



# OPINION

## LETTERS TO THE EDITOR

### Easy fix — No!

Over a week ago, starting above Riverstone Trailer Park and going toward town, the County took a grinding machine, removing damaged asphalt and putting down a new surface almost to the City Limits (so nice). But from there, it was not so easy. Major digging starts because it was not maintained. Sixth Street is so bad that I take other streets to avoid it. Also, regarding the railroad crossing: I was told by a city official it would be done months ago!

In 1852, my family homesteaded in Lane County. My roots run deep in our community, and I am concerned about the ramifications of passing unenforceable ordinances. Other counties have been pulled into litigation over the passage of ballot measures they could not enact.

We all should be encouraging our commissioners to move forward.

Bill Hoyt  
Cottage Grove

### So long, wieners!

The 2016 Weiner Dog Races have come to an end. The Weiner Dog Races flame has been extinguished, and the dogs have left the track.

We can now only look forward to the 2017 Weiner Dog Races when the flame will be lit again. Then that flame will be carried from the giant Weiner Dog statue in Coiner Park out to the new location for the races, the Western Oregon Exposition Fair. Congratulations to the winning wieners, and for the others, there's always next year!

Randy Stenersen  
Eugene

### Review is common sense

Thank you to the Lane County Commissioners for considering a change to the initiative petition review process. It is common sense to have a review of a proposed measure prior to the election to ensure the County can implement it.

It is unfair to petitions, voters and the County to expend efforts and resources on a ballot measure that the County cannot enact.

Ike Shepherd  
Cottage Grove



## Offbeat Oregon History

The day a dead whale rained out of the sky on an Oregon town

BY FINN J.D. JOHN  
For the Sentinel

It was a sunny November day on the beach near Florence, and Oregon Highway Department project manager George Thornton was standing near a very large, very dead whale, talking to a TV news crew. He was explaining the department's plan for getting rid of the big, stinky thing.

"Well, I'm confident that it'll work," he said, in the mild, competent drawl of a West Coast engineer. "The only thing is, we're not sure just exactly how much explosives it'll take to disintegrate this thing so the scavengers, seagulls and crabs and what-not, can clean it up."

Years later, the reporter, Paul Linnman, remembered this response well.

"As the young producers on our staff today like to say, OH-MY-GOD!" he wrote in his 1996 book. "The engineer in charge of blowing up something that weighs eight tons doesn't know how

much dynamite to use? That should have been my reaction."

But, perhaps baffled by the very incongruity of the response, Linnman simply rolled with it. "Any chance it could be more than a one-day job?" he asked.

"Uh, if there's any large chunks left," said Thornton.

Spoiler alert: There would be many large chunks left.

The morning of Nov. 12, 1970, dawned bright and clear on the Florence beach — clear and stinky. Up on the beach near the town, the rotting carcass of a 45-foot, 16,000-pound whale slumped on the sand. It had lain there for three days, its black surface soaking up the unseasonable winter sunshine, pouring forth putrid gases that oozed out over the beach and the town.

At that time, the beaches in Oregon were under the purview of the Oregon Highway Department, so the chore of disposing of the carcass fell to the

highway engineers. They'd spent a little time trying to figure out how to handle the problem. The carcass could be simply buried in the sand, true; but it was winter, and storms often removed large amounts of sand. The fear was that the carcass would resurface in a month or two, even more putrid than ever. Or, worse, it could work its way up to just a few inches below the surface of the sand, and a strolling beachcomber could fall into it and drown in liquefied whale guts.

An alternative might have been to drag it up high on the sand dunes and bury it. But by its third day cooking in the sun, that option was no longer viable. Any attempt to pull the thing would simply pull it apart.

So, after some conversations with the U.S. Navy, the highway department decided to handle it as it would handle a boulder: with dynamite.

There was a difference, though. Boulders were big and crunchy; dead whales were soft and blubbery. A couple sticks of dynamite would probably have sufficed to knock a boulder into the ocean. Thornton would have known exactly how much dynamite to use on a boulder. But a dead whale?

And another thing. A boulder, blast-

ed into the sea, would sink. A whale would float along for a day or two and then be delivered back on shore by prevailing currents, stinkier and more unmanageable than ever. No, the whale would have to be disintegrated — torn into ribbons of blubber and bone.

Now, had the whale not smelled quite so bad, Thornton might have spent a little more time in researching his project. But everyone was eager to get the whale off the beach. Thornton no doubt figured if it wasn't enough to do the job, he could just set another charge. This would not turn out to be the case. But again, I'm getting ahead of myself.

As Thornton and his crew were packing case after case of DuPont's finest into a big hole in the sand dug under the shoreward side of the carcass, a crew-cut military-looking man approached, looking the operation over with a practiced eye. He clearly did not like what he was seeing.

This was Walter Uemenhoefer, a Springfield business executive with the Kingsford Charcoal company who had received extensive training in explosives handling in the military. He later told reporter Ben Raymond Lode of The Springfield News that he'd been in

town on an undercover mission to scout a possible location for a Florence plant, and he had no idea how dramatically his cover was about to be blown.

Right now, though, Uemenhoefer was not thinking about his mission. He was trying to explain to Thornton why using 20 cases of dynamite was the wrong decision here. What was really needed, he told Thornton, was a small charge, like 20 sticks, to push the whale off the beach and into the sea; or a much, much bigger one that would totally vaporize it. Twenty cases, he said, was just enough to make a big mess, and maybe hurt some people.

Thornton blew the know-it-all stranger off.

"The guy says, 'Anyway, I'm gonna have everybody on top of those dunes far away,'" Uemenhoefer told reporter Wayne Freedman of San Francisco TV station KGO in an interview 25 years later. "I says, 'Yeah, and I'm gonna be the furthest SOB down that way!'"

And so he would. But if Uemenhoefer thought his involvement in the exploding whale project was over, he was sadly mistaken.

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## Nuts: An important component of diabetes prevention

BY JOEL FUHRMAN, MD  
For the Sentinel

Complications from diabetes result from constant elevations in blood glucose, which damage the blood vessels and other tissues. Elevated blood glucose results in the formation of Advanced Glycation End Products (AGEs)—products formed when sugars react with and damage proteins or



fats in the body's tissues, especially the blood vessels. AGEs are produced at an accelerated rate in diabetes and contribute to its complications such as impaired wound healing, diabetic nephropathy and atherosclerosis. In addition to the AGEs produced in the body due to excess glucose, some AGEs come from foods. Fried foods, meats and dry cooked starchy foods (roasted/fried potatoes, bread, crackers, cookies, muffins and other baked goods, cold cereals, etc.) are high in AGEs. Dangerously high levels of AGEs are found in barbecued and overly cooked chicken and meat.

In designing a diet to prevent

or reverse type 2 diabetes, we should aim to limit after-meal increases in blood glucose and to avoid dangerous AGEs by choosing major calorie sources with a low glycemic load (GL)—foods that provoke relatively small increases in blood glucose. An important point here is to choose high nutrient, low GL foods, not just any low GL food—this is where some conventional diabetes diets fall short. Meat is a low GL food, but higher meat consumption is associated with reduced lifespan and increased risk of developing type 2 diabetes; the diabetes risk is likely due to weight gain and AGE content. A diabetic diet emphasizing meat sacrifices long-term health for short-term glycemic control. A low fat vegan diet emphasizing these foods in place of refined carbohydrates has shown some success with improving glycemic control. However, these diets tend to increase triglyceride levels (a risk factor for heart disease), and cooked grains and starches are not ideal calorie sources for diabetics because they still have a significant GL, as you can see below:

- White potato: 29
- White rice: 23
- Whole grain (brown rice): 18
- Beans (black or kidney): 7

- Legumes (lentils): 5
- Nuts (cashews): 3

Beans, and nuts (and seeds) are high in nutrients and low in GL, and are far more appropriate than grains and meat as major calorie sources for diabetics.

Beans and legumes are higher in fiber and resistant starch than whole grains, with a lower GL. Beans have been shown to be superior to whole grains for improving blood glucose and cardiovascular risk factors in type 2 diabetics. Regular consumption of nuts and seeds also has well documented cardiovascular benefits, including cholesterol lowering and reduced risk of sudden cardiac death and coronary heart disease.

In addition to reducing the risk of cardiovascular disease, nuts have a number of properties that make them a favorable food for diabetics. Nuts are a high-nutrient source of plant protein, fiber, antioxidants, phytosterols and minerals. Nuts provoke a minimal glycemic response, which helps to prevent post-meal hyperglycemia, hyperinsulinemia, and AGE production. Adding nuts reduces the GL of an entire meal while adding beneficial phytochemicals. Eating nuts with meals also helps with weight maintenance—important since overweight/obesity is the

primary risk factor for diabetes. Despite their calorie density, greater nut consumption is associated with lower body weight; potentially due to appetite-suppression from healthy fats. Nuts also have anti-inflammatory effects that may help to prevent insulin resistance.

In a recent study HbA1C, an indicator of long term glycemic control, was measured in diabetics consuming either 2.5 ounces/day of mostly raw mixed nuts or an equivalent number of calories in a muffin—a cooked starchy food (the muffin had the same amount of fiber and calories as the nuts). HbA1C levels were lower in the nut group, suggesting long term protection from hyperglycemia when replacing carbohydrate foods with nuts.

This new data cements the results of previous observational studies that have found inverse relationships between nut consumption and diabetes. For example, 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.

Nuts are an important part of any diet designed to reverse heart disease or diabetes along

with green vegetables, beans and low sugar fruits. In a study on type 2 diabetics following the diet-style I outline in my book *The End of Diabetes*, we found that 90 percent of participants were able to come off all diabetic medications, and the mean HbA1c after one year was 5.8 percent, which is in the non-diabetic (normal) range. All people with type 2 (and also type 1) diabetics should read this book. In the case of a type two diabetic, they could resolve their diabetes completely and in the case of a type one, they can reduce their insulin needs by more than 50 percent and prevent much suffering and a premature death. Nuts, seeds, beans, and vegetables not only keep glucose levels in check, but protect against heart disease and cancer.

*Dr. Fuhrman is a #1 New York Times best-selling author and a board certified family physician specializing in lifestyle and nutritional medicine. His books, *The End of Diabetes* and *The End of Heart Disease*, offers detailed plans to prevent and reverse diabetes and heart disease using a nutrient-dense, plant-rich eating style. Visit his informative website at [DrFuhrman.com](http://DrFuhrman.com).*

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Personal attacks and name calling in response to letters are uncalled for and unnecessary.

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