



OPINION

LETTERS TO THE EDITOR

Housing is needed

If we are to do anything about crime in our community then we must address one of the most fundamental causes of this — lack of housing. There are essentially zero rentals available.

Unless you have a very good (750-plus) credit rating and are able to afford a good \$1000 per month, you WILL NOT qualify for a bank loan to purchase a house.

What will this do to us in the future? It will lead to more homelessness and a lot more crime.

What about our children? Should we vote for a \$39.5 million school bond issue only to see them graduate into poverty?

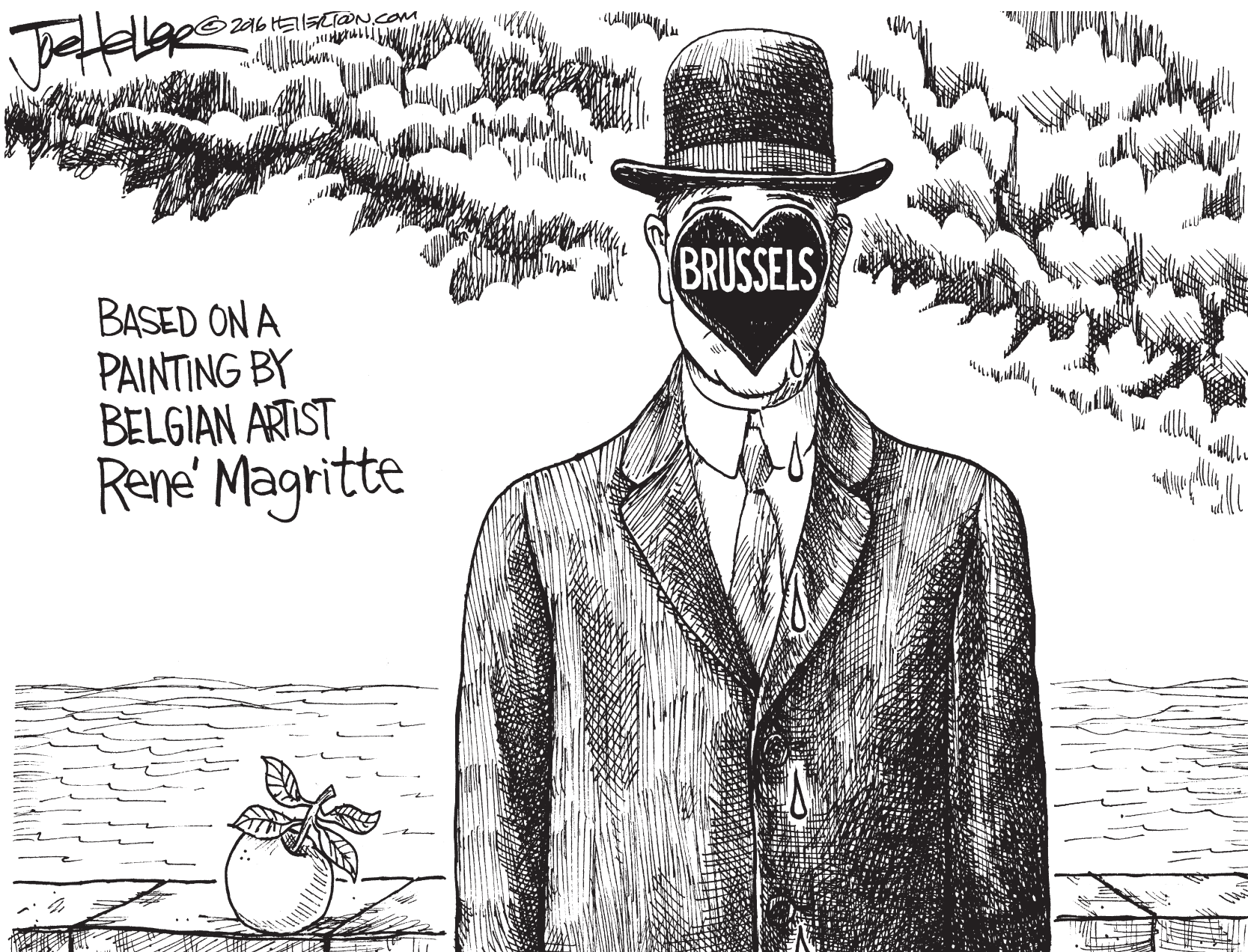
A part time job at Wal-Mart is not a path to home ownership. That won't even cover rent nowadays.

Charles Ames
Cottage Grove

CG budget priorities and public input

I live outside the Cottage Grove city limits but have been a reader of The Sentinel for 20 years. Councilor Boone's suggestion of public input seems to be the right way to go — especially compared to City Manager Meyers' negativity and Councilor Fleck's arrogance. As I recall, Cottage Grove water bills have previously provided the means for getting "ballots" out to the people. Use them again; public input must be considered.

Patricia Cathey
Cottage Grove



BASED ON A PAINTING BY BELGIAN ARTIST Rene' Magritte

Offbeat Oregon History

Vaudeville Susie's Riot; or, How Seriously Frontier Oregon Took its Entertainment

BY FINN J.D. JOHN
For the Sentinel

In the winter of 1860, the little riverside frontier town of Corvallis was home to a young Vaudeville singer named Susie Robinson.

Susie was the star attraction of the Robinson Troupe of Vaudevillians, led by her father. And "star" was the word for Susie: Virtually the entire male population of the mid-Willamette Valley was in dopey, hopeless love with her.

"Her form and voice were praised by all, and her virtue extolled, while her father gathered at the door of his theater willing tributes enough, each day, to have made her a golden crown," recalls pioneer George A. Waggoner in his 1905 memoir. "Was ever a queen so fortunately situated?"

Waggoner opines that, although Susie's talents would not have carried her far on Broadway, she was by far the best thing anyone in Corvallis had ever

seen.

"We know now that she was not a great actress or singer," Waggoner remarks, rather ungraciously; "and my roving eyes have since discovered that she was not a remarkable beauty, but at that time many Oregon boys had never seen the gay tinsels of stage costumes; never been thrilled by the rich tones of a cultivated voice, or seen a beautiful woman poised on one toe, and she took the frontier heart by storm."

Had Susie Robinson and her father stayed in Corvallis, she probably would have had a long and rewarding career in the up-valley Vaudeville theater scene. But in the autumn of that year, something very exciting happened near a little creek way out in what is today the state of Idaho: Gold — lots of gold — was found in Orofino Creek, a little way east of Lewiston. Then, the following spring, a little party of prospectors struck gold even closer to home — on the banks of Griffin Creek, just

a few miles from Baker City in Eastern Oregon.

Torrents of eager miners departed from Corvallis and other valley towns that year, headed for the gold fields of the east. Ramshackle, lawless towns sprang up, with names like Auburn and Granite. Eager young swains poured eastward hoping for a lucky strike — closely followed by the usual crowd of gamblers, swindlers, robbers and other hard characters looking for easy marks.

And, of course, as towns sprang up in the gold fields with populations in the thousands composed entirely of young, rich bachelors, it was clear that the demand for a good Vaudeville theater would be nearly unlimited.

How could the Robinson Troupe stay in boring, depopulated Corvallis when such a literally golden opportunity beckoned?

And so the Corvallis Family Robinson packed up its things and followed the eager miners over the mountains and re-established itself just across the Columbia River in Walla Walla, in what was then Washington Territory.

Now, as you may recall, 1861 also saw the outbreak of the American Civil War. There was a frontier fort in Walla Walla, and a couple of companies of

Army regulars had been stationed there. And when the Robinson Theater set up shop in town, word of Susie's talents and charms spread through the ranks of the boys in blue like a bugle call. Soon entire companies were pouring into the theater, seating themselves by platoons before the stage, filling the entire joint.

The local Walla Walla miners resented this a great deal. They, too, were thoroughly smitten with Susie and did not intend to be kept from her shows by these out-of-town interlopers. These feelings were especially strong among residents who were in sympathy with the South — which was, at that time, the majority of the town.

Tensions grew, but not much; frontier miners weren't big on impulse control. Instead, they simply showed up in force and drove the soldiers out of the theater one day, ordering them not to return.

Now, these soldiers were men who had enlisted to fight the Southern rebels. But instead of doing that, they were now parked in a crappy fort in the middle of nowhere, where their sole purpose was to discourage the area's Native American tribes from getting "uppity." They were already a little sensitive about being left out, especially as word came in of battles and conquests

back east. They were in no humor to let the humiliation heaped upon them by these rowdy Rebel sympathizers go unchallenged.

Accordingly, on the next performance at the Robinson Theater, the soldiers came prepared.

"They came fully armed, and determined to insist upon their rights," recalls Waggoner — who was in the crowd that day. "We all knew a fight was coming, and divided our sympathies according to our political opinions."

Members of both camps were able to get into the theater before capacity was reached, and harsh words were exchanged. Susie, perhaps hoping to defuse the brewing blow-up, came out on stage and started to sing. This made things better at first ... but then suddenly it made it all much, much worse: "A hearty round of applause greeted her, and she acknowledged it as a favorite can, and commenced to sing," Waggoner recalls. "One of the soldiers, who had been drinking, continued to cheer, and the marshal attempted to take him from the room."

The drunken soldier wheeled on the

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Should I avoid salt?

BY JOEL FUHRMAN, MD
For the Sentinel

Sodium is an important mineral that is essential to the body's proper function. However, processed foods, restaurant foods and adding salt when we cook results in dangerously high amounts of sodium. The human body can obtain all the sodium

it needs from natural foods, which generally provide 500 to 1000 mg of sodium per day. The American Heart Association recommends a



sodium intake of less than 1500 mg daily. Today, according to the CDC, Americans typically consume 3500 mg of sodium per day, more than double the AHA's recommendation. Ideally we should consume less than 1000 mg of sodium daily.

How dangerous is this high salt intake?

When salt intake is high, excess fluid accumulates in the circulatory system, exerting pressure on the walls of blood vessels, consequently raising blood pressure and overworking the heart. About one-third of American adults have elevated blood pressure, a condition that is responsible for 62 percent of strokes and 49 percent of coronary heart disease, increases the risk of dementia, and is a risk factor for kidney disease.

Widespread avoidance of added salt has the potential to save hundreds of thousands of lives. A study using mathematical models has predicted that a population-wide reduction in

sodium intake by about one-third would result in 60,000 fewer cases of coronary heart disease, 32,000 fewer strokes and 54,000 heart attacks every year.

The majority of research on the subject suggests that excess sodium increases the risk of heart disease and stroke.

Many claim that salt has been "demonized," that the data do not clearly link high sodium consumption to heart disease. Doubt about the damaging effects of salt has been cast by the occasional headline-making study, but the majority of studies have reported increased blood pressure and cardiovascular risk associated with high sodium intake. Remember: when a study suggests that an unhealthy food may not be unhealthy, it will always make headlines. But the headline is never the whole story. For example, in 2011, one analysis of data on salt restriction concluded that cutting down on salt does not have clear benefits for reducing

risk of death or cardiovascular disease, and that more evidence was required. However, the news headlines proclaimed that salt had been exonerated and is not at all hazardous to health. A few weeks later, a criticism and re-analysis of the same data was published. These researchers explained that by leaving out the one trial of extremely ill heart failure patients taking high-dose diuretics, the same data actually showed a 20 percent decreased risk of heart attack and stroke with a 2-gram reduction in daily salt intake. This conclusion is more consistent with the rest of the science on salt and heart disease.

Avoiding excess sodium

Since most salt comes from processed foods, avoiding added sodium isn't difficult. Once you start avoiding salt, your taste buds will begin to adjust and become more sensitive to

salt over time. Instead of salt, use garlic, onion, fresh or dried herbs, spices, lemon or lime juice, or vinegars to flavor food. When you include some packaged foods in your diet, read the label and aim for no more than 300 mg of added sodium per day. Also, note that exotic sea salts also add sodium to the body just like table salt, and therefore they present the same risks. These specialty salts may contain small amounts of trace minerals, but the amounts are insignificant compared to the amounts that can be obtained from natural plant foods.

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 questions and comments about this column directly to news-questions@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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