



LETTERS TO THE EDITOR

Bond is not the way

Bond 20-240 is an inflated catch-all constructed with a me-too approach. It will do little or nothing to help with a high school graduation rate that is one of the lowest in the county.

Cottage Grove has big problems. We need living-wage jobs; the streets are in disrepair and the town has a dilapidated look from almost any direction. We border on irrelevance as an I-5 rest area and a Eugene bedroom community with a Walmart.

Taxes in this town are already insane. Planning for the future needs good schools, among many other things like good infrastructure. It is hard to stay competitive for the future with a tax burden among the highest in the state.

A bond disclaimer is "your costs may vary". We're left with a huge horn-of-plenty with unknown costs that will do little to improve education.

I want to trust the system — that people of good conscience have researched the options and this is the best one. It is not. I want a solution more in-tune with the realities of life in Cottage Grove.

The existing high school bond should be re-structured and (gulp) the oppressive tax burden reduced. Smaller, targeted bonds would allow the community to express their views on what is important.

RJ Bondeson
Cottage Grove

Bond helps peace of mind

With everything that has happened in the last couple of years, and as a teacher in Cottage Grove for nearly 12 years, I have always had school security and safety at the back of my mind for all of my students. Now, with my sons entering their first years of school in South Lane, I worry about their safety and security as well.

Voting yes on Measure 20-240 will help install systems, like cameras, better door locks and redesigned entryways at some schools will help to ease my mind a little. Knowing that the School District is taking extra precautions to help keep kids safe makes it easier to go to work, to teach and to send my own children to school.

As someone who has moved into Cottage Grove and plans to remain here, I see the school bond as an investment in our community. Better facilities and technology allow teachers to be more effective. When students aren't crammed into rooms with computers that barely work, they learn work-ready skills. When everyone feels safe at school, learning happens more effectively. It isn't about having the latest and greatest; it's about having functional schools that are the safest and produce a generation that is educated, skilled and ready to better our town.

We ask more and more of our students, yet schools get less and less. This is our chance to show that education in Cottage Grove is a priority, and that our kids are a priority. As a parent, community member and teacher, I ask you to join me in voting

yes for our kids by voting Yes on Measure 20-240.

Chris Wells
Cottage Grove

Bond process has been a community effort

I am honored to call Cottage Grove my home. I grew up in this community, and now, my wife and I are raising our family here. This is a great town and the community should be proud of the efforts by so many and their work on planning, designing and getting the word out on the bond. I have been involved in the process from the start, and it has been wonderful to work with so many committed community members.

The numbers: 50 community members participated in the bond advisory process last spring, and 22 community members participated in the design planning process for the new Harrison Elementary School. Fifteen community members have been a part of the Build It For Kids advocacy group working to pass this measure. Over the weekend, Build It For Kids served over 500 free hamburgers and hot dogs to the community in an effort to communicate about the bond measure.

The proposed South Lane School District Bond Measure is a measure our community should be proud of. Ballot measure #20-240 will build a new elementary school to replace the nearly 70-year old Harrison Elementary School, address safety, security, technology and deferred maintenance projects at all of our schools in South

Lane School District.

This is not a bond for the South Lane School District. This truly is a bond for our kids, our community and our future.

To the reader that has already voted, I say thank you! To the reader that is still deciding on how to vote, I ask you to consider the efforts of this community to come together to work toward a brighter future for our kids and community. We have many challenges as a community but this bond effort has shown how we can come together to work toward a common good.

Garrett Bridgens
SLSD Communications
Coordinator

School building impedes education

I am fortunate to have been the principal of Harrison Elementary since 2001. Our students have consistently performed at the top of the state on Oregon statewide assessments. This can be attributed to our talented staff, family support and the resources provided by South Lane School District and our community. What we haven't been able to provide our students is an adequate, safe learning environment with access to reasonable technology.

We have no parking lot, causing a daily imposition on our patient neighbors and twice-daily congestion that puts our students at great risk. We have an inadequate heating system causing varying temperatures throughout the building, from 55 to over 80 degrees in some rooms. Our P.E. is limited to two two-hour blocks daily for our 18

classes of students, so the room can be used to serve lunches. We regularly experience leaks throughout the building due to the poor infrastructure, roofing concerns and our heating system. All of that in a building that is overcrowded and out of space. Did you know our library is also used for music instruction, group meetings and indoor recess activities?

It is these concerns and more that have led the South Lane School Board to bring bond measure #20-240 to the voters. This measure has been endorsed by school parent clubs, the Sentinel, the Eugene Register Guard, the League of Women Voters, South Lane Fire and Rescue and countless others. It is being endorsed because the need is justified and the cost is reasonable. While none of us is excited to pay taxes, this is a small cost with a huge benefit. The estimated cost is under \$6 a month more than our current costs on an average Cottage Grove home valued at \$170,000. For that we receive a new school, updated technology, safety and security systems throughout the district, pool facility improvements, and much-needed deferred maintenance throughout the district.

I encourage you to vote yes on ballot measure #20-240. Let's build it for kids. They are our hope and future. Yes on ballot measure #20-240 is the right thing to do and it's the right time to do it!

Ali Nice
Principal, Harrison
Elementary School

LWV supports Extension bond

The League of Women Voters of South Lane County urges voters to approve Measure 20-239 to help support Oregon State University extension services here in Lane County. For a very small cost to property owners (\$3 a year for a house assessed at \$200,000) the measure will provide funding for programs that teach valuable skills to youth and adults.

More kids will be able to participate in 4-H programs in their schools, and the \$100 participation fee for 4-H project/community clubs will be reduced. Technical assistance can be increased to local farmers, nursery growers and woodlot owners. There will be more access to educational resources in gardening, food safety and preservation, nutrition and wellness.

This five-year levy will restore many of the programs that were lost to budget cuts in 2010. It will enhance and expand the extension programs that the OSU Extension Service now provides locally using federal and state funds.

A Yes vote for Measure 20-239 will promote self-sufficiency, healthy eating and the local economy.

Pat Hocken
Kappy Eaton
Action Co-chairs

Mental health affects us all — So let's talk about it!

BY LAUREN FULLER AND
CATHY BELLAVITA
For the Sentinel

We often hear the clinical terms used by doctors and other professionals to identify the symptoms of mental illnesses, but if someone hasn't gone through it, would they know how to recognize it?

So often, clinical terms don't do justice to what life with a mental illness feels like. We know that two people with the same diagnosis can experience the same symptom and describe it in very different ways. Understanding the signs of a mental health problem and identifying how it can feel can be confusing, and can contribute to ongoing silence or hesitation to get help.

It's important for people to talk about how it feels to live with a mental health issue. We know that mental illnesses are common and treatable, and help is available. But not everyone knows what to look for, and many simply experience symptoms differently. We all need to speak up early and in real, relatable terms so that people do not feel isolated and alone.

May is Mental Health Awareness Month. Established in 1949, Mental Health Awareness Month is a time when advocates and activists across the country draw attention to the mental health issues that affect as many as one in four Americans each year. Unfortunately, many people feel that they should be able to overcome out-of-control emotions and feelings and

as a result are ashamed or embarrassed to seek the help they need for themselves or their loved ones.

National Mental Health Awareness Month is a time when we work together to break through the stigma surrounding mental health issues by expressing compassion for those who struggle, and by drawing attention to proven methods that can help.

This month, South Lane Mental Health is joining a variety of community partners — including Mental Health America, a nationwide community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all Americans — in emphasizing the importance of speak-

ing up about mental health. We invite the community to attend our mental health speaker series each Thursday in May, from 6:30 p.m. to 8 p.m., at the First Presbyterian Church in Cottage Grove. This year's forums touch on Everyday Intuition (May 5); Creating Healthy Relationships From the Very Beginning (May 12); and Using Mobile Technology to Support Parents of Young Children (May 19). We will also be showing the Academy Award-nominated documentary Happy to close out the series on May 26.

Talking about mental health is meant to help remove the shame and stigma of speaking out, so that more people can be comfortable coming out of the shadows and seeking the help they need. Whether you are just learning

about early symptoms, or are dealing with what it means to be diagnosed with a mental illness, sharing how it feels can be part of your recovery.

We want everyone to know that mental illnesses are real, that recovery is always the goal, and that the best prospects for recovery come when we act as early as possible.

Addressing mental illnesses early means not burying feelings and refusing to talk about them, or waiting for symptoms to clear up on their own. It means going beyond just wishing that mental health problems aren't real, and hoping that they will never get worse. And it means recognizing that someone on the edge of a crisis will need help to pull him or herself back.

Talking about mental health

means giving voice to feelings and fears, and to hopes and dreams. It means empowering people as agents of their own recovery. And it means changing the trajectories of our own lives for the better, and helping those we love and live with change theirs. If ever there is a good time to discuss these issues, it's during Mental Health Awareness Month. So let's talk about it!

Lauren Fuller is chair and Cathy Bellavita is vice chair of the Board of Directors of South Lane Mental Health, a community-based nonprofit mental health organization in Cottage Grove.

The art of eating for beautiful, healthy skin

BY JOEL FUHRMAN, MD
For the Sentinel

Skin is the largest organ in the human body and serves

as a protective shield against environmental chemicals, toxins, bacteria and UV radiation. We collectively spend billions of dollars each year to enhance

our skin's physical appearance. Fortunately, a health-promoting diet rich in beneficial phytochemicals is an inexpensive solution to improve the health and appearance of the skin.



Phytochemicals protect against sun damage.

Skin cancer is the most common cancer in the U.S., affecting one out of every five Americans. UV rays produce free radicals that can damage DNA in skin cells and lead to cancer. While certain types of sunscreen effectively block UVA and UVB rays from the sun, a nutrient-dense

diet can enhance our natural defenses against UV rays by combating free radical damage.

Lycopene is a carotenoid antioxidant found in red and pink fruits such as tomato, grapefruit and papaya. Studies show that lycopene has photo-protective qualities that prevent and repair DNA damage to the skin caused by the sun. Polyphenols are a family of antioxidants that possess anti-inflammatory and photoprotective activities that can benefit the skin; polyphenols are found in most fruits, vegetables, beans, nuts and seeds. Rich sources include onions (flavonols), cacao, grapes, peanuts (resveratrol), apples and green tea (catechins), citrus fruits (flavanones), and berries (anthocyanins). Studies have shown that the catechins and flavanols offer significant protection against

solar-induced skin tumors and also repaired UVB skin damage and increased skin circulation, elasticity and hydration.

Phytochemicals give the skin a healthy glow.

As a society, we tend to recognize tanned skin as an indicator of health and vitality. However, darkening the skin with the sun's rays promotes wrinkling and aging of the skin. On the other hand, food-derived carotenoids are pigment molecules that can "color" the skin with a slight yellow-orange tinge while providing protective health benefits. One interesting study found that people preferred the skin color caused by carotenoids over the skin color from a suntan, suggesting that carotenoids contribute to a healthier and younger looking complexion. There is a

direct correlation between skin color and health: skin with an orange tinge reflects a healthy, nutrient rich diet.

A diet rich in phytochemicals and antioxidants provides protection against skin damage and cancer and is also an effective way to achieve healthy-looking skin.

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 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.

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