



## Rumors of our demise...

Debunking the 'newspapers are dying' myth

BY DAVID CHAVERN  
For the Sentinel

Imagine waking up in a world without newspapers. You say, I haven't gotten a newspaper in years. But I'm not talking about just the paper delivered by carriers or the postal service. I'm talking about the news online, the links on social media, the email newsletter, the source cited in the television broadcast and the push notification on your phone. The word newspaper no longer reflects the media industry encompassed by the word.

It's time to debunk the idea that Newspapers Are Dying.

The newspaper business has changed a lot. But so what? Lots of industries go through ups-and-downs as technologies and customer preferences change. Name an industry — cars, airlines, energy, retail, accounting, transportation, construction and the underlying economic drivers look a lot different than they did in the 1980s. That doesn't mean they are dead businesses. People want and need the underlying products and services and the industries adapt to be successful in the new world.

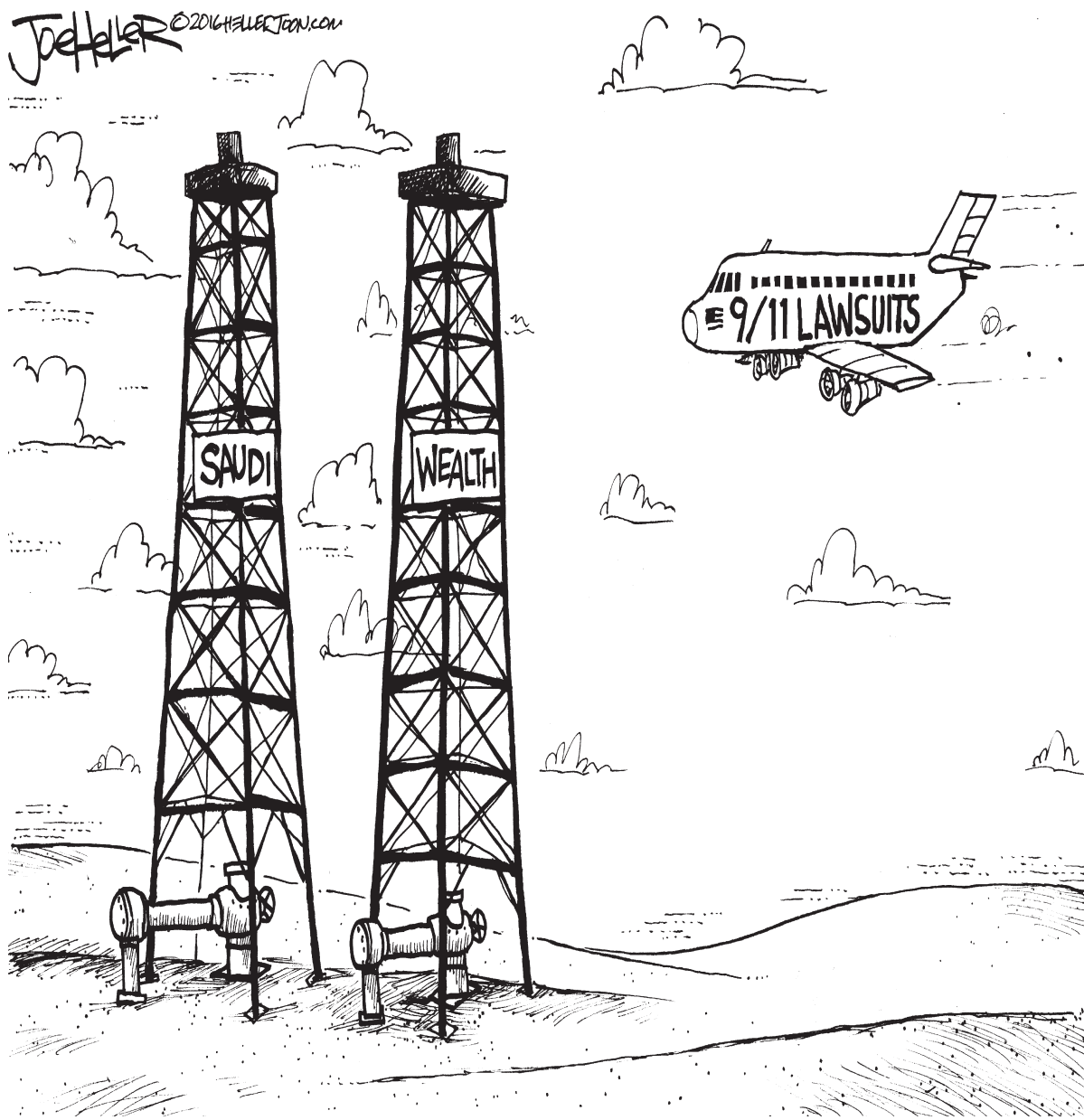
We are living in the age of information. According to a University of Southern California study, Americans are absorbing five times more information a day than in 1986.

And as the demand for quality news grows, storytelling evolves. I think that we have only just begun to explore the incredible upside of new tools in telling compelling news stories. What if we could not only tell people about Syria but also put them there (virtually) to experience some aspects for themselves?

All evidence shows that people of all ages want and consume more news than ever. We need to focus on new ways to address the needs of audience. Legacy newspapers are considered trusted sources of information; we must continue to keep that trust as we experiment in the digital age. Live streaming, social media and video are just tools for better stories as journalists fight to keep readers in the know.

This week, we celebrate the 76th National Newspaper Week, where we celebrate newspapers as the Way to Know. It is a time to be grateful for the news carriers that trudge through the streets hours before you've had your first cup of coffee to deliver you the news. We take this week to realize that what we know comes from hardworking editors and journalists, who decide what information to put in front of us each day. We celebrate that we can count on them to go into a tragedy and bring us back hope. They make politics human and science easy to read. I don't want to imagine a world without newspapers, do you?

David Chavern is President and CEO of News Media Alliance.



## Offbeat Oregon History

Lake County feud ended with double murder by masked assassins

BY FINN J.D. JOHN  
For the Sentinel

In the old Linkville Cemetery in Klamath Falls, if you should find yourself wandering through reading headstones, you just might stumble across one near the east entrance that features the most startling epitaph you're ever likely to read:

"LEE and JOE, Children of H.C. & M.T. LAWS," it reads, "murdered by masked assassins. June 24, 1882; Aged 19 Years; Aged 15 Years."

The gravestone is a relic of a grim and dark time in Oregon, and the Western range country in general — a time of rustlers and vigilantes, of six-gun justice and lynch mobs. It all took place so long ago that documentation is often scant, and what remains is usually slanted in favor of the side of the argument that won (or survived).

This cryptic gravestone is the only physical evidence remaining of a short but hot family feud that left four dead and several more wounded — a sort of condensed frontier Oregon version of the Hatfield-McCoy wars.

It started with a man named Henry C.

Laws, who, in the late 1870s, was the leader of an outfit called The Bonanza Regulators — a gang, essentially, dedicated to keeping newcomers and outsiders from grazing their livestock on the federally owned rangeland in western Lake and eastern Klamath counties, which the Regulators wanted to use exclusively for their own herds.

But it wasn't outsiders that Laws was destined to have trouble with; it was other locals — specifically, William Calavan (sometimes spelled Callaghan) and his sons. Calavan, one day, found what he thought were his own cattle in Laws' herd and moved to take possession on the spot. Laws reacted by grabbing a club and letting Calavan have it, causing a lasting injury (although of what type I haven't been able to learn).

After that, tensions between the two families grew steadily until finally, one day in late winter of 1882, Laws, driving a herd of cattle up a path in the snow, met Calavan's two sons, Frank and Jimmie, on horseback. The two lads refused to move off the path to let the horses through. Words were exchanged, then angry shouts, and, finally, hot lead.

It's not clear who started the shooting. Both sides, of course, blamed the other. But when the gunsmoke had cleared, Henry Laws had been shot in the calf, Jimmy's horse had been shot out from under him, and 15-year-old Frank Calavan had taken a bullet somewhere important. He made it home on his horse, where he died shortly after his brother arrived on foot.

Laws was arrested, of course, and taken to Alturas, Calif., for possible prosecution. But from the very start, there was a good deal of confusion as to who had jurisdiction; the crime had happened almost right smack on the state line between Oregon and California, and of course neither state was eager to go to the trouble and expense of doing another state's legal duty. California, having been handed the opportunity to make the first ruling, predictably decided it had happened in Oregon, and sent the case packing northward.

A month later, in March, a preliminary hearing was scheduled in the town of Linkville — which today is known as Klamath Falls — to sort through this and other questions. Linkville having no dedicated Hall of Justice back in 1882, the hearing was to be held in a hotel — referred to in various sources as the Linkville Hotel, the Greenman Hotel and the Lakeside Inn.

Whatever the hotel's name was, it soon proved its inadequacy as a hold-

ing facility for accused murderers. That night, a gang of about 18 masked men slipped into the lobby with cocked shotguns in their hands.

Rumors of the gang's plans had preceded them, and the sheriff had put out the call for locals to defend Laws from the lynchers; the hotel was full of armed defenders. When the masked men stepped into the lobby with drawn guns, they got the drop on everyone in the room; but the presence of so many men with guns in the lobby seems to have unnerved the lynching party considerably.

"Where is Laws? Someone show us Laws," barked the leader of the gang, according to the recollections of Linkville resident Rufus Moore, one of the defenders, 40 years later. Turning to a young boy, he repeated his demand: "Take this candle and show us to Laws." But the boy stood petrified with fear, apparently unable to move.

So the leader took the candle in one hand and his gun in the other and started up the stairs. And that's when someone opened fire on him from the top of the stairs, obviously aiming at the candle. "The leader backed away from the doorway and said, 'Stand your ground, boys,'" Moore recalled. "But his men all stampeded and several shots rang out in the room. The concussion extinguished all the lights. I heard a man cry, 'Oh!' followed by a sound like running water. It was blood, we later learned."

It was indeed blood. The gunshots had been accidental discharges; when the panicked lynch-mob members had broken and run, many of them had forgotten the cocked heaters dangling from their trigger fingers. Several of them actually dropped their weapons in their panic, and the impact when it hit the floor set off at least one shotgun — it was found on the floor with one barrel fired and the other at full cock. And apparently its full load of shot had, by sheer bad luck, hit Deputy Sheriff J.F. Lewis in the leg. The close-range blast had torn away Lewis's femoral artery. In seconds his body had drained itself of blood and left him dead on the floor.

Now in full panic-stricken retreat, the would-be lynch mob members were racing for their horses, their shotguns lying forgotten on the floor of the hotel behind them or dangling forgotten (but still cocked) from their hands. Several more accidental discharges resulted, including one that removed a hat and a shock of red hair from one of the mob members and another that slightly wounded the local justice of the peace, William A. Wright. But no one ever figured out who any of the masked men were.

The next day the hearing was held, as scheduled. But because young Frank Calavan had been shot in a gunfight, it

Please see **OFFBEAT**, Page 10A

## Eat plant protein to live longer

BY JOEL FUHRMAN, MD  
For the Sentinel

Protein from meat, eggs and dairy products (animal protein) is different than protein from vegetables, seeds, nuts, beans and whole grains (plant protein). The protein itself is different: animal protein

is higher in essential amino acids than plant protein; animal protein and plant protein both provide us



with adequate amounts of all of the amino acids, but because animal protein is more concentrated and higher in essential amino acids, it increases the body's production of a hormone called IGF-1, which is associated with aging and an increased risk of several cancers. Also, the packaging that protein comes in is different; the nutritional composition of animal foods compared to plant foods. Animal foods are calorie-dense and contain pro-inflammatory and pro-oxidant substances, whereas plant foods are rich in fiber, vitamins, minerals and phytochemicals.

A recently published article in JAMA Internal Medicine investigated the relationship between (animal vs. plant) protein sources and mortality risk based on almost 30 years of follow-up from the Nurses' Health Study and Health Professionals Follow-up Study, which together included over 170,000 participants.

Interesting findings came out of one particular question the

researchers asked: What would happen if the participants replaced some of their animal protein with plant protein?

They analyzed the data to estimate how participants' risk of death from all causes over the follow-up period would change if some of the animal protein sources (equivalent to 3 percent of total daily calories) were replaced with plant protein sources:

- Replace processed red meat: 34 percent decrease in risk
- Replace unprocessed red meat: 12 percent decrease in risk
- Replace poultry: 6 percent decrease in risk
- Replace fish: 6 percent decrease in risk
- Replace eggs: 19 percent decrease in risk
- Replace dairy: 8 percent decrease in risk

What's wrong with animal protein sources? In addition to elevating IGF-1, which is linked to increased cancer risk, car-

nitine and choline from meat and eggs are converted by gut bacteria to a pro-inflammatory compound called TMAO that promotes cardiovascular disease. Meat, especially red meat, is a rich source of heme iron, which in excess is an oxidant that contributes to cardiovascular disease and Alzheimer's disease. Animal products are also high in arachidonic acid, a fat that promotes inflammation, and may increase cancer risk. Certain carcinogenic compounds are also commonly found in animal foods, such as heterocyclic amines, polycyclic aromatic hydrocarbons, and N-nitroso compounds.

Higher animal protein intake also promotes weight gain. In fact, a recent study compared meat availability, sugar availability and obesity rates in different countries and found that sugar and meat had similar correlations to obesity rates. This result suggests that availability of meat contributes to obesity just as much as availability of

sugar.

This is the latest of many studies to link greater meat consumption to a greater risk of death. In contrast, plant protein sources are associated with better health: for example, seeds and nuts reduce the risk of cardiovascular disease and are linked to longevity, and micronutrient and fiber-rich beans are linked to improved blood pressure, LDL cholesterol, body weight, insulin sensitivity and enhanced lifespan.

Dr. Fuhrman is a #1 New York Times best-selling author and a board certified family physician specializing in lifestyle and nutritional medicine. The *Eat To Live Cookbook* offers over 200 unique disease-fighting delicious recipes and his newest book, *The End of Heart Disease*, offers a detailed plan to prevent and reverse heart disease using a nutrient-dense, plant-rich eating style. Visit his informative website at [DrFuhrman.com](http://DrFuhrman.com).

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