



# OPINION

## LETTERS TO THE EDITOR

### No more games?

So how many people besides myself are really mad that Cottage Grove Safeway ran out of Monopoly tickets weeks before the end of the game? I have been playing since February, and I don't know about the rest of you, but I was just ONE TICKET away from winning several of those prizes!

Shame on you, Safeway — I'm not playing any more of your games. I think you should go directly to jail without passing "Go."

Nancy Etzel  
Cottage Grove

### Leave the park alone

It appears that (City Planner) Amanda (Ferguson) and her city planners just won't give up tearing out and leveling our award-winning Opal Whiteley Park in the All America City Square. The problems they have cited are modest, due mostly to the city's own lack of routine maintenance there over the years.

These problems can easily be addressed and certainly don't justify a radical redesign or elimination of the park as they are again apparently proposing. I would be happy to show the city how.

But the real underlying problem with the park is that it does not fit in with Ferguson's vision of a barren 1930s pseudo-historic downtown devoid of all trees and greenery. As the city proceeds with its stealth elimination of trees, the results are unfolding: a streetscape that looks like someone with their teeth half pulled without a welcoming smile, leaving barren facades looking a little shabby and forlorn without their trees.

We will see how this latest highly scripted design charrette develops. It's possible Ferguson may change her view and bow to public opinion. She professes to love the park. But it may be the kind of love we can best do without.

Save the park and save the trees.

Marston Morgan AIA  
Cottage Grove



KING DON VS. GODZILLARY

## Offbeat Oregon History

### "Jackson County Rebellion" grew out of newspapers' fight

BY FINN J.D. JOHN  
For the Sentinel

To call Llewellyn F. Banks a swindler was overselling things a bit; he seems to have really believed in what he was doing.

To call him a would-be fascist was simply wrong. Sure, he wanted to seize power, but he had no interest in starting a nationalist collectivist autocracy.

Still, after May 21, 1933, you could at least call him a convicted murderer.

The story of Llewellyn Banks' time in Jackson County is one of the weirder tales to come out of Southern Oregon. It started benignly enough, with his arrival as a wealthy newcomer to the prosperous regional cosmopolis of Medford. But by the time it ended amid murder and chaos, it had nearly all of Jackson County in an almost

revolutionary uproar — a mostly forgotten episode that became known as the "Jackson County Rebellion."

Llewellyn Banks was an Ohioan by birth, but he'd made his fortune in citrus orchards in Riverside, in southern California. He was an articulate, charismatic entrepreneur who seemed to lead a charmed life, always leaping from risky move to risky move, somehow landing butter-side-up every time.

But he also had a mammoth ego bolstered with an unshakable faith in his own abilities, and that led — as it so often does — to a kind of endemic paranoia. When something bad happens to most of us, we put it down to either bad luck or a mistake on our part. But for a man like Banks, bad luck didn't exist, and mistakes were something other people made. That left the action of unseen enemies, as the only acceptable

possibility when things went badly for him.

Even during the good times, that paranoia occasionally led to trouble. In the mid-1920s, it led to a bitter feud with the Riverside growers' cooperative that prompted him to sell his orchards, leave Southern California and move his operations to Medford.

During the bad times, in his new Southern Oregon home, it would lead to considerably worse things than that.

Banks arrived in Medford driving a flashy, ostentatious Cadillac touring car with his wife, Edith, and their daughter, Ruth, around 1925. The little family settled into a beautiful Tudor-style home in the swankiest part of town.

Banks soon found a kindred spirit in a local real-estate developer named Earl Fehl, who owned and edited a local weekly newspaper, the Pacific Record-Herald. Fehl was also a perennial candidate for political office. Throughout the 1920s Fehl had run for mayor of Medford at every opportunity and, when he lost, blamed the local political establishment, which he called "The Gang." The fix was in, he constantly reiterated (in voice and in print) and the wealthy swells from back east were

running Jackson County for themselves.

In this view, Fehl found himself speaking for a vast majority of the people who dwelled outside of Medford, in the hills and woodlands, working mining claims or farming small patches far from town. Most of these people had lived in Jackson County all their lives, and they remembered what the place had been like before the rich families from back East had moved into the area and taken over, about 20 years before. They remembered, and they resented the social demotion and loss of local influence that had followed. And they also resented, bitterly, the ever-rising property taxes, county fees and especially the vigorous Prohibition enforcement that they were getting from their new self-appointed leaders in Medford.

And things were only getting worse. As the years rolled by, the "roaring twenties" were particularly good to Medford's social elite as the worldwide market for luxury goods such as the region's famous Winter Pears grew and strengthened; but the benefits largely passed the backcountry folks by. Their resentment simmered on quietly, ig-

nored by the ruling elites ... until Fehl got involved.

Fehl was soon joined by Banks' efforts to get himself accepted into elite Jackson County society had not worked out, and he was already clashing with other growers who wanted to form a marketing cooperative like the one he'd feuded with in Riverside. Soon Banks and Fehl were allies and friends.

And soon they also became colleagues. In the fall of 1929, Banks got the opportunity to buy one of Medford's two daily newspapers, and he jumped at the chance. Now, at last, Fehl and Banks were in perfect position, ready to launch the media propaganda campaign that would, they hoped, propel them to political power by giving the disenfranchised country folk of Jackson County a ticket to vote for.

Fehl and Banks got started immediately with a campaign of savage, divisive editorial rabble-rousing aimed at energizing the rural Jackson County residents whom they had identified as their base constituency. They planned to keep it up for a couple years, whipping

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## Eggs may promote colon cancer

BY JOEL FUHRMAN, MD  
For the Sentinel

Eggs have been a controversial topic in nutrition for many years. Starting in the 1970s, a heavy focus was placed on reducing dietary cholesterol, and eggs were considered dan-

gerous, since eggs are the most concentrated source of cholesterol in the American diet. Over



time, the association between dietary cholesterol and heart disease was questioned, and the research suggested that for healthy people, eggs were only harmful in large quantities.

Findings from the Physicians' Health Study published in 2008 found a 23 percent increase in risk of death (from any cause) in those who ate more than one egg per day, and additional studies reported similar results. These risks were magnified in diabetics, whose risk started to climb at a smaller quantity, about five eggs per week.

A more recent study linked higher egg consumption to increased atherosclerotic plaque area and suggested that eggs could be harmful in smaller quantities than originally thought. Subjects eating more than three eggs per week had significantly more plaque area in their carotid arteries than those eating less than two eggs per week.

Other studies linked similar

amounts of eggs to prostate cancer risk. An 81 percent increase in the risk of lethal prostate cancer was found for men eating 2.5 or more eggs per week compared to those eating less than half an egg per week. Now, a new analysis of data from 44 studies focuses on gastrointestinal cancers (esophagus, stomach, colon and rectal cancers), and found that eggs are strongly linked to these cancers as well.

The collective analysis of 44 studies, separated over 400,000 participants into groups who consumed less than three, between three and five or greater than five eggs per week. As egg consumption increased, so did the risk of gastrointestinal cancers. Compared to no egg consumption, there were 13, 14 and 19 percent increases in risk for the less than three, three to five and more than five eggs per week groups. When looking at the specific cancer sites, the authors noted that the strongest correlation was present for

colon cancer. For colon cancer specifically, the less than three and 3-5 eggs per week groups had similar increases in risk — about 15 percent — and the group eating more than five eggs per week had a 42 percent increase in risk.

Why might eggs contribute to cancer?

Eggs are very rich in cholesterol and choline, each of which may have cancer-promoting properties. Higher blood cholesterol and choline are both linked to increased risk of prostate cancer. Cholesterol is enriched in tumor cells and cholesterol influences cell proliferation and migration, processes that are vital to cancer development. Choline is also enriched in tumor cells and has been implicated in colorectal cancers. Similar to carnitine from red meat, choline from eggs is metabolized by gut bacteria into a pro-inflammatory compound that may contribute to chronic diseases, cancer included. Plus, egg whites are

a highly concentrated source of animal protein, which carries its own risks by elevating circulating IGF-1, a hormone associated with cancer promotion.

How many eggs can we eat safely?

Those with diabetes, cardiovascular disease or cancer (or who are at risk of these conditions) should not eat eggs. This new research has identified a risk associated with only 1-2 eggs per week, demonstrating that eggs are more harmful than we previously thought. Therefore, even for healthy people, eggs, like other animal products, should be limited.

*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](http://DrFuhrman.com). Submit your questions and comments about this column directly to [news-questions@drfuhrman.com](mailto:news-questions@drfuhrman.com)*

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Personal attacks and name calling in 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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