



LETTERS TO THE EDITOR

Availability's an issue

In the Dec. 16 issue there was an article re: Safe Haven hoping to create a sober living facility in the area. I wish them well.

But we all need to take a hard look at the source of the problem — the easy availability, and what can be done about that.

Consider how many outlets in Cottage Grove and the surrounding area have some type of alcohol or other mind-altering substance available.

Several restaurants
The big box stores
The liquor store
Several taverns
Many corner markets
The new "brew houses"
Vineyards
Lodges
Several marijuana dispensaries

How many places to get alcohol and drugs do we need? The population inside city limits is just under 10,000. Considering the surrounding area, we probably serve 25,000-30,000 in population. Why does our population drive the demand for so many outlets for alcohol?

How many AA meetings occur in Cottage Grove?

On one hand, we try to help people stop the abuse of too much alcohol, and on the other hand, we make it extremely easy to acquire.

If Safe Haven succeeds, there will be a safe place and support

for those trying to break the addiction/habit. How do we prevent people from getting the addiction/habit in the first place?

Janetta Overholser
Cottage Grove

Row River Trail 'improvements'

While cycling into town on Monday, Dec. 14 on the Row River Trail, I was dismayed to find the new tunnel under Row River Road to be flooded by over a foot of water. Ever since the tunnel was first proposed, I was concerned about the potential for flooding. The very first thing I did when the tunnel was opened was to look at how it was drained. To me it seemed obvious that the drainage would be inadequate. Now that it has indeed flooded I am left wondering where all this water is going to go and how long it may take for the tunnel to be passable again.

In addition to this problem is the issue of the automatic sensors at the road crossings, which are intended to trigger flashing crosswalk signs to alert oncoming motorists of pedestrians and/or cyclists in the roadway. In the hundred or so times I have cycled passed these sensors they have worked on only six occasions (four of those times I was pulling a trailer). Even though they beep at me as I pass by, they do not trigger the flashing

crosswalk signs, and no motorists are alerted of my presence. Why this is I do not know, perhaps I do not pass these sensors at a slow enough speed?

I have been commuting back and forth on the Row River Trail three to five times a week since 2003. In those 13 years, which I calculate to roughly 5000 crossings at each location, I have never had an incident with a motorist. Even though "improvements" have been made, I still follow the guidance of my mother, which is to look both ways — twice — before crossing the road.

James Taylor
Cottage Grove

A welcome shot of joy

The Sentinel deserves congratulations for the photo page in the Dec. 16 issue.

As the world situation becomes darker and our own country sinking into more confusion, foolishness and hate, we have proof that all is not lost. It has been revealed to our town that Jim Kness is the real Santa Claus.

At the Bookmine cultural center, coffee shop, bookstore and a source of free condoms, a regular round of the Grove's more rational citizens gather almost daily to discuss the world situation and possible courses of action that can be taken locally to



make our world a better place. The de facto leader of these discussions is Jim Kness.

With his long lifetime of experience he does tend to spin a tale or two. These discussions tend to be quite serious and it takes a lot of thought to suss out the threads of reality. Of course by then many hours have gone by and your day is shot. Nonetheless, Jim is held with great respect throughout our unique town. In fact, he is so unique that the word cannot be used in any other context.

Moving right along, on one

of Jim's ventures into the halls of wisdom, knowledge and coffee, yielded quite the little joke. Gail Hoelzle, the decades long proprietress of this foundation of Cottage Grove, offered a warm pullover to Jim. She did neglect to inform him that this was no ordinary pullover, but a Santa suit. As he was putting it on Mary spilled the beans. We held our collective apprehensive breath. We feared that this pillar of conspiracy theories and overall seriousness would shed this fine wardrobe. To our relief he was delighted and was proud

to wear it. Before this fleeting and historic moment passed we were blessed by the presence of a photographer. Thus this unique, priceless and rare collector's item was presented in the Sentinel. Folks are encouraged to purchase extra copies and send them to relatives and friends worldwide to prove that Cottage Grove continues to be a beacon of hope and humanity.

Steve Thoemmes
Cottage Grove

Offbeat Oregon History

Collection of "history hoarder" is a priceless treasure today

BY FINN J.D. JOHN
For the Sentinel

If you were to start asking local historians, asking them who the most influential Oregon historians of the 19th century were, there would be several names you would hear over and over.

You'd hear Frances Fuller Victor mentioned the most; the "Mother of Oregon History" is certainly the most famous, despite Hubert Howe Bancroft's efforts to pass off her work as his own. And you might hear a mention or two of Oregonian editor Harvey Scott — although really, Scott was more of a propagandist than a historian, and would never be caught passing on a tale that reflected poorly on the state or contradicted the heroic "Oregon story."

But the name you'd be least likely to recognize is that of a failed printer, amateur historian and compulsive collector from Portland: George Henry Himes.

George Himes is best known as the curator of the Oregon Historical Society, a position he held from 1915 until his death in 1940. That's because it was during that time that it became clear to anyone interested in state history what he had done for the state. For decades he had been, you might say, a hoarder — but a hoarder with a purpose, and a hoarder of a very specific type of material. And he left his hoard as his legacy to his adopted home state: a massive collection of things — documents, books, maps, photographs and physical artifacts — that forms the foundation of the Oregon Historical Society's collections today.

In doing so, Himes helped set a tone for how history would be done in Oregon — a tone that draws as much from the journalist's toolkit, and the amateur antiquarian's, as it does from the professional academic historian's.

George Henry Himes was born near Troy, Pennsylvania, in 1844, and emigrated on the Oregon Trail nine years

later. They settled in the town of Lacey, up in what's now Washington, and when he was 17, young George got his start as an apprentice printer to a newspaper publisher.

Himes made his way to Portland in 1864 and took a job setting type on the Portland Morning Oregonian; his hand set the type in the Oregonian that announced the assassination of Abraham Lincoln the following year. This was probably about the time he adopted his lifelong habit of historical scrapbooking and collecting, saving clippings and artifacts of contemporary historical events — forming the nucleus of the collection that he would one day bequeath to OHS.

By 1870, Himes had his own printing company, which he somewhat unimaginatively named "Himes the Printer." He'd met and married a woman named Anna Riggs, and the two of them were getting started on building a family that would eventually include 11 children.

But by 1873, Himes was already worrying about the obscurity that would soon fall upon the stories of the pioneers who had braved the Oregon Trail 20 years before. As the city around him grew in size and opulence, he worried that their stories would be lost. And, of course, being one of their

number himself, he took that prospect rather personally.

So with several other Oregon Trail veterans, he formed the Oregon Pioneer Association.

The OPA was more of a fraternal organization-cum-public-relations outfit than a true historical society. Over the years, it staged parades and banquets, sponsored lectures and shows, and published books and articles, all of which were at pains to preserve the pioneers' stories (and, a professional academic historian might remark, perhaps also to reshape and mythologize them just a bit).

But the OPA was, until the Oregon Historical Society was formed in 1900, the organization most in control of the narrative of Oregon history. And, backed up by Himes' already-huge-and-growing collection, it was growing to resemble a historical society more and more.

Himes the Printer, during this time, made a name for himself as a publisher of Pioneer Association items and other poorly-selling nuggets of Oregon history, as well as several volumes of Joaquin Miller's poetry. A lifelong Congregationalist, he was also a hardcore temperance man; when, in 1874, Frances Fuller Victor published the story of

the temperance riots ("The Women's War with Whiskey; or, Crusading in Portland"), Himes was the publisher.

But Himes never was much of a businessman. As a publisher, his knack for seeing the significance of historical events as they happened was a real hindrance. Nobody wanted to read "The History of the Willamette Valley" when it was published in 1885, because that history was just a couple dozen years old and most valley residents already knew it. Similar bad decisions kept his business perpetually tottering. And it didn't help that the lion's share of his labor and time and attention were all taken up with adding to his collections, conducting oral-history interviews with aging pioneers and volunteering on OPA events.

By 1898, though, it was clear that unless OPA was willing to open its membership to non-pioneers, something new was needed. So Himes, together with Oregonian editor Harvey Scott and University of Oregon professor Frederic G. Young and others, formed and incorporated the Oregon Historical Society — the first of its kind on the West Coast. (The California Historical Society claims 1871 as a birth date,

Please see **OFFBEAT**, Page 10A

Is chocolate heart healthy?

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 associ-

ated with reduced risk of heart disease and stroke. Cocoa and dark chocolate have been investigated as

a treatment 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 cocoa) 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 follow 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!

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. Submit your

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.

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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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