



OPINION

LETTERS TO THE EDITOR

Anti-Trump bias

Another week, another Cottage Grove Sentinel issue, and of course another anti-Republican/anti-Trump political cartoon.

No surprise here. It is obvious that the Sentinel owners/editors are anti-GOP/anti-Trump folks.

Why not pick up another politi-

cal cartoonist for a change? There are political cartoonists out there [if you search] who made equal fun of Democrats/Ms. Clinton and also of Republicans/Mr. Trump.

Fair and balanced? Hardly.

George Zajic
Cottage Grove



Offbeat Oregon History

'Christmas Ship' could have used some navigation help from Santa

BY FINN J.D. JOHN
For the Sentinel

Early in December of 1941, the 421-foot steam freighter Mauna Ala was on her way to Honolulu with a cargo hold stuffed with Christmas cheer.

The steamer was hauling the load for the U.S. government, and she was that year's "Christmas ship." She was packing 60,000 Christmas trees, 10,000 frozen turkeys, 3,000 frozen chickens and thousands more cases of prime steaks and Almond Roca candy. Her destination: Pearl Harbor, where the soldiers and sailors stationed at the base were eagerly waiting for her to arrive.

Of course, 1941 was the year something else would arrive at Pearl Harbor.

The Japanese airstrike of Dec. 7 happened when the Mauna Ala was still several thousand miles from her destination. The word went out immediately that the voyage was off. Pearl Harbor, heavily damaged and clogged with sunken Navy ships, was in no condition to be playing host to any ships whose errands weren't absolutely essential. Plus, a state of war had just broken out, and the Japanese had a world-class submarine fleet. Now was not the time for big, slow, aging steamers like the Mauna Ala to be making unescorted trips across the Pacific.

So the Mauna Ala was ordered to make immediately for the nearest deepwater port. And, unfortunately for the Mauna Ala, the nearest port was Astoria, Oregon.

While the ship was getting turned around and headed back

toward the continent, a couple things were happening that would essentially seal her fate. First, an order for radio silence went out. Radio transmissions could be triangulated upon, which meant that the enemy would quickly be able to figure out exactly where to send its submarines to intercept a ship whose radio officer was too chatty. So as the Mauna Ala steamed homeward, she was neither getting nor receiving any information.

And that was unfortunate, because had it not been the case, they surely would have learned that the well-meaning authorities in Oregon had decided to black out the entire coast. And they'd blacked it out completely — including light-houses and navigational beacons.

Of course, the Mauna Ala's crew did learn that eventually. But it was an expensive lesson. The lookout in the steamer's bows learned it roughly an hour after dusk when he saw the ship's running lights gleaming on the tops of breakers just ahead.

And so it was that, under full power at maximum cruising speed, the S.S. Mauna Ala piled onto the beach at Clatsop Spit, just south of the Columbia River entrance and a little way south of the wreckage of the Peter Iredale. Her screws were still turning, driving her steel hull deep into the sands and still churning up the waters behind her as she ground shuddering to a stop. When she hit, her officers on the bridge were still actively scanning the horizon around for the light of the Columbia River Lightship — never realizing that the light had

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Get a healthy start to the new school year with vaccinations

BY SUSAN JOHNSON

Regional Director, US Department of Health and Human Services, Region 10

In August, you'll see back-to-school ads from virtually every store. These ads will try to convince you that you need to buy clothes, shoes, computers, school supplies, sporting equipment, lunch making materials, cleaning wipes, and myriad other products. Children legitimately need some of these items. Other items are in the nice-to-have category. The average family will spend in excess of \$600 per child for back-to-school items—and significantly more for college-bound students, especially when they need to furnish that freshman dorm room. Back-to-school has become the second largest shopping season in the year.

There is one item that may not be on your back-to-school list: Immunizations! Immunizations are something every child and young adult should have before they head back to school. That may be why August is National Immunization Awareness Month!

Some of the greatest medical breakthroughs have been the development of effective vaccines for illnesses that have killed or injured hundreds of thousands

of people in the past. According to the CDC, "...among children born during 1994–2013, vaccination will prevent an estimated 322 million illnesses, 21 million hospitalizations and 732,000 deaths over the course of their lifetimes, at a net savings of \$295 billion in direct costs and \$1.38 trillion in total societal costs."

In recent years, we've looked eagerly for vaccines for HIV, Hepatitis C, Ebola, the Zika virus and other emerging diseases, just as in the past people looked for vaccines for polio, measles, mumps, rubella and smallpox.

Many of the vaccinations we receive in this country are for "childhood illnesses." Despite the inoffensive title, these illnesses can be quite serious or even deadly, especially for the very young, the elderly, or those with immune systems compromised by diabetes, cancer, lung diseases, or other illnesses. Many people currently live with long term effects of diseases acquired in childhood—some of which, like polio—have been largely eradicated thanks to immunizations.

Vaccinations are also important to protect those who for medical reasons can't be immunized. Community Immunity or "Herd Immunity" helps protect these individuals by containing the spread of diseases.

Add this one extra item to that back-to-school list. Make sure your child is fully immunized. While you're at it, check to see if your immunizations are all up to date—immunity to many diseases, such as whooping cough and tetanus—can dissipate over time, and the flu vaccine is different each year.

There is good news with this back-to-school item though—recommended vaccinations are available as a preventive health service through Marketplace plans, so this won't add to your back-to-school expenses. Just be sure to follow your plan's guidance on where you should get your vaccinations to be sure the cost is covered.

The State of Oregon provides excellent resources for parents, including Immunization Requirements Flyer for the 2016-2017 School Year in English, Spanish, Russian, and Vietnamese, FAQs for Parents which is only available in English, and Oregon Immunization Data and Reports which allows you to see how your county stacks up on immunizations.

Every child (and parent) should have a safe and healthy school year. Immunizations are an easy way to start out at the head of the class!

How to eat for beautiful, healthy skin

BY JOEL FUHRMAN, MD
For the Sentinel

The skin is the largest organ of the human body and a barrier that protects us from microbial pathogens and other damaging elements. The health of the skin is a reflection of overall health, and the skin's resilience to sun exposure and outward appearance can be enhanced with high-nutrient foods.



Skin cancer is the most common cancer in the U.S., affecting one out of every five Americans. Ultraviolet radiation from the sun promotes skin aging and cancer via oxidative stress, inflammation, and damage to DNA. Ultraviolet (UV) exposure also leads to alteration of the skin's structural proteins, causing sagging and wrinkling. Taking proactive measures such as using a safe mineral sunscreen and limiting mid-day sun exposure are crucial to protecting your skin from the sun's UV rays. Phytochemicals from natural foods can provide an extra source of protection, by enhancing the body's natural defenses

to help prevent sun damage and slow the aging of the skin.

Carotenoids are one class of phytochemicals that offer photoprotection. After we consume carotenoid-rich foods, carotenoids accumulate in the skin, where they oppose UV-induced oxidative stress. Individual carotenoids, mixed carotenoids, and carotenoid-rich whole foods have been shown to have photo-protective qualities that prevent or repair DNA damage to the skin caused by the sun. For example, lycopene, found in tomatoes and pink fruits such as watermelon, grapefruit, and papaya, helps to protect the skin from sun damage. Similar results have been found for lutein and zeaxanthin, found in leafy greens, and beta-carotene, found in yellow and orange vegetables.

In addition to carotenoids, another class of antioxidant nutrients—polyphenols—may have photoprotective actions. There are hundreds of polyphenols, and they are present in most whole plant foods. Polyphenols from cocoa and green tea, for example, have been shown to counteract UV-induced skin damage in human studies.

Wrinkles and other signs of skin aging are related to chronological age but also strongly influenced by UV rays. It is es-

timated that 80 percent of the visible aging in a woman's face is due to sun exposure. The phytochemical-rich foods that offer sun protection also offer some protection against wrinkles. In one study of older adults, higher intakes of vegetables and legumes and lower intake of dairy and sugar were associated with less visible sun damage. Another study assessed skin aging in middle-aged American women, and found that higher dietary vitamin C intake was associated with fewer wrinkles. In a study of Japanese women that related dietary variables to "crow's feet" wrinkling, higher intake of green and yellow vegetables was associated with fewer wrinkles. In studies on green tea and cocoa polyphenols, in addition to UV protection, these interventions improved appearance factors such as elasticity, hydration, and softness.

Structural proteins in the connective tissue of the skin are also affected by diet. There is evidence that beta-carotene reduces the levels of one such protein that promotes skin wrinkling. Also, tomato paste supplementation was found to reduce the activity of an enzyme known to degrade structural proteins in the skin, presumably slowing skin aging.

In spite of the well-known

damaging effects of the sun on our skin, many of us still perceive a suntan as healthy-looking. Food-derived carotenoids can also affect our skin coloration, and research has shown that carotenoid-colored skin is perceived as healthier and more attractive. In the wild, carotenoids are responsible for the bright feather colors of male birds, which make them more attractive to potential mates. There is a much more subtle, but similar phenomenon in humans. An increase in carotenoid-produced skin coloration was consistently found to be perceived as healthier in people of Caucasian, African and Asian descent. One interesting study found that people preferred the skin color caused by eating carotenoids over the skin color from a suntan. Another study investigated skin carotenoid coloration changes in response to increased fruit and vegetable consumption. They found that photos of individuals a few weeks after increasing fruit and vegetable intake by three serving per day received higher ratings of health and attractiveness than "before" photos. Furthermore, the improvement in appearance has been shown to be a motivating factor for increasing fruit and vegetable consumption.

Each time the skin is exposed

to the sun, some carotenoids are "used up" for their antioxidant activity, so they must be constantly replenished by the diet to maintain the protective effects (smoking and alcohol also deplete additional carotenoids from skin). Consistently consuming antioxidant-rich plant foods will build up the stores of these protective phytochemicals in the skin. You can even quantify your skin carotenoid levels using a specialized scanner to confirm the accumulation of dietary carotenoids in your skin. I use one of these scanners in my medical practice to confirm and motivate patients to eat a Nutritarian diet, rich in these colorful phytochemicals. A high-nutrient (Nutritarian) diet is designed to be rich in antioxidant phytochemicals and promotes health inside and out, protecting against chronic disease, heart disease and cancer, while at the same time protecting the skin from sun damage while giving a natural, healthy-looking glow.

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.

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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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