



OPINION

Never forget the true cost of war

Memorial Day 2016
Message from ODVA
Director Cameron Smith

This year will mark 150 years since the first local ceremonies decorating the graves of veterans after the end of the Civil War. This military family and community tradition was later formalized as a national day of honor in Decoration Day, and what we now call Memorial Day.

In 1866, no family or community remained untouched by the Civil War – America’s bloodiest conflict resulted in over 1 million casualties and claimed over 620,000 lives. The impacts of the war were intensely and personally felt across the nation.

Today, there are over 320,000 veterans across Oregon. We are four generations strong across 5 major wars, plus all those who stood guard over our peace and served in smaller conflicts around the world. With every veteran counted, we must also include recognition of their spouses and families who served in their own way on the home front while their veteran was in uniform.

At the same time, we must acknowledge that our nation’s battles today are fought by less than one percent of our population. The weight of the most recent conflicts in Iraq and Afghanistan has been borne by the few.

Most of our citizens today have not been directly impacted by the wars. The same cannot be said for

our Gold Star families who have lost a loved one in service to the nation.

We must never forget the true cost of war – a cost far beyond dollars and cents. Fifty years ago in Vietnam, we lost over 58,000 dedicated service members whose names are now immortalized in polished black granite at the Vietnam Veterans Memorial in Washington, D.C.

Across the ages, from the beaches in Europe and on Pacific islands to the mountains and jungles in Asia, countless Americans have stood up to serve and have laid down their lives. At the most basic level, they fought to protect the one on their right and the one on their left, but ultimately their fight protects us all and preserves the values we hold dear.

This Memorial Day, as we kick off the start of summer and turn to enjoy Oregon’s incredible parks, beaches, rivers and mountains, we must encourage all citizens to pause and honor our fallen and their families. We thank all veterans for their service in uniform and their continued service in using their leadership, skills and experience to enrich our communities across the state.

We must continue to share the stories of our military’s service and most importantly share the stories of all those who have made the ultimate sacrifice. Thank you for all of your support for Oregon veterans, and God Bless all those still serving overseas.



CONTACT YOUR ELECTED OFFICIALS

Cottage Grove City Hall: 942-5501. www.cottagegrove.org/

Cottage Grove Mayor Tom Munroe: 942-5501.

Cottage Grove City Councilors:

Mike Fleck, At Large: 942-7302

K. Michael Roberts, At Large: 942-5501

Jake Boone, Ward 1: 653-7413

Jeff Gowing, Ward 2: 942-1900

Garland Burback, Ward 3: 942-4800

Amy Slay, Ward 4: 942-5501

Lane County Commissioners:

Faye Stewart, East Lane County Public Service Building 125 East 8th Street Eugene, OR 97401

Phone: (541) 682-4203 Fax: (541) 682-4616

Oregon State House of Representatives:

Rep. Cedric Hayden (REP) District: 007 900 Court Street NE Suite H-288 Salem, OR 97301 Phone: (503) 986-1407 Fax: (503) 986-1130 Email: rep.ced-

richayden@state.or.us

Oregon State Senate:

Sen. Floyd Prozanski (DEM) District: 004 900 Court Street NE Suite S-319 Salem, OR 97301-0001 Phone: (503) 986-1704 Fax: (503) 986-1080 Email: sen.floydprozanski@state.or.us

Offbeat Oregon History

Southern Oregon populist leader had plans for a guerilla uprising

BY FINN J.D. JOHN
For the Sentinel

The months that followed the election of 1932 in Jackson County were nerve-racking ones for everyone involved. Newspaper publishers Llewellyn Banks and Earl Fehl, leaders of a belligerent populist uprising with distinctly fascist overtones called the Good Government Congress, had just taken over Jackson County – well, almost. Their party had failed to dislodge the sitting district attorney, George Codding.

Nonetheless, Banks and Fehl promptly and triumphantly proclaimed that the people had delivered a mighty mandate to oust Jackson County’s political establishment – what the two of them had come to call simply “The Gang” – and replace it with their organization, working on behalf of “the people.”

It was a point that they’d been working up to for two solid years of nonstop propaganda in their two newspapers. And the two of them surely believed they had indeed won a mighty mandate. The trouble was, the outgoing sheriff, Ralph Jennings, wasn’t buying it. He’d lost by less than 200 votes. His calls for a recount had gone unheeded, so he’d reached out to the state attorney general. A recount now appeared inevitable – and because of some deliberate ballot miscounting done by a friendly official in the Eagle Point area, there seems to have been no doubt in anyone’s mind but that a recount would reverse the election result.

To avoid that, the new sheriff, Gordon Schermerhorn, actually went on the lam so that once-and-future sheriff Jennings couldn’t serve papers on him. But this, of course, was at best a temporary expedient. One could not do one’s

job as sheriff of Southern Oregon’s most populous county from an outlaw hideout somewhere in the Siskiyou. What was needed was some direct action.

So on Feb. 20, the very night the judge ruled that a recount must proceed, while a mammoth crowd of Good Government Congress true believers rallied and chanted in front of the Jackson County Courthouse, a small crew of Good Government Congress operatives broke out a side window, revving a Ford V-8 engine to cover the noise. They slipped inside, collected as many ballots as they could haul and hustled them away – beyond the reach of recount.

The next day, when the election staff came downstairs to start on the recount, the burglary was discovered. Earl Fehl tried to blame ex-sheriff Jennings, and barely-elected sheriff Schermerhorn pledged a full investigation; but nobody was fooled.

The Oregon State Police certainly weren’t. Officers were on the scene almost immediately, politely informing Sheriff Schermerhorn that they would be conducting the “full investigation.” And after that, it wasn’t hard; they first

found the charred remnants of a bunch of ballots in the courthouse furnace, and later some were found floating in the river.

Working backward from a small list of people with access to the courthouse furnace, the state cops picked up a Good Government Congress member who worked at the courthouse and spent a long time discussing the subject with him. By the time they were done, they had a new list of people to arrest – a list that included Sheriff Schermerhorn, as well as Judge Fehl, the county jailer. And even the mayor of Rogue River.

Sheriff Schermerhorn, it turned out, had stood watch and signaled the burglars with a flashlight when the coast was clear; one of his deputies was leading the burglary team. Judge Fehl hadn’t participated in the burglary but was thought to have masterminded it.

Now things started to move fairly quickly. The Good Government Congress having resorted to extra-legal measures, its leaders were vulnerable to charges of criminal syndicalism. And the investigation quickly led, through a series of inquiries of the “what did the president know and when did he know

it” type, straight to the ornate mansion of Llewellyn Banks.

Banks had made it clear that he would not go quietly. At the last Good Government Congress rally, held just after the burglary, he stood upon the courthouse steps shaking his fist at his opponents and shouted, “Unless justice is restored, I will lead the field in revolution against you people – now, make the most of it.”

But after that, he’d gone home and packed his stuff. Banks knew he was next. His creditors had finally managed to seize his newspaper, so he no longer had that outlet. His orchard lands were either going or gone. And his collaborators in the Good Government Congress were rapidly proving to have very big mouths.

Fortunately, a supporter – a miner named Geiger – had a rustic log cabin on a mining claim deep in the forest. It would be a perfect place for Banks to hide out for a few months until all the gunsmoke and horsefeathers settled out of the air.

Banks had just packed his valise and had his hunting rifle, a .30-06, loaded

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Drinking diet soda depletes the body’s calcium

BY JOEL FUHRMAN, MD
For the Sentinel

The average American drinks 216 liters of soda each year. Soda drinking overall is asso-

ciated with lower bone mineral density in women and children, and one recent study focused specifically on the effects of diet soda on bone health. The authors commented that this re-

search was sparked by the observation that diet soda drinking behaviors are often different than regular soda drinking behaviors – women often use diet sodas in an effort to avoid weight gain – either to stave off hunger between meals or as a replacement for calorie-containing beverages. Many women drink over 20 diet sodas per week.

These researchers discovered that parathyroid hormone (PTH) concentrations rise strongly following diet soda consumption – this is troublesome because PTH acts to increase blood calcium by stimulating bone breakdown, and as a result calcium is

released from bone. What happened to the calcium after it was released? Women were given 24 ounces of either diet cola or water on two consecutive days, and urinary calcium content was measured for three hours. Women who drank diet cola excreted more calcium in their urine compared to the women who drank water. The authors concluded that this calcium loss may underlie the observed connection between soda drinking and low bone mineral density.

Although caffeine is known to increase calcium excretion and promote bone loss, caffeine is likely not the only bone-harming ingredient in sodas. A 2006 study in the American Journal of Clinical Nutrition found consistent associations between low bone mineral density and caffeinated and non-caffeinated cola (both regular and diet), but

not other carbonated beverages. One major difference between the two is the phosphoric acid in colas, absent from most other carbonated beverages.

In the Western diet, phosphorus is commonly consumed in excess – at about three times the recommended levels, whereas dietary calcium is consumed much less. Although phosphorus is an important component of bone mineral, a high dietary ratio of phosphorus to calcium can increase PTH, which stimulates bone breakdown. Studies in which women were given increasing quantities of dietary phosphorus found increases in markers of bone breakdown and decreases in markers of bone formation. Therefore, it is likely that the phosphorus content of colas is what triggers calcium loss.

Diet soda is simply water

with artificial sweeteners and other chemical additives, such as phosphoric acid. The safety of many artificial sweeteners is questionable, and their intense sweetness disrupts the body’s natural connection between taste and nourishment, promoting weight gain. Diet sodas don’t just weaken our bones; they are linked to kidney dysfunction and promote obesity and other common medical problems – there is nothing healthy about diet sodas.

Dr. Fuhrman is a New York Times best-selling author and 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.

Cottage Grove Sentinel

116 N. Sixth Street · P.O. Box 35 · Cottage Grove, OR 97424

ADMINISTRATION:
JOHN BARTLETT, Regional Publisher.....942-3325
GARY MANLY, General Manager.....942-3325 Ext. 207 • publisher@cgsentinel.com

ROBIN REISER, Sales Representative.....942-3325
Ext. 203 • robin@cgsentinel.com
TAMMY SAYRE, Sales Representative.....942-3325
Ext. 213 • tsayre@cgsentinel.com

NEWS DEPARTMENT:
JON STINNETT, Editor.....942-3325
Ext. 212 • cgnews@cgsentinel.com

SPORTS DEPARTMENT:
SAM WRIGHT, Sports Editor.....942-3325 Ext. 204 • sports@cgsentinel.com

CUSTOMER SERVICE
CARLA WILLIAMS, Office Manager.....942-3325
Ext. 201 • billing@cgsentinel.com
LEGALS.....942-3325
Ext. 200 • legals@cgsentinel.com

GRAPHICS:
RON ANNIS, Graphics Manager

(USP 133880)

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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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