



# OPINION

## LETTERS TO THE EDITOR

### The River Road Raceway

Has anyone noticed the traffic on River Road between West Main Street and Woodson Place? It seems to be a particular favorite of mindless drivers or folks considering that their schedules are more important than public safety, the daycare center or anyone else getting in their way.

I use this section of roadway multiple times every day. It never ceases to amaze me seeing cars maintaining their current speed as they blow through the school zone. It is not that the school zone does not have signs. When most of the children are leaving for home there are plastic models of kids on both sidewalks cautioning the drivers that there are little people crossing the road to be with their parents. Seemingly little people mean little to the drivers on River Road. Isn't it obvious that these drivers have important business to attend to, phone calls that they must answer, radio dials to be adjusted, make-up to be applied?

On the evening of Dec. 20, a woman driver headed south on River Road struck a fawn just past the daycare center. If the driver had been following the speed limit, this accident

may have been averted. Instead, she stopped, put on her hazards and had her headlights on the fawn, who was down on her front legs, frozen by the injury and lights. It was a sight that will never disappear from my mind — an injured young animal. From carelessness. Only to be dispatched by whatever law enforcement arrives. What a waste. But animal life scores low here.

Sadly, people here will never learn. Until it is a pre-schooler who is hit. Then the local politicians will say that their "hearts and prayers" are with the parents. A lot of good that does. No action will be taken other than a small fundraiser for the parents. Time will forget. Not the parents. A sad article or obituary will appear in the paper. Then River Road from West Main Street to Highway 99 will return to the slalom course of motorist enthusiasts. The drivers on that road will hardly be bothered by it.

How did we become so unfeeling for anything outside of our own existence?

This is a serious matter. Perhaps there are folks out there who give a damn.

Stephen Thoemmes  
Cottage Grove



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## Offbeat Oregon History

Governor Charles Martin tried to run Oregon like an Army base

BY FINN J.D. JOHN  
For the Sentinel

It was the morning of Oct. 1, 1938. At the ceremonial dedication of the new Oregon state capitol building. Following several dedicatory speeches (including one by President Franklin D. Roosevelt), the ribbon was cut and the crowd outside invited to come inside and have a look.

But as the crowd moved forward, those at the front found themselves up against a door stuck shut. The crowd of Oregonians found itself packed tightly against the door.

Then a voice rang out, strident and harsh and full of authority. It was the governor of Oregon, Major General Charles Henry Martin, and if he'd been in his dress uniform he would probably have had his sword out whacking people with the flat of its blade.

"Get back, you bastards!" he roared.

"It was just like a blowtorch," former Oregon Senator Mark Hatfield told historian Gary Murrell. "The people fell back."

This surely wasn't the only case of a governor cursing at his constituents. But it may very well have been the only case of one doing so a month before a hotly contested election, and in the presence of a sitting President of the United States.

But by 1938, General Martin probably felt like cursing at people. In the previous four years, the arrogance and stubbornness that had served him well in the Army and in the U.S. House of Representatives had earned him a bevy of personal enemies working tirelessly for his downfall. His Army life had conditioned him to regard such opposition as insubordination at best (and, at worst, treason), and he reacted to nearly every sign of opposition as if it were an existential threat to democracy. And the gathering clouds of his paranoia were increasingly keeping him out of touch with reality. In the end, he would not win a second term as governor, and President Roosevelt himself would intervene to see to it that he did not.

When Charles F. Martin retired from the United States Army in 1927, he was in his mid-60s and still a vig-

orous and powerful man. He had no intention of retiring to the Arlington Club to sip drinks by the fireplace and swap war stories. So, after a couple years spent getting his family real-estate development business in order, he put his hat in the ring for Oregon's third Congressional district, against incumbent Franklin Korell, and won.

Martin, as a Congressman, turned out to be remarkably effective. The highlight of his one-term service there was getting the Bonneville Dam built. He and Sen. Charles McNary overcame President Roosevelt's diffidence and Interior Secretary Harold Ickes' active opposition to do get the project green-lighted.

In so doing, though, Martin set in motion the forces that would lead to his downfall, and to the temporary destruction of his political party in Oregon. At the time, there were two opposing philosophies about government power projects like Bonneville. One side saw the dam as a nice source of power for aluminum plants and other power-hungry industries and for private electric utilities, which could buy its power cheap and resell it dear to their customers.

The other side wanted the dam's power to be available to all wholesale buyers, so that they could form public electrical co-ops, buying power from Bonneville and using it to compete with the private utilities.

As for Martin, his loyalties were never in doubt. "The power that the government will develop at Bonneville is not intended to force down the rates of existing power companies," he said, in 1933. "This power is intended for the great chemical and metallurgical reduction plants whose first consideration is cheap power and an inexhaustible supply."

Martin's leading political adviser and confidant was none other than former Governor Oswald West. West is mostly remembered today for his youthful idealism as the young state governor who saved the state beaches for public access back in 1913. But by 1930 West had matured into a rather less lovable character — a furtive, mendacious Democratic Party leader who was at the same time a lobbyist for Portland General Electric.

PGE, of course, was delighted at the prospect of buying cheap hydroelectric power from the new Bonneville Dam, but the company had no intention of voluntarily passing those savings on to its customers. So PGE must have been quite pleased that the congressman who got Bonneville built was virtually in the pocket of its chief lobbyist.

It would be this fight, as much as or more than his squabbles with labor leaders, that would destroy Martin's legacy as a governor.

Martin was elected to the state's top

job in 1934 and almost immediately set about making most of the people who'd voted for him regret having done so. He'd campaigned as a New Deal Democrat, but it quickly became clear that that had been a pose struck to sucker voters into giving him power. He dropped the mask almost immediately. Throughout his term, Martin was a fierce opponent of any government policy that might result in individual citizens getting anything from the government: Social Security, welfare relief, disability relief, the works. In other words, he was the New Deal's fiercest opponent.

In 1936, the unemployment rate having fallen from roughly 20 to 18 percent in the previous year, Martin issued a gubernatorial proclamation declaring the Great Depression over — wishing it away, essentially — and told the federal government to keep its relief funds out of his state.

"There is no need why anyone willing to work cannot find it in this state with crops to be harvested," he ranted. Oregon was supporting too many "loafers and chiselers," he said.

"I am trying to teach our people to show the courage and fortitude of good soldiers," he wrote in 1935. "Democratic nations have lost their moral force through pampering their people."

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## Soup – A high-nutrient diet essential

BY JOEL FUHRMAN, MD  
For the Sentinel

Soups, along with salads, are an essential part of my high-nutrient (Nutritarian) diet, and



for good reason. Vegetable and bean soups and stews are nutrient-rich, flavorful and easy to prepare. They can be served as a complement to a meal or as the centerpiece. Soups can easily be cooked in bulk to provide several days' worth of leftovers, convenient to have on hand at home or to take along to work or school. Soups and stews are warming, satisfying and satiating and can widen your nutri-

ent diversity. They can be made from a variety of fresh, frozen or even leftover ingredients and allow for experimentation in a pot, pressure cooker, slow cooker or even right in a Vitamix or other high-powered blender.

Since soups are gently cooked with a liquid base, nutrients are retained and some are made more absorbable. Many nutrients, like folate, other B vitamins, vitamin C and a range of minerals, are water-soluble. Normally, with water-based cooking, like boiling, water-soluble nutrients are leached into the cooking water and discarded. However, with soups, the liquid and the water-soluble nutrients are retained and consumed.

Cooking soup heats, moisturizes, and softens vegetables and beans, which dramatically increases the potential digestibility and absorption of the nutritious compounds contained within them. Recent studies confirm that the body absorbs more of the beneficial anti-cancer compounds, carotenoids in particular, especially lutein and lycopene, from cooked vegetables as compared to raw

vegetables. Scientists speculate that the increase in absorption of these antioxidants after cooking may be attributed to the destruction of the cell matrix or connective bands to which these compounds are bound.

Additionally, cooking vegetables in soups breaks down the cellulose within them and alters the plants' cell structures, which facilitates digestion. This way of cooking also prevents foods from browning and forming toxic compounds, like acrylamide, which is formed in dry, high-temperature cooking, like baking, frying, and grilling, and is a potential carcinogen or cancer-causing agent.

For superior nutrition, become an expert at making great soups.

Make your soups with some of the G-BOMBS, like greens, beans, onions, and mushrooms, which are some of the most nutritious foods on the planet and combine so well in a big pot for a super nutritious and savory meal!

Start your soups with a base of water, heating on the stove with your dried beans, as they take

the longest to cook. Then add the fresh vegetable juice, like carrot, celery or tomato juice or a no-salt-added vegetable broth.

Then, add a bit of liquid to the blender, to blend the onions, leeks or other members of the Allium family and your cruciferous leafy green vegetables into a smooth purée. Always include some cruciferous vegetables into the mix, such as kale, mustard greens, collards, bok choy or cabbage. Blending them before adding them to the pot forms organosulfur compounds in the onions and isothiocyanates (ITCs) in the cruciferous vegetables, which are powerful disease-fighting phytochemicals. Then you can chop other vegetables that you have on hand, and add them into the pot, with some herbs, spices like parsley, turmeric and black pepper or even lemon. To make a creamier soup and add another layer of flavor, you can blend some nuts into the soup.

See my book, *The Eat to Live Cookbook* for a full list of soup and stew "mix and match" ingredients and recipes. Read more about organosulfur compounds

and ITCs in chapter 4 of "The End of Dieting." Try the Member Center Recipe Guide sample soup recipes, Tomato Bisque or Black Forest Cream of Mushroom Soup. I recommend you cook a large pot of soup at least once a week and store leftovers in individual containers. Soups can keep well in the refrigerator for 5 days or longer in the freezer.

Soup's on! Quick, hot, tasty and nutrient dense—soups in all of their varieties are a great way to experience the pleasures of the Nutritarian diet.

*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 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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