left no question in my mind what was the matter."

Immediately the steward raced out of the room, leaving the passengers there in shocked confusion.

Horner and other male passengers then ran out onto the already-tilting deck to help the youthful, bumbling crewmembers struggling with the obviously unfamiliar mechanisms of the lifeboats. By the time they were ready to launch them, the ship was listing hard, and the boats were dangling way out from the sides of the ship as they were lowered away. Two of them capsized when they hit the water, spilling the passengers into the sea.

Horner worked to get as many others off the boat as he could in the half-hour it took for the ship to fill and sink. When the water hit the boiler, he was startled by a massive explosion; the greenhorn engineering crew had neglected to release the boiler pressure, and the thermal shock of the icy seawater on the superheated boiler had caused it to rupture, killing several people outright and hurling others into the sea.

The ship soon sank out from beneath Horner's feet, and he spent the entire night shivering in the water, clinging to wreckage. Every few minutes he'd hear a foghorn ring out from the lightship whose warnings the Alaska's officers had apparently ignored as they charged along, supremely confident that they were safely three miles off shore.

The next day, the Portland Morning Oregonian carried a front-page account of the wreck. Reporters followed their usual routine in reporting such stories, looking for the inspiring tales of heroism to balance out the tragedy and interviewing the ship's officers to learn what happened. Second Officer E.D. Dupree must have raised more than one old salt's eyebrows when he blamed the wreck on an "uncharted current" which had supposedly drifted the ship three miles farther shoreward than had been thought. When the first officer praised the engineering crew for keeping steam

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## Celery, peppers and parsley fight colon cancer

BY JOEL FUHRMAN, MD  
For the Sentinel

Flavonoids are a class of antioxidant molecules found ubiquitously in plant foods, with certain classes of flavonoids concentrated



in certain foods. For example anthocyanins in berries, isoflavones in soybeans, flavonones in citrus fruits, and catechins in tea, grapes and berries; flavanols are the most common flavonoids found many plant foods. Fruits and vegetables are known to be protective against colon cancer, and these effects are thought to be due in part to flavonoids; in addition to their antioxidant activities, flavonoids have additional protective

effects in the cell. Because of insufficient fruit and vegetable intake in Western societies, dietary flavonoid intake is low and most people are unfortunately not reaping the valuable health benefits of flavonoids.

Luteolin is a flavonoid that is abundant in celery, peppers, kohlrabi, and culinary herbs like oregano and parsley. Luteolin has documented anti-inflammatory and antioxidant properties. Luteolin has also been shown to interfere with various stages of carcinogenesis in a number of different types of cancer cells. One study has found that luteolin blocks the growth of human colon cancer cells by interfering with a growth-stimulating hormone called insulin-like growth factor 1 (IGF-1). IGF-1 is one of the body's important growth promoters early in life, but excess IGF-1 promotes cancer and aging later in life. When human colon cancer cells were treated with luteolin, the cancer cells no longer responded to IGF-1's growth signals.

IGF-1 is increased in several cancers, circulating in the blood and in affected tissues. In fact, cancer drugs targeting IGF-1

have been developed. Elevated IGF-1 is associated with elevated risk of several cancers, and stimulates the rampant growth that is characteristic of cancer.

The major determinant of IGF-1 levels is dietary protein, especially animal protein; a diet heavy in meat and dairy products strongly elevates IGF-1, and refined carbohydrates like sugar and white flour also contribute. Essentially, the standard American diet is an IGF-1-raising diet. One important message here is that eating more whole plant foods and fewer animal products and processed foods tips the balance toward lower IGF-1 levels, and therefore protection against cancers. Additionally, eating a variety of plant foods provides us with a variety of phytochemicals, for which more and more health benefits are revealed as time goes on. Celery, parsley, and peppers are rich sources of luteolin plus hundreds of other phytochemicals. For example, celery contains aromatase inhibitors, which protect against breast cancer by suppressing the production of estrogen. Other plant foods are rich in additional flavonoids and other

phytochemicals; when we eat a variety of colorful plant foods, these thousands of phytochemicals work synergistically in our bodies to protect our health.

This simple, refreshing salad recipe combines the three richest sources of luteolin plus cruciferous leafy green kale and red onion for a big boost of anti-cancer compounds.

### Chopped vegetable salad with orange sesame dressing

Salad:  
2 carrots, chopped  
3 organic celery stalks, chopped  
1 bunch of parsley  
1 red pepper, chopped  
3 kale leaves, chopped  
1 red onion, chopped  
1 15-ounce can no-salt garbanzo beans, drained

Dressing:  
1/4 cup unhulled sesame seeds, divided  
1/4 cup raw cashew nuts or 1/8 cup raw cashew butter

1/2 cup orange juice  
2 tablespoons Dr. Fuhrman's Riesling Reserve Vinegar or balsamic vinegar  
2 oranges, peeled and diced

Instructions:  
Combine the salad ingredients in a large bowl and toss. Toast the sesame seeds in a dry skillet over medium-high heat for 3 minutes, shaking the pan frequently. In a high-powered blender, combine 2 tablespoons of the sesame seeds, cashews, orange juice, and vinegar. Toss salad with dressing and diced oranges. Sprinkle the remaining sesame seeds on top.

*Dr. Fuhrman is a #1 New York Times bestselling author and board certified family physician specializing in lifestyle and nutritional medicine. His newest book Super Immunity discusses how to naturally strengthen the immune system against everything from the common cold to cancer. 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).*

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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.

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