



LETTERS TO THE EDITOR

Thanks, coach

Our South Valley Athletics basketball coach last season, Brent Hoover, was great. He taught the kids the basic fundamentals of the game and had a positive attitude. I was impressed that even when his team of kids lost, he didn't get upset with the players, but instead tried to focus on the fun of the game. After the season, he invited the kids and the parents over to his business, where he set-up a Wii so the kids could sit at the bar and play while he kept the food and root beer floats coming. And he bought them all trophies, too. Thanks, coach!

Kristin Ammerman
Cottage Grove

Taking the power back

Today's national leaders stand in front of television cameras and tell the biggest whoppers to the American people. Where is the humiliation that used to come with lying? Now our leaders lie without shame and lie about lying!

Our nation was founded upon truth, justice and self-governance, guided by the strict rule of law in the Constitution. When did following the law become repugnant? America's education system is so upside-down that teachers no longer revere the Constitution but openly deride it. Students are not taught to obey the law, but encouraged to openly defy it.

Elected officials and federal appointees do not believe the law applies equally to them and openly abuse the justice system and benevolence of the American people. Lawlessness begets lawlessness.

America's Founders understood tyranny, greed and corruption by leaders. They lived it and fought against it. This is why they included an emergency clause in Article V of the Constitution to make citizens the last line of defense against the federal government. Article 5 gives the people a way to legally restrict the power and jurisdiction of the federal government, returning power back to citizens. Learn more about taking your power back at: <http://www.conventionofstates.com/>.

Cynthia L. Choat
Cottage Grove

Bridge confusion

Your recent series of front-page articles regarding the condition of the Main Street Bridge over the Coast Fork of the Willamette has managed to leave readers more than a bit confused. One week, you said the bridge was in imminent danger of collapsing, while most recently, it has been declared safe. Which brings up the obvious question — what happened? No maintenance work was noted as hav-

ing been done on the structure or its eroding embankment, and yet now the bridge is suddenly suitable to carry traffic, without any restrictions.

There are close to 600,000 bridges in this country, with many of them in poor condition. If indeed the Main Street Bridge somehow miraculously mended itself, perhaps the City should look into applying for a patent for its bridge healing process. The revenue possibilities would be endless, with government agencies across the country happily sending funds to Cottage Grove in exchange for learning how they, too, could make their bridges fix themselves.

But perhaps you simply intended your bridge articles to teach readers the importance of not allowing unqualified individuals to perform bridge inspections (or report them on the front page of the Sentinel), without first having acquired proper bridge inspection training and experience. Very few city managers, if any, are qualified bridge inspectors.

Michael Kober,
Retired Bridge Inspection Engineer
Cottage Grove

Boundaries, III

You don't know from what premise other people were born, what their life experiences have been or how they were molded by the good and evil that befell them. However smart you are or however proud you are of your heritage or belief system, when you look at a stranger, the portion of their truth that you see is just as insufficient as they see when they first cast their eyes on you.

This boundary is an abyss and it is this division into which our world pours as if our world were an ocean on a great earthquake had opened a mighty crevasse down the middle between North and South and East and West.

Look into the abyss with me, read a little History Lesson of 1914 and 1933. As a Democratic Socialist, Buddhist and Atheist, I may be the perfect fool for your idea of the right target for mockery — but worlds can end. Wrong-minded men and women driven by selfishness and the tickle of being thwarted in their vanity and enmity can end them. Exhaustion of the bounty of Eden, no respect for the Tree of Knowledge and impatience with our lot — all these things conspire against the prophet and hate the innocence of young lovers.

Take a deep breath please. Think of your own mortality and how much you depend on and must live with your neighbors.

These boundaries that seem to divide us are also the places at which men of good will go when it is a friend they seek.

Leo Rivers
Cottage Grove

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Pay attention, save a life:
Ditch the distractions

April is National
Distracted Driving
Awareness Month

"If you're texting...you're not driving."

Studies show that many drivers will talk and text when they're alone but think twice about it when they have a passenger. Yet nearly all drivers think it's dangerous to do so, passengers or not.

More than eight in every 10 respondents to a recent survey said they feel uncomfortable riding with a distracted driver.

ODOT and partner agencies the Oregon State Police and AAA Oregon/Idaho are emphasizing the importance of focusing on driving when you're behind the wheel.

"Our goal is to change cultural norms when it comes to distracted driving," said ODOT Director Matt Garrett. "If each of us focuses on the job of driving when we get behind the wheel, we'll save lives every year."

Ditch the distractions

Turn it off and stow it. Turn your phone off or switch it to silent mode before you get in the car. Then stow it away so that it's out of reach.

Spread the word. Record a mes-

sage on your phone that tells callers you're driving and will get back to them when you're off the road, or sign up for a service that offers this feature.

Install an app. Apps can help you avoid texting while driving. Go to your app store and search for Distracted Driving Lifesaver.

Pull over. If you need to make a call, pull over to a safe area first.

Use your passengers. Ask a passenger to make the call or respond to a text for you.

X the Text. Don't ever text and drive, browse online or read your email while driving. It's dangerous and against the law in most states. Even voice-to-text isn't risk-free.

Know the law. Familiarize yourself with state and local laws before you get in the car. Oregon prohibits the use of hand-held cell phones in addition to texting.

Prepare. If using a GPS device, enter your destination before you start to drive. If you prefer a map or written directions, review them in advance. If you need help while driving, ask a passenger to assist you or pull over to a safe location to change your GPS or review your map/directions.

Secure your pets. Unsecured pets can be a big distraction in the car.

Mind the kids. Pull over to a safe place to address situations involving children in the car.

Focus on driving. Multi-tasking

behind the wheel is dangerous. Refrain from eating, drinking, reading, grooming, smoking and any other activity that takes your mind and eyes off the road.

Statistics

ODOT data analysis of crashes in Oregon in 2010-2014 shows:

On average, a distracted driver crash occurs in Oregon every 2.5 hours.

On average, a person is injured in a distracted driver crash in Oregon every three hours.

On average, a distracted driver crash involving a cell phone occurs in Oregon more than five times a week.

On average, almost five people are injured each week in a distracted driver crash involving a cell phone.

A recent AAA survey concluded that, in a 30-day period, 70 percent of drivers talked on their cell phone while driving.

A recent ODOT survey by Southern Oregon University concluded drivers didn't like someone else driving distracted, but still did it themselves: 84 percent of respondents said they feel uncomfortable riding as a passenger with a distracted driver. But 44 percent admitted to driving distracted with passengers, and 75 percent admitted they drove distracted when they drove alone.

Nuts and seeds for a healthy weight and a long life

BY JOEL FUHRMAN, MD
For the Sentinel

Nuts and seeds are healthy, natural foods that are full of beneficial nutrients and phytochemicals. Although the myth that nuts and seeds



are fattening has persisted, the research suggests that nuts are actually beneficial for weight loss. In any case, it's not the fat content of a diet that makes it healthy, it's the nutrient content. And based on their nutrient content, nuts are a health-promoting source of calories.

Nuts and seeds are nutritionally important. Nuts and seeds contain a spectrum of micronutrients including LDL cholesterol-lowering phytosterols;

circulation-promoting arginine; minerals, including potassium, calcium, magnesium, and selenium and antioxidants, including flavonoids, resveratrol, tocopherols (vitamin E) and carotenoids.

Eating nuts and seeds reduces the risk of cardiovascular disease. Epidemiological studies have consistently shown that nut consumption is beneficial for heart health. Eating five or more servings of nuts per week is estimated to reduce the risk of coronary heart disease by 35 percent. Eating nuts and seeds protects against sudden cardiac death and reduces cholesterol and inflammation.

Nuts and seeds aid weight loss. Someone who is trying to lose weight should not be trying to avoid nuts; in fact, in obese individuals, adding nuts to the diet aided in weight loss and also improved insulin sensitivity, which could help to prevent or reverse diabetes. Nonetheless, nuts should not be eaten to excess. Nuts and seeds are high in nutrients but also high in calories, so they should be eaten with consideration for one's cal-

oric needs. One ounce daily is usually appropriate for women trying to lose weight and 1.5-2 ounces for overweight men. Nuts and seeds of course should be eaten in larger amounts for the slim, highly physically active people who could use the extra calories.

Nut consumption may enhance lifespan. In the Adventist Health Study, a number of lifestyle factors were found to be associated with longevity. Those who had a high level of physical activity, followed a vegetarian diet and ate nuts frequently lived on average eight years longer than those who did not share those habits. Similarly in the Nurses' Health Study, nut consumption was identified as a dietary factor associated with reduced risk of death from cardiovascular disease and cancers. New research continues to confirm these observations.

Each nut and seed has a unique nutritional profile that lends unique health benefits. Almonds are rich in antioxidants. In one study, people ate either almonds or a snack with a similar fat profile each day for four

weeks, and the subjects who ate almonds showed reduced oxidative stress markers.

Diabetics who ate walnuts daily for eight weeks experienced an enhanced ability of the blood vessels to dilate, indicating better blood pressure regulation. There is also evidence that walnuts may protect against breast cancer.

Pistachios and Mediterranean pine nuts have the highest plant sterol content of all the nuts; plant sterols are structurally similar to cholesterol, and help to lower cholesterol levels. Pistachios reduce inflammation and oxidative stress as well as cholesterol.

Mediterranean pine nuts contain a specific type of fatty acid that has been shown to curb appetite by increasing hormones that produce satiety signals.

Flax, hemp, and chia seeds are extremely rich sources of omega-3 fatty acids, and hemp seeds are especially high in protein, making them a helpful food for athletes.

Pumpkin seeds are rich in iron, calcium, and phytochemicals and may help to prevent

prostate cancer.

Sesame seeds have the greatest amount of calcium of any food in the world and provide abundant amounts of vitamin E and contain a lignan called sesamin; lignan-rich foods may protect against breast cancer.

Nuts and seeds should be eaten raw or only lightly toasted. Roasting nuts and seeds forms a potentially harmful compound called acrylamide and reduces the amounts of minerals and amino acids.

Also remember that eating nuts and seeds with leafy greens can enhance the body's absorption of fat-soluble nutrients from the greens, so a nut-based salad dressing is an excellent way to absorb more nutrients from your salads.

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 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.

To avoid transcription errors, the Sentinel would prefer editorial and news content be sent electronically via email or electronic media. Hand written submissions will be accepted, but we may need to call to verify spelling, which could delay the publishing of the submission.