



LETTERS TO THE EDITOR

Safety and security

On May 17, voters in South Lane School District can approve a bond measure that will replace Harrison School and update school facilities throughout the District. The primary goals of the bond measure, in addition to replacing Harrison School, are to improve safety and security at each school, update technology for student learning and safety and extend the life of school facilities, including the swimming pool.

As a member of the Design Planning Committee, I have participated in the careful planning for how the bond funds will be used. Harrison School, built in 1948, is 68 years old and was designed for 125 students. Current enrollment is 419.

The safety and security needs are especially significant because the schools were built when there was no conception of someone attacking students and staff at a school. Law enforcement officials have determined there are a number of issues that need to be addressed to better protect students and staff. I'm confident no one wants a tragedy in our schools similar to what Umpqua Community College and Douglas County has endured.

Replacing leaky roofs, upgrading of plumbing and electrical systems and replacing outdated heating and ventilation systems, along with much needed renovations to the pool, will extend our investment in our schools and in our children.

Myself and others have invested time and made personal financial contributions in an effort to educate the voters on the merits of this bond measure. Please join me in support of this much needed bond measure.

Don Strahan
Cottage Grove

Time for a new Harrison

I encourage South Lane Voters to join me in voting "Yes" for South Lane School District's May 17th bond levy. As a former elementary principal, I know the high duty of care schools have to provide the safest and most secure learning environment for students. We need to protect all

the children in our community. This levy will greatly strengthen the security systems in all the schools. In addition, the levy will address long deferred maintenance projects (roofs, HVAC, swimming pool improvements, painting, for example), improving the longevity of the district's facilities and their functioning and update technology tools for students.

It's time for a new Harrison school. The district engaged the community in creating plans for a new school on the old high school site. The timing of the levy (extending the bond as the high school levy expires) will keep property taxes at appropriate levels and provide the needed funding to accomplish major goals of the levy. The district has been sensitive to the community's needs as it addresses the pressing needs of the school. This bond levy will create a new school for generations of Harrison students and greatly improve schools throughout the district. Voting "Yes" on the levy is a great investment in the children of South Lane.

Bruce Kelsh
Cottage Grove

A 'yes' vote

Unbelievable — We can build it for kids. With some of today's challenges — the safety of our children in school, providing a warm and dry classroom, having the tools and technology to learn and prepare for their future, some roof replacements, shiny paint, fixes for our pool and more — we can.

Support for the School District's bond to build a replacement school for Harrison Elementary and include space and plans for A Primary Connection will have many more benefits for students in all our schools. Another great aspect is a school site for our alternative high school students' program at the Delight Valley school site.

Yes, it will cost us some in tax payments. Yes, our kids are worth this investment in their safety and learning and our caring. These dollars will support that caring. Join us with a 'Yes' for SLSD levy 20-240.

Jan and Jerry Settlemeyer
Cottage Grove

HELP END GRUELTY TO BILLIONAIRES

THE WALL ST. JOURNAL SAYS THE RICHEST 1% ARE PERSECUTED. BUT NOW, YOU CAN HELP END THE INTOLERANCE BY UNDERSTANDING—

- THE HORROR OF HAVING TO PAY A HIGHER MINIMUM WAGE
- WEALTH GUILT TRIPS BY POPE FRANCIS
- THE HUMILIATION OF ASKING FOR MORE TAX CUTS
- THE BURDEN OF MAKING 1000 TIMES MORE THAN EMPLOYEES
- BEING BLAMED FOR ECONOMIC INEQUALITY

SEND YOUR CONTRIBUTIONS TO THE A.S.P.C.A. (Americans Sitting Pretty + Crying About-it)



Offbeat Oregon History

The Circuit Preacher Chronicles: Rev. Wells' Wild Ride

BY FINN J.D. JOHN
For the Sentinel

In the early years of Oregon Country, back before it was a state — back even before Idaho and Washington were separate territories — newly arrived settlers found themselves completely on their own. There were some circumstances in which Native American tribes might help out, but most of the time, the early arrivals had to shift for themselves as best they might.

That meant, of course, that folks had to grind their own wheat, whipsaw their own lumber and birth their own babies without any kind of professional assistance. For the most part, they made do pretty well.

But one category of professional was in particularly short supply, especially in the more rough-cut districts and mining camps of Eastern Oregon: preachers.

Preachers might not seem, to a secular modern reader, to be nearly as important as, say, doctors, or even blacksmiths. But to those old-time pioneers, they very much were. There was a whole lot of sinning going on, especially in those mining camps on Saturday nights. And yes, once in a while there was a funeral to be preached on Sunday morning as a result of those sins — but most Sundays there were just several dozen

grimy miners with emptied purses and repentant headaches, trying to get close enough to the Almighty to sort of whisper an apology in His ear before taking up the pickaxe and pan for another week in the toils.

To help these poor souls get back into Heaven's good graces, a cadre of itinerant clergymen took up the task of ministering to their souls. Called "circuit riders," these preachers would travel from village to town to camp, making a regular circuit; upon arriving, they'd usually stay with a hospitable family for the night, preach a rousing sermon the next day, perform any marriages and other ceremonies that might be required, and ride on for the next town.

Marriages, in particular, posed a problem in pioneer communities. Legally, the local Justice of the Peace could do the job; but the quality of that experience varied rather widely from place to place. One J.P., in the town of Murphy (in what's now Idaho), employed a ceremonial style with minimal input from the bride and groom, dispensing entirely with that whole "I do" rigmarole. "Take hold of hands," he'd instruct the happy couple. "What God and me put together nobody can put asunder. Now you buss her. Now you're married!"

Like the green frontier moonshine dispensed in the nearby saloon, this ceremony

was a bit rough, but it got the job done. Well, most of the time it did. On at least one occasion, the Justice of the Peace accidentally grabbed the wrong dressed-up gent, and 12 seconds later — before anyone could interrupt him — he'd married the bride off to the best man.

But even at its best, this quasi-legal swearing-at lacked a certain dignity and solemnity which many affianced couples looked for in a wedding celebration. So they'd wait for a week or two and present themselves ready for nuptials when the circuit preacher arrived in town.

One particular circuit rider — Lemuel H. Wells, who would one day become Episcopal bishop of Spokane — seemed to have a particular knack for getting into strange situations (or maybe he just had a great talent for telling a good story and a little human weakness when it came to strict adherence to the letter of the Ninth Commandment). In fairness, these episodes weren't always random misfortune. Some poor decision-making on his part occasionally played a role.

One fine day, the Rev. Wells arrived in the town of Weston, near Pendleton; he was invited to stay for the night at the home of a local Episcopalian family. When bedtime came along, he found the arrangements very crowded: two beds in a single room, with Mama and Papa in one and their three children in the other. Wells was to sleep on the bed with the children.

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Tomatoes protect against heart attack and stroke

BY JOEL FUHRMAN, MD
For the Sentinel

Carotenoids are a family of over 600 phytochemicals, including alpha-carotene, beta-carotene, lycopene, lutein and zeaxanthin. Carotenoids are abundant in green and yellow-orange vegetables and fruits and help to defend the body's tissues against oxidative damage, which is a natural byproduct of our metabolic processes; oxidative damage from free radicals contributes to chronic diseases and aging.



Lycopene is the signature carotenoid of the tomato. The lycopene in the American diet is 85 percent derived from tomatoes. Lycopene is found circulating in the blood and also

concentrates in the male reproductive system, hence its protective effects against prostate cancer. In the skin, lycopene helps to prevent UV damage from the sun, protecting against skin cancer. Lycopene is known for its anti-cancer properties, but did you know that lycopene has also been intensively studied for its beneficial cardiovascular effects?

Many observational studies have made a connection between higher blood lycopene and lower risk of heart attack. For example, a study in men found that low serum lycopene was associated with increased plaque in the carotid artery and triple the risk of cardiovascular events compared to higher levels. In a separate study, women were split into four groups (quartiles) according to their blood lycopene levels; women in the top three quartiles were 50 percent less likely to have cardiovascular disease compared to the lowest quartile.

A 2004 analysis from the Physicians' Health Study data found a 39 percent decrease in stroke risk in men with the highest blood levels of lycopene. New data from an ongoing study in

Finland has strengthened these findings with similar results. One-thousand men had their blood carotenoid levels tested and were followed for 12 years. Those with the highest lycopene levels had the lowest risk of stroke — they were 55 percent less likely to have a stroke than those with the lowest lycopene levels. Previous data from this same group of men found that higher lycopene levels were associated with lower risk of heart attack as well. A meta-analysis of 12 trials also found that daily supplemental tomato products (approximately one cup of tomato juice or 3-4 tbsp. of tomato paste) reduced LDL cholesterol by 10 percent — this effect is comparable to low doses of statin drugs (with no risk of side effects, of course).

Of course, lycopene is not the only nutrient in tomatoes — tomatoes are also rich in vitamins C and E, beta-carotene and flavonol antioxidants, just to name a few. Single antioxidants usually don't exert their protective effects alone; we learned this lesson from clinical trials of beta-carotene, vitamin C and vitamin E supplements, which did not reduce cardiovascular dis-

ease risk. It is the interactions between phytochemicals in the complex synergistic network contained in plant foods that is responsible for their health effects, and this is something that we cannot replicate in a pill. Out of all the common dietary carotenoids, lycopene has the most potent antioxidant power, but combinations of carotenoids are even more effective than any single carotenoid — they work synergistically. Blood lycopene, as used in many of these studies, is simply a marker for high tomato product intake; similarly high alpha-carotene and beta-carotene levels are markers of high green and yellow-orange fruit and vegetable intake. Colorful fruits and vegetables provide significant protection.

In a given year, a typical American will eat about 92 pounds of tomatoes. Enjoy those 92 pounds and even add some more! Add fresh, juicy raw tomatoes to your salad, diced or unsulphured sun-dried tomatoes to soups, and enjoy homemade tomato sauces and soups. Be mindful of the sodium content of ketchup and other tomato products — choose the low sodium or no salt added versions.

No salt added, unsulphured dried tomatoes are also great. Diced and crushed tomatoes in glass jars are preferable to those in cans, to avoid the endocrine disruptor BPA. Also keep in mind that carotenoids are absorbed best when accompanied by healthy fats — for example, in a salad with a seed or nut-based dressing. Lycopene is also more absorbable when tomatoes are cooked — one cup of tomato sauce contains about ten times the lycopene as a cup of raw, chopped tomatoes — so enjoy a variety of both raw and cooked tomatoes in your daily diet.

Dr. Fuhrman is a #1 New York Times best-selling author and a board certified 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 news-questions@drfuhrman.com. The full reference list for this article can be found at: 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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