



# OPINION

## LETTERS TO THE EDITOR

### A process worthy of our community

We've already heard some information on why the school bond measure is good for our schools and community, such as the construction of a much-needed new elementary school, funding for maintenance projects to protect our investment in buildings and infrastructure, upgrades to ensure the safety and security of our kids and investment in technology upgrades to give our students the tools for success.

But what we've heard less about is how the School District planned and executed a near-perfect community process to arrive at the current bond priorities. They formed a Bond Advisory Committee comprised of 50 people from all across the community, including parents, teachers, business people, school district staff, city and nonprofit leaders, builders and more. This group met many times to discuss and ultimately recommend to the school board the priority projects for the bond and amazingly came to a unanimous recommendation regarding the four top priority items mentioned above.

The District conducted a community survey to gauge citizen support for the bond and for particular funding priorities. They formed a 22-member Design Planning Committee to work with architects on the new school design and other projects. They conducted numerous community conversations to engage the public, and Superintendent Krista Parent met with over 45 groups to present on the effort. Tours were arranged so that residents could view the current Harrison School. Everything was made available on the school district website. Information was made available to the Sentinel and other news outlets to make sure that anyone that wanted to know about the bond could learn what they needed to cast an informed vote. We couldn't hope for a better process to involve our community in the planning of this bond, and the quality of the proposal shows it. This bond deserves our support.

Rob Dickinson  
Cottage Grove

### Fixing the sign

As you are no doubt aware, the Odd Fellows' historic neon I.O.O.F. sign has been hanging over Main Street for many decades. Some years back, the sign malfunctioned, rendering the lower half incapable of illumination, and resulting in the sign being switched off.

Your readers can now see that the sign has been repaired and is once again glowing happily over Main Street -- which we, of course, consider a much-

improved state of affairs. The sign was the ultimate beneficiary of not only a great deal of helpful information and advice from Amanda Ferguson with the City of Cottage Grove, but also a much-appreciated Historic Renovation Grant from the Cottage Grove Historic Landmark Commission.

Therefore, on behalf of the officers and members of the Cottage Grove Lodge of the Independent Order of Odd Fellows, I would like to express our heartfelt thanks to Amanda Ferguson, the City of Cottage Grove, and the Cottage Grove Historic Landmark Commission for their invaluable assistance throughout the process of renovating the Lodge's neon sign.

Jake Boone  
Secretary, Cottage Grove Lodge No. 68, Independent Order of Odd Fellows

### Seniors vote for School Bond

As a real baby boomer, I am voting for the South Lane School bond issue. When I moved to Cottage Grove, older people had prepared schools for our children to attend. Now it is our turn to provide quality facilities for the current and future crops of children. The old folks have the money. The young folks have the kids. We gray hairs have always left a legacy for the younger generations. We are doing so again.

I have served for a year on the Build It For Kids committee as treasurer to assure we get good value. I have seen the integrity of the school staff and others in the planning process. Harrison School is the kind of school I attended. It's done for! The current plan is to remove the worn-out classrooms and keep the gym, kitchen and restrooms with minimal upgrades so we can use this community resource.

Fifteen years ago, when we passed the high school bond, our school board wisely kept the Taylor Street property. Thank you. Now we have space to build a state-of-the-art new elementary school to serve coming generations when we seniors are gone. With interest rates low, now is the time. This bond is a continuation of our present high school bond, not a second layer of property tax.

I have worked with the great high school educators attracted and retained by the new high school. Let's leave another modern school for our community at the elementary level. Young families will rise up and bless you for your YES vote.

Larry Bottemiller, Certified Financial Planner  
Treasurer, Build It For Kids Committee



## Offbeat Oregon History

*Duniway isn't the only great woman in Oregon's history*

BY FINN J.D. JOHN  
For the Sentinel

Pioneering Oregon journalist and women's suffrage advocate Abigail Scott Duniway has been much in the news over the last few years — most recently in connection with a plan to replace the statues representing Oregon in Washington, D.C., with statues of herself and Chief Joseph.

The honor, of course, is much deserved. But a newcomer to the state, looking at headlines, could be excused for assuming Duniway is the only important female character in Oregon's history. In recent years, nearly every time an opportunity has come up to honor a great Oregon woman, Duniway's candidacy has seemed to suck all the air out of the room.

But if you look past the towering figure of Duniway's towering figure, you'll find a remarkably robust cohort of strong, accomplished women, going all the way back to the beginning of the state — women who defied a culture that sought to force them into a meek, subservient role and who bring to mind the bumper-sticker slogan that "well-behaved women rarely make history."

With that in mind, here are a few suggestions of great women from Oregon history whose names might be mentioned next time the chance comes

up to name a bridge or mountain after an important and overlooked historical figure:

Mary G. Leonard,  
J.D.

*First licensed female attorney in the Northwest, 1845-1912*

Mary Leonard is one of the great misunderstood and underrated figures of Oregon history, probably because of the whiff of scandal that followed her throughout her life. She came to Oregon as a sort of mail-order bride to marry an unpleasant old man named Daniel Leonard.

The match lasted just two years before they split up. But before the divorce was final, someone murdered Daniel with a small-bore pistol. Mary, accused of having done it, was chucked in the county jail and left there for months while the case dragged on.

In the county joint, she met all manner of women whom 1880s society considered disposable — girls disowned by their fathers after having been seduced and "ruined" by fast young rakes, girls fleeing from abusive homes, girls who'd run away seeking adventure, and more — all now reduced to prostitution and petty theft to survive. As she later explained to Abigail Scott Duniway in an interview for Duniway's newspaper, Leonard determined that if she ever got out, she would dedicate her life to helping those girls.

She did get out, was acquitted of the

murder and inherited her late almost-ex-husband's estate. True to her word, she moved immediately to the worst neighborhood of Portland and opened a boardinghouse for at-risk women (a boardinghouse that a later historian would boorishly refer to as a "cote for soiled doves"). Seeing how helpless her clients were in the face of what passed for justice in that era, she undertook to study law and became the first licensed female attorney in the Northwest, then made a professional career of helping the helpless in court — offering a free drop-in consultation office hour every day.

Late in life, Mary Leonard suffered from some sort of progressively worsening mental disorder that ruined her health and professional reputation and culminated in her dying, alone and penniless, in a hospital bed in 1912.

Frances Fuller Victor  
*The "Mother of Oregon History," 1826-1902*

Frances Fuller Victor was a dime-novel author who moved to Oregon with her lovable-but-incompetent husband, Henry Victor. While Henry, a retired Navy engineer who'd just been awarded a big bonus by the Navy, got busy burning through the money with ill-advised business schemes, Frances learned that no one was actually writing a real history of Oregon. Accordingly, she set about doing it, traveling

Please see **OFFBEAT**, Page 11A

# Sugar-sweetened drinks linked to dangerous visceral fat

BY JOEL FUHRMAN, MD  
For the Sentinel

There are two types of fat in your body: subcutaneous and visceral, and each type carries its own risks. Studies



show that the location of body fat may be just as important as amount of fat when it comes to health risk.

The most visible type of fat is subcutaneous fat, which is located just under the skin. Examples are the "love handles" that men tend to have; for women, this type of fat is often noticeable in the hips and thighs. Subcutaneous fat is easy to see and to grab.

A more dangerous type of fat is visceral fat, which lies much deeper, around internal organs like the liver, pancreas and intestines. New research suggests that drinking sugar-laden beverages such as sodas is an important factor in gaining visceral fat, which is the type of fat associated with more serious health risks.

A Jan., 2016 study in *Circulation* suggested that the consumption of sugary drinks preferentially drives visceral fat accumulation, adding to the long list of health-damaging effects associated with soda and other sugar-sweetened beverages (SSBs). Compared to the effect of subcutaneous fat, visceral fat is a stronger promoter of diabetes and heart disease.

As part of the famous Framingham Heart Study, men and women were followed for six years to look at the change in their visceral fat volume. This was determined by CT scans, which provide a more precise method of differentiating visceral fat from subcutaneous fat in the abdominal area, compared to waist circumference

measurement, which includes both subcutaneous and visceral fat.

Over the six-year period, there was an increase in visceral fat in all the participants, but this increase was greater in those who drank at least one sugary drink per day. The volume of visceral fat was 27 percent greater in daily consumers of SSBs compared to non-consumers. The most interesting point is that only visceral fat gain was greater in SSB consumers; subcutaneous fat gain was not different between groups.

Fat is a biologically active tissue, and visceral fat is especially problematic. It is associated with a number of cardiovascular risk factors, including hypertriglyceridemia, insulin resistance, chronic inflammation, an increase in small dense LDL particles and reduced HDL cholesterol. Partially this appears to be due to the close proximity of visceral fat to the liver. In addition, visceral fat appears to produce more pro-inflammatory compounds than subcutaneous fat.

As defined by body mass in-

dex (BMI), about one-third of Americans are obese. Abdominal obesity (defined as waist circumference >102 cm in men, >88 cm in women), is even more prevalent; 43.4 percent of men and 64.7 percent of women are abdominally obese, suggesting that excess visceral fat is a very common problem. A large waist circumference has been linked to negative outcomes even among people with normal BMI numbers. Additionally, some studies have compared two groups of obese patients with the same total body fat, but low or high levels of visceral fat. The high visceral fat groups were found to have evidence of greater insulin resistance than the low visceral fat groups, indicating a greater risk of type 2 diabetes.

Where our body fat is distributed is mostly genetic, and varies by age and ethnicity, but we can control how much body fat we gain. According to current evidence, the best way to lose visceral fat is to lose fat. Any loss of total fat will reduce visceral fat.

A Nutritarian diet, my rec-

ommended high-nutrient eating style, is designed to help people break their food addictions, reach a healthy weight, and never gain the weight back. Targeting foods that are nutrient-rich, while avoiding foods that promote fat storage, can enable the body to remove dangerous fat, improve circulation, and prevent heart attacks, strokes and cancer. To get maximum results, it is not enough to simply avoid sweets and reduce calories—it is also necessary to flood the body with immune-supporting micronutrients that facilitate repair and healing. Regular exercise can also help reduce visceral fat.

*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](mailto:news-questions@drfuhrman.com). The full reference list for this article can be found at [DrFuhrman.com](http://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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