



OPINION

LETTERS TO THE EDITOR

An amazing group

The students from the class of 2016 at the Cottage Grove High School and Kennedy Alternative School are an amazing group who have accomplished much and have much to offer in the years to come. As the coordinator for the Cottage Grove Community Foundation scholarship program, the committee and I read over 50 applications from graduating seniors and almost 30 applications from previous recipients who were eligible for our renewable scholarships. This group overcame incredible issues, contributed to the needs of this community and has great promise.

The other group that needs to be congratulated and celebrated are those who have established endowments which support scholarships for all the years to come and our annual contributors. We hold 18 endowments for scholarships and this year had 12 major direct donors. This year the foundation will provide \$103,300 in scholarship awards. The awards vary from \$500 to \$2000 with one \$10,000 award. Since the program began we have provided 700 awards totaling \$672,050! This is a great little town.

But there is much more to do! Our goal is to provide a scholarship award to every student continuing their education in the South Lane School District and to increase the value of the awards. To accomplish that we need more donors who want to establish endowments and more donors who are willing to funds awards yearly. Check

BREAKING THE GLASS CEILING



BREAKING ALL THE RULES



BREAKING UP IS HARD TO DO



out our website at CGCFoundation.org to see more about our donors and learn how giving helps our great kids.

Kathryn Porter
CGCF Scholarship Committee Chair

Please keep trees on Main Street!

I love walking down the cool shaded sidewalks in the summer, and I love the colors of the leaves in autumn. Even in winter the bare branches are beautiful — especially in snow.

While upstairs at Jack Sprats or in the loft at the Axe and Fiddle, I appreciate the ambience and cooling shade of the tree outside. Out at the tables

on the sidewalk, I appreciate it even more! Buster's Main Street Café has that classic old town charm and a mature tree outside adds to that feeling. The trees on Main are an extra touch of color and texture, and they keep the street and sidewalks cooler in the summer. Our lovely Main Street is also host to a number of upstairs apartments, art studios and meeting places, and the trees provide that extra bit of privacy screening from the street.

If some trees need to be removed because they are the wrong variety, I hope they get replaced soon! I love the trees!

Peggy von Barga
Cottage Grove

Dog and cat issues

In the "Pet Tips & Tales article of May 25, there was a story about a stray cat in the area. One night, the neighbors heard a lot of barking, and the next day they found the cat in very bad shape — obviously the object of the dogs' activities. Thankfully for the cat, one neighbor took the cat to the vet, and this person now has a very loving companion.

This situation brings up several issues:

1. Dogs running loose. It is against the law for dogs to be unrestrained. Obviously the cat in the story paid a pretty tough price of terror, pain and suffering. Dogs running loose not only go after cats and wildlife, they can go after people. What if a child had been playing with her kitty in the yard?

Cats running loose. It is far safer for cats to be kept indoors, although there is no law requiring it. There are ways of keeping your outside cats on your property, such as secure fence with cat netting at the top, or a cat enclosure. If your cats do roam, a microchip can help your kitty get back home if it is found, as can a breakaway collar and a tag. But collars do come off.

If, in the case mentioned above, the dogs were in their own yard and the cat wandered into their space, it illustrates why cats are safer indoors and what dogs are capable of.

The feral/stray cat problem is caused, not by the cats, but by people who either:

a. don't get their cats spayed/neu-

tered.
b. dump unwanted cats instead of being responsible and taking them to appropriate shelter/rescues.

And so the cats, and the responsible people in the community, pay the price — cats suffer and die.

4. There are people who do not like cats, may be allergic to them, do not want their footprints on their vehicles, or their using flower beds and gardens as litter pans. There are things you can do to keep cats out of your yard:

a. Purchase deterrents such as blood meal. Havahart Cat and Dog granular animal repellent is one that has been recommended to us as working.

b. Put down chicken wire or netting in your garden and flower beds, then cover with a shallow layer of soil/mulch. Cats don't like the feel of the wire when they dig a hole.

There are many resources available, both for financial spay/neuter assistance, and rescues and shelters to find a new and loving home for your pets.

Be a part of the solution, not part of the problem. The cats, dogs and community thanks you!

Humane Society of Cottage Grove
Board of Directors
Janetta Overholser, Board president

Offbeat Oregon History

UFO cult lured away 20 Oregonians, thoroughly creeped out others

BY FINN J.D. JOHN
For the Sentinel

In the Fir Room at the Bayshore Inn in Waldport, some 200 people waited expectantly for something to happen.

None of them knew quite what that something would be — all they knew was that it was something about UFOs.

It was Sept. 14, 1975 — a quiet Sunday afternoon. The crowd — "mostly hippie types," the hotel's manager would later recall — had come to the hotel in response to the mysterious posters that had been plastered up all over Portland and the Willamette Valley.

"UFOs: Why they are here. Who they have come for. When they will leave," the posters had proclaimed, with enticing crypticality. And they had invited

all the curious to come and have their questions answered on that day at the Bayshore.

The conference room had been paid for by a man identifying himself as "Mr. Simons." He'd laid down \$50 in cash for the room, and no questions had been asked or answered.

Now it was 2 o'clock — the appointed hour — and a man appeared. He was dressed in a very ordinary fashion; but several witnesses later recalled there was something about his eyes, a "strange, shiny look, almost as if they were sightless," as one woman later told the Portland Oregonian.

"When he went to the front of the room and began talking — no one introduced him, nor did he give his name — the eerie feeling became more pronounced," the woman recalled. "His speech sounded as if it were being played on a machine and was turned on

and off automatically."

"He didn't seem to blink his eyes at any time except to tip his head back at regular intervals and half-close both eyes," she added. "A robot was the only comparison I could make."

Then a woman joined the strange man on stage. Witnesses said her eyes held the same strange, shiny, fixed look as his.

The couple told the members of the audience that they were actually millions of years old, and had come to Earth in the footsteps of their fellow cosmic traveler, Jesus Christ. The opportunity to follow them, as had been the opportunity to follow Jesus, would likely not knock again for a millennium or more.

They were, they assured the riveted audience, the two witnesses foretold of in the Book of Revelation (11:3). They would be upon the Earth for 1,260 days gathering together ambitious souls who were ready to be transformed into "children of the Next Level."

To reach the Next Level, and enjoy deliverance from human suffering and the spiritual corruption of a fallen world through the beings who were visiting the Earth in UFOs, the audience

members were invited to abandon or give away all their worldly possessions and follow The Two. As aspirants to the Next Level, they would be expected to live a life of near-heroic asceticism, abstaining from all tasty or intoxicating food and drink and sleeping as little as possible and strictly avoiding sex — in other words, following the old Gnostic doctrine of turning away from all worldly pleasures so as to open oneself up to celestial ones.

The Waldport meeting, although large, went mostly unnoticed by media outlets. But that all changed about three weeks later, when people started disappearing.

It started with a newspaper article that sounded straight out of an H.P. Lovecraft story:

"NEWPORT — Reports in Lincoln County of at least 20 local residents disappearing at the bidding of occult beings are supported by no hard evidence, law officials said Saturday."

But it was true. Reports started pouring in. People who had been in that audience were quitting their jobs, giving all their things away and leaving town with nothing. They would follow The Two to a special camp in Colorado from

which, through the intercession of the beings who fly UFOs, they would be carried to the Next Level. One of them, Robert Rubin of Newport, had given away four houses and a 10-acre farm to follow The Two. Others had handed off small children to family members before leaving.

These new UFO apostles were specifically instructed that they could have no two-way conversations with the family members they'd left behind — the best they could do was send postcards. Naturally, there was considerable concern about this, especially because many of the postcards were almost identically worded, as if the writer were taking dictation. Reports from the Waldport meeting, after many retellings, started metastasizing into rumors that wouldn't have been out of place in a Lovecraft novella. People remembered seeing a weird nimbus of light playing about the heads of the glassy-eyed man and woman, whom no one seemed to be able to identify or even fully describe. One audience member claimed he sensed "an aura of death" in the meeting. Others reported that The

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Five healthy grilling tips

BY JOEL FUHRMAN, MD
For the Sentinel

Hot weather and outdoor living means firing up the outdoor grill in many homes. Yet, before you throw that burger or steak on the barbecue, be aware research has shown that turning up the heat on meat can cause potentially cancer-causing substances to form.

Meats contain several harmful elements including animal protein, arachidonic acid and heme iron.

When grilled or even cooked at high temperatures,



carcinogenic compounds are also formed.

Heterocyclic amines (HCAs) are formed in hamburger, steak, chicken and fish as a reaction between creatinine amino acids and glucose. Higher temperatures and longer cooking times increases HCA production. Polycyclic aromatic hydrocarbons (PAHs) are formed from flames and smoke; when meat juices drip and flame hits meat. N-nitroso compounds (NOCs) are formed in the stomach from nitrate/nitrite preservatives, which are found in processed meats.

To minimize these harms, limit your portions consistent with a high-nutrient (Nutritarian) diet. Use only small amounts of meat mixed in with a bean burger and some mushrooms and onion. The phytates in the beans sop up the hydroxyl radicals and excess iron from the meat, reducing its toxicity. Also, anti-cancer foods like onions, garlic and cruciferous vegetables may help the body detoxify some of the HCAs.

Processed meats such as hot dogs and sausages should be completely avoided. NOCs are potent carcinogens. There is convincing evidence that processed meats (and red meats) are a cause of colorectal cancers, and high intake of processed meat is also associated with heart disease, stroke and diabetes.

Fortunately, you don't have to throw away your grill. Marinated vegetables, mushroom and bean burgers are safe and delicious choices. For those who choose to grill meat, do it with caution and only do it occasionally.

Here are five ways to enjoy foods on the grill while reducing your exposure to harmful substances:

Vegetables are especially delicious when grilled. All kinds of vegetables can be grilled and with the warm weather there is a wonderful variety. So make veggies your main dish. Fill a grilling basket with your favorite sliced vegetables, or make

vegetable skewers. Mushrooms, onions, garlic, cherry tomatoes, zucchini, and summer squash all combine well, but get creative with your top picks or seasonal harvests. Toss with a little water, balsamic vinegar, and some fresh or dried herbs such as basil, oregano or rosemary for a robust and nutritious dish.

Try blending spices with walnuts and a bit of your favorite vinegar and brush it on the veggies frequently while on the grill. When grilling any starchy vegetables soak or marinate them first in a water-vinegar mix to add to their water content to minimize the production of acrylamide, which is a cooking-related carcinogen formed when starches are cooked at high temperatures. Avoid eating the blackened portions of grilled vegetables.

Make your own nutritious veggie burgers. Redefine the meat burger with bean or veggie burgers! Store-bought burgers often have added salt and concentrated soy protein. Try

the recipe for Better Burgers in my new book, The End of Heart Disease.

Portabella mushrooms are a delicious and satisfying alternative to burgers. Try marinating in your favorite vinegar. Serve on a toasted whole grain pita with sliced tomato, raw onion and a pesto dressing made from basil, avocado and pine nuts.

Grill corn on the cob in the husk or make party corn cobs by husking, spraying lightly with a mix of extra-virgin olive oil and water and sprinkling with your favorite herbs. Place on the grill for 6-10 minutes, rotating frequently to minimize browning.

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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