



# OPINION

## Offbeat Oregon History

Truck bombing doomed the cause of newspapers' striking unions

BY FINN J.D. JOHN  
For the Sentinel

In a retrospective article many years later, Oregonian columnist Steve Duin wrote that the shotgun ambush of newspaper manager Donald Newhouse by some unknown lurker outside his basement window was the moral turning point in the newspaper's struggle with its unions.

That's not entirely true. There was another turning point—a much more important one. It had happened just two months after the union members went out on strike.

At that time, the newspaper management was hurting badly. Most Portlanders were pro-union. Union members were going door to door asking everyone to cancel their subscriptions, and tens of thousands of them were doing it. The only bright spot for The Oregonian's absentee owner, New Yorker Sam Newhouse, was that he'd gotten the competing newspaper, the Oregon Journal, to join the Oregonian in all labor negotiations, meaning the Journal had been sucked into the fight by treaty obligations. Had that not been the case, hundreds of thousands of Portlanders would almost certainly have simply switched papers, and the strike would have been over.

As it was, the unions realized it was asking a lot of residents to give up their daily newspaper, so they pooled their resources and expertise and launched a third newspaper in Portland—at first a weekly, and then, as it became clear that this would not suffice, a daily. It was called The Portland Reporter; it was excellent, if a bit thin; and, until its closure for financial reasons in 1964, it helped a great deal.

Would that have been enough? We'll never know. Because one of the stereotypes—the obsolete workers whose walkout over equipment upgrades had started the whole thing—got impatient.

Which is why, at midnight on Jan. 31, 1960, a series of 10 colossal dynamite blasts shook sleepers awake in Oregon City. Stereotyper Levi McDonald had hired some young fellows, given them dynamite and fuses and sent them out into the night to apply a little direct pressure to some of the trucking companies that had had the temerity to continue doing business with the Oregonian. Ten trucks had been blown up; luckily, no one had been hurt.

Now, it's important to understand that in 1960, the vast majority of people in Portland had lived through or participated in the Second World War. The way to win the hearts and minds of people who have experienced total war is not to show oneself as the side most willing to resort

to such extreme measures as truck bombs. Furthermore, the recklessness of the action was appalling: What if someone had been in one of those trucks, or working nearby? Unlikely, yes, but unlikely things do happen sometimes.

The next day, the sun came up on a completely new world. Now, when union reps knocked on a Portlanders' door and asked him or her to cancel his or her subscription, the Portlanders' perception of the whole affair would be different. It wasn't "local guys getting stiffed by a New York mogul"; it was "bomb-throwing union thugs fighting with a New York mogul."

It's not hard to understand what that change did to the union canvassers' success rate.

It is entirely possible that McDonald was discreetly ratted out by fellow union members who, realizing that he'd probably just lost them the war, figured their only hope was to show the world that the bombings had been a rogue member's freelance action, not an official union operation. It's also possible—as union members immediately afterward claimed—that the whole thing was a false-flag operation, and that McDonald had been put up to it by the Oregonian.

The unions decried the bombings immediately and even contributed \$1,000 to the reward offered for the perpetrator's capture. But it wasn't enough. Essentially, the bombings turned a strike that had been on a relatively fast track toward a successful (for the union) resolution, into a losing stalemate that would drag on for five years.

For Sam Newhouse, a five-year fight was tolerable. He owned a big string of other newspapers, and revenue from them could prop up the temporarily-money-losing Oregonian nicely. Plus, he had, with remarkable prescience, bought a very expensive strike-insurance policy before the whole mess broke out.

But for the Oregon Journal, times were tough indeed. Remember, this was just a few years after the last member of the founding Jackson family, Maria, had died. Maria had tried to pass her stock in the newspaper on to the employees, but the three trustees in charge of her estate challenged the bequest in court and won, thereby essentially robbing the employees of their inheritance—and, more importantly, leaving the trustees in control of the newspaper. It was the trustees who had made the deal to jointly negotiate labor contracts with the Oregonian. And it was soon very clear that the trustees—who were charged with caring for the entire Jackson estate, not just

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# POLITICAL SUICIDE SQUAD

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## LETTERS TO THE EDITOR

### Thanks from the bank

My staff and I would like to thank all the people and organizations in Cottage Grove that have been so thoughtful and kind to us over the last couple of weeks. No one likes to go through a negative experience, but it also true that bad times often bring out the best in our community. The response from our Police Department was reassuring and professional. We are most grateful to each of you.

Jim Gilroy  
Banner Bank Branch Manager

### Initiative ordinance is illegal

We are concerned that some members of the Lane County Board of Commissioners do not understand the concept of separation of powers enshrined in the U.S. Constitution. The commissioners' interest in giving themselves the power to deny "we the people" the right to vote on county-wide ballot measures that we ourselves have initiated seems decidedly un-American, given that the courts in this country are the bodies that decide on the constitutionality of laws, not elected lawmakers.

After a ballot measure has been approved by voters, it can be challenged—in the courts. If the commissioners enact this illegal ordinance, they will

certainly be wasting taxpayer dollars defending it in court. Ironically, saving money is their stated reason for considering the ordinance, but perhaps they have other motives. The commissioners who have expressed the most interest in selectively squashing citizen initiatives are the same ones who are well funded by the timber industry, which opposes a citizen initiative currently collecting signatures for the ballot.

The Cottage Grove Blackberry Pie Society:

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## CORRECTION:

The Sentinel published a letter in its July 20 edition inquiring as to why there is no wireless Internet access at the Cottage Grove Library. In fact, the newspaper has learned that the Library indeed offers free WiFi access, which is available throughout the Community Center. The Sentinel apologizes for the error.

# Greens, beans and fruits: The best anti-diabetes foods

BY JOEL FUHRMAN, MD  
For the Sentinel

Diabetes is the seventh leading cause of death in the U.S., and the disease dou-

bles the risk of heart attack and stroke. However, Type 2 Diabetes is a lifestyle disease - our food choices can either prevent or promote insulin resistance and resultant diabetes.

Many conventional diabetes diets rely on meat or grains as the major calorie source. However, these strategies have serious drawbacks. High-nutrient, low glycemic load (GL) foods are the optimal foods for diabetics, and these foods also help to prevent diabetes in the first place:

Leafy greens and other non-starchy vegetables: Green and non-starchy vegetables have almost nonexistent effects on blood glucose and are packed with fiber and phytochemicals. A recent meta-analysis found that greater leafy green vegetable intake is associated with a 14 percent decrease in risk of Type 2 Diabetes. One study re-



ported that each daily serving of leafy greens produces a 9 percent decrease in risk. Greens, mushrooms, onions, garlic, eggplant, peppers, etc. are essential components of an anti-diabetes (or diabetes reversal) diet.

Beans: Beans, lentils, and other legumes are the ideal carbohydrate source. Beans are low in GL due to their moderate protein and abundant fiber and resistant starch, carbohydrates that are not broken down in the small intestine. This reduces the amount of calories that can be absorbed from beans; plus, resistant starch is fermented by bacteria in the colon, forming products that protect against colon cancer. Accordingly, bean and legume consumption is associated with reduced risk of both diabetes and colon cancer.

Nuts and seeds: Nuts are low in GL, promote weight loss, and have anti-inflammatory effects

that may prevent the development of insulin resistance. The Nurses' Health Study found a 27 percent reduced risk of diabetes in nurses who ate five or more servings of nuts per week. Among nurses who already had diabetes, this same quantity reduced the risk of heart disease by 47 percent.

Fresh fruit: Fruits are rich in fiber and antioxidants and are a nutrient-dense choice for satisfying sweet cravings. Eating three servings of fresh fruit each day is associated with an 18 percent decrease in risk of diabetes. For those who are already diabetic, I recommend sticking to low sugar fruits like berries, kiwi, oranges and melon to minimize glycemic effects.

This approach works. In a recent study on Type 2 Diabetics following this diet, we found that 62 percent of the participants reached normal (non-

diabetic) HbA1C levels within seven months, and the average number of medications required dropped from four to one. A diet of vegetables, nuts, seeds, beans and fresh fruit can prevent and even reverse diabetes while promoting long-term health.

If you have type 2 diabetes, learn about my diet and lifestyle plan for naturally reversing diabetes in my new book, The End of Diabetes.

Dr. Fuhrman is the #1 New York Times bestselling author of Eat to Live, 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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The Cottage Grove Sentinel receives many letters to the editor. In order to ensure that your letter will be printed, letters must be under 300 words and submitted by Friday at 5 p.m. Letters must be signed and must include an address, city and phone number or e-mail address for verification purposes. No anonymous letters will be printed. Letters must be of interest to local readers.

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.