



## LETTERS TO THE EDITOR

## Re: Pet fatality

We as a Humane Society Board would like to have a follow-up story on what happened to the person who killed an innocent creature (a small dog being walked on its leash) and almost hit a pedestrian in a crosswalk (who was crossing when he was supposed to).

The person who did this, we read, was "not licensed, not insured and not documented". Will this person be only fined, or will he serve time or be deported? Or just let go with a warning to possibly kill again? Please follow up on the outcome of this, as we would like to know.

Janetta Overholser, Board President  
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Carla Williams  
Sella Libby  
Humane Society of Cottage Grove Board of Directors

*Editor's Note: Interim Police Chief Scott Shepherd told the Sentinel on Monday that Ruben Calmo-Perez, 42, of Cottage Grove struck and killed a dog being walked by its owner at the Sixth Street/Main Street intersection at about 2:46 p.m. on Thursday, Dec. 31. The dog and owner, Pepper and Steve Thoemmes of Cottage Grove, were taken to Forest Valley Veterinary Clinic following the incident, though Shepherd said Pepper passed away en route to the vet.*

*According to Shepherd, Calmo-Perez received citations for Failure to Stop for a Pedestrian and Operating Without Privilege or Endorsement (operating a vehicle without a valid Oregon Drivers License.)*

## Greetings from Illinois

The fourth-grade class at Aviston Elementary, located in southern Illinois, is learning about the United States and the different

environments, climates, resources and highlights found in each region. The kids in the class think it would be fun to receive postcards, souvenirs, resources or any information about our great country from each of the 50 states.

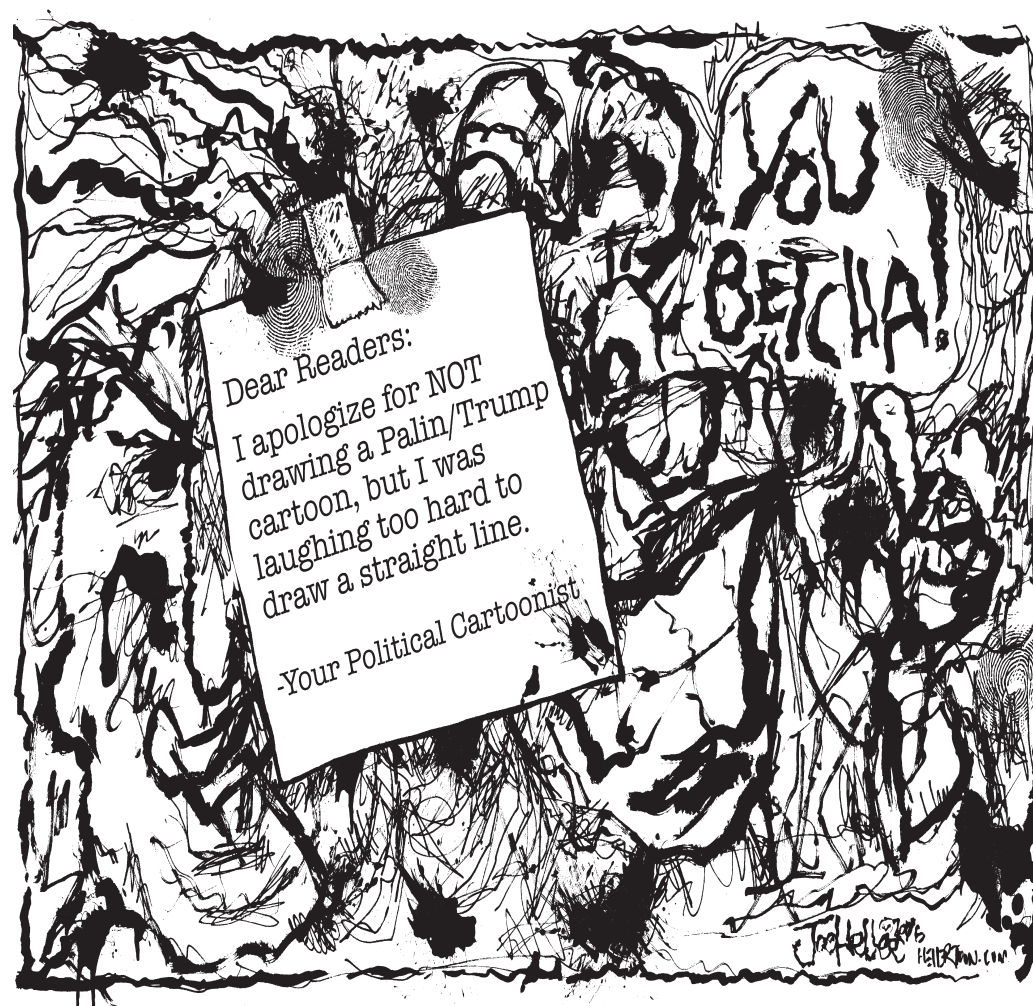
We hope that people who read this letter will be interested in mailing our class items pertaining to their state.

Our address: 4th Grade at Aviston Elementary, 350 S. Hull St., Aviston, IL 62216

A sincere "thank you" to anyone who is able to contribute! We appreciate the excitement you will add to our learning experience.

Mrs. Niemeier  
and all her students

**Cottage Grove Sentinel**  
Our Community Newspaper  
— since 1889 —



## Offbeat Oregon History

Bizarre scientific dinosaur "bone wars" barely touched Oregon

BY FINN J.D. JOHN  
For the Sentinel

Throughout the 20-year personal vendetta known jocosely today as "The Bone Wars," Oregon was never more than a minor theater of operations. For the most part, the two cowboy-paleontologists whose mutual grudge drove all the drama left the fieldwork and exploration in the Beaver State to teams they'd hired, so that the Great Men could concentrate on states with actual dinosaur bones to find.

One of the Bone Warriors did come to Oregon with an exploratory team, though, just a few months before hostilities broke out. And by the time he'd departed, he'd left enough of an impression on local scientists that the subsequent fireworks probably came as little surprise.

The Bone Warrior who came to Oregon did so on at the end of an expedition in the summer of 1871 at the head

of a team of scientists from Yale University. He was Othniel Charles Marsh, a proud, taciturn man with a full beard and intense, glaring eyes, referred to reverently by the students in his party as "Prof." Marsh's increasingly bitter feud with colleague Edmund Drinker Cope would not develop until some time after his Oregon visit, but locals did get a glimpse or two of the personality traits that would drive Marsh's contribution to that feud.

The early beginnings of the Bone Wars were already in place in 1871, and although they hadn't flowered into full hostility yet, they were well enough along. Marsh and Cope had met in Berlin in 1863. They'd gotten along reasonably well together, but each subtly looked down on the other from the start. The 1860s were the time when science was passing out of being something a gentleman of leisure did to occupy his time (as in the cases of patrician-scientists like Charles Darwin and Benjamin

Franklin) to a calling one trained for professionally at a university (as did Albert Einstein, Marie Curie and pretty much every other scientist since).

The well-born Cope came from the older (and dying) tradition of "gentleman-scientists," who saw university-trained scientists like Marsh as a lesser breed — not true gentlemen, but merely technicians who didn't know their places. Marsh, in turn, represented the new university-trained cohort, which saw the older generation as ignorant, arrogant dabblers lacking the professional training to do good work.

This mutual contempt started flowering into trouble almost immediately after they came back to the U.S. Cope had introduced Marsh to the owner of a marl pit where a particularly interesting dinosaur skeleton had been found; Marsh then went behind Cope's back and made a deal with the pit's owner to send any future fossil finds directly to him. Then Cope made a major error in assembling a dinosaur skeleton — he put the head on the end of the dinosaur's tail — and it was Marsh who spotted and maliciously publicized the mistake.

The really nasty part of the Bone Wars would come later. Cope and Marsh would spend the rest of their

lives — some 20 years — trying to ruin each other, professionally and socially. Both strove to get each other fired from jobs; sent spies and "bone rustlers" to one another's quarries; paid lavish bribes; and — worst of all from a modern scientist's perspective — actually destroyed fossils and backfilled dig sites to keep fossils from each other. By the end of their careers in the late 1890s, their feud would ruin both of them, professionally and socially, and for decades American paleontology was an international laughingstock as a result of their unprofessional conduct.

But that was all in the future in 1871, when a crew of Yale students crossed the border from Idaho heading for the John Day Fossil Beds. Marsh had heard of the fossil beds, and had written to Thomas Condon — the "father of Oregon geology," who would later become one of the first professors at the University of Oregon when it was founded five years later.

Condon responded immediately and generously, sending a box of sample fossils to Marsh with an invitation to come to Oregon for more. It was that invitation that Marsh's crew was responding to now.

The Yale team spent a couple weeks in Oregon — first looking over Con-

don's impressive collection of fossils in The Dalles, and then doing fieldwork in the John Day Fossil Beds. A week later, they'd amassed a collection of some 11 boxes of bones of such creatures as saber-toothed cats, mastodons and primitive horses and camels.

While they were in the field, Marsh did some things that raised eyebrows among the locals. First, when word came to him that Professor George H. Collier of Pacific University in Forest Grove was on his way to a site where some fossil horse bones had been found, he became very agitated and dispatched some of his students "to head him off," like a nervous gold prospector trying to keep other miners away from his diggin's.

Then a little later, two of his students, sent to secure some skulls from a local collector, played an ill-advised prank on him by sending word that they planned to abscond with the skulls and form their own fossil-collecting party. Their prank succeeded beyond their wildest imaginings, to the point of likely having a negative impact on their prospects at Yale; Marsh raged about the ostensible betrayal all evening. "If this had been at the first of

Please see **OFFBEAT**, Page 5A

## The benefits of berries, cherries and pomegranates

BY JOEL FUHRMAN, MD  
For the Sentinel

What makes berries, cherries and pomegranates unique and beneficial? Berries and cherries are high in nutrients,

phytochemicals, and fiber—all of which protect your health. Notably, berries have the highest nutrient-to-calorie ratio of all fruits.

Berries, cherries and pomegranates are full of beneficial

phytochemicals, many of which act as antioxidants. Berries are some of the highest antioxidant-rich foods in existence and cherries—which are not berries, but rather a stone fruit (like peaches and plums)—are also rich in flavonoid antioxidant compounds.

Antioxidants are critical for your health as they protect against oxidation and minimize oxidative damage to your cells. Oxidative damage ages the body and catalyzes a host of chronic diseases, including heart disease and cancer.

Berries, cherries and pomegranates are abundant in flavonoid antioxidants, which are concentrated in their skins and

give rise to their deep hues of red, blue and purple. Flavonoids affect gene expression, detoxification, inhibition of cancer cell growth and proliferation and inhibition of inflammation and other processes related to cancer and heart disease.

Several studies have shown that high flavonoid intake lowers the risk of heart disease by up to 45 percent. Flavonoids in berries, cherries and pomegranates and other pomegranate polyphenols appear to act in several different ways to maintain heart health including by reducing inflammation, improving blood lipid, blood pressure and blood sugar levels, and by preventing plaque formation.

The antioxidants in berries, cherries and pomegranates help to protect against cancers. In the 1980s, ellagic acid, another type of antioxidant abundant in berries, blocked the formation of tumors, providing the initial evidence that these fruits were anti-cancer foods. Flavonoids have powerful anti-cancer effects including reducing inflammation, preventing damage to genetic material, preventing cancer cells from multiplying, slowing the growth of cancer cells, preventing tumors from acquiring a blood supply, and stimulating the body's own antioxidant enzymes. Pomegranate

has anti-angiogenic properties that prevent tumors from getting nourishment and oxygen via blood vessel support. Pomegranate also can reduce breast cancer risk with natural aromatase inhibitors, which inhibit the production of estrogen.

Berries are excellent foods for the brain. Substances present in blueberries can both reduce oxidative stress and improve communication between brain cells. Blueberries, strawberries, and blackberries have all been shown to slow or reverse age-related cognitive decline in animal studies, and blueberries have now been tested for their effects on human memory. Older adults with mildly impaired memory were given wild blueberry juice as a supplement, and after as little as 12 weeks, measures of learning and memory had improved. The antioxidants in cherries have also been shown to protect brain cells against oxidative stress, implying that eating cherries may help to prevent neurodegenerative diseases like dementia. In people with mild memory complaints, those who drank pomegranate juice daily performed better on memory task compared to placebo and displayed an increase in brain activation measured by functional MRI.

Cherries have a unique anti-

inflammatory function that may offer natural pain reduction by inhibiting certain enzymes that are part of the inflammatory process and the sensation of pain. These are the same enzymes that are inhibited by many common pain medications, such as ibuprofen and naproxen. Cherries and cherry juice have eased symptoms of gout and arthritis in human subjects and may also help athletes reduce post-workout muscle pain. Distance runners training for a race who drank tart cherry juice twice daily for eight days (seven days prior to race plus race day) experienced less post-race pain than those who drank a placebo. Similarly in strength training workouts, those who drank tart cherry juice experienced less pain and strength loss over the four following days, compared to those in the placebo group.

Cherries may help you sleep. Tart cherries are one of the few food sources of the hormone and antioxidant melatonin, which regulates the sleep-wake cycle in the human brain. Tart cherry juice supplementation has been associated with improvements in sleep quality.

Evidence has emerged that the anti-inflammatory effects of tart cherry juice could benefit those with gout. In this study, overweight and obese people

consumed 8 ounces per day of tart cherry juice or took a placebo for four weeks. Those in the group who drank tart cherry juice experienced reductions in uric acid levels and inflammation markers.

In summary, berries, cherries and pomegranates are important components of a natural, high-nutrient diet. I recommend eating them daily to provide the body with protection against free radicals, inflammation, heart disease, and cancers. Include them as part of your variety of fruits, in addition to a bounty of vegetables, beans, nuts and seeds, which together can provide an abundant and varied mix of antioxidants, further protecting your health.

*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 fat diets and offers an alternative to dieting that leads to permanent weight loss and excellent health. Visit his informative website at [DrFuhrman.com](http://DrFuhrman.com). Submit your questions and comments about this column directly to [news-questions@drfuhrman.com](mailto:news-questions@drfuhrman.com).*

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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.

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