



OPINION

For what it's worth: Thoughts on Cottage Grove's mayoral race

BY JON STINNETT
The Cottage Grove Sentinel

Each election season, the Sentinel fields inquiries about whether or not the newspaper will be endorsing the candidates or measures that will appear on the ballot, and this fall has been no different.

With each inquiry, I respond that at larger newspapers and other publications (and indeed, in times of larger staff sizes at the Sentinel) an editorial board typically weighs the issues and candidates of the day and collectively determines a newspaper's stance. These days, with a thin editorial staff and each member of the Sentinel team tasked with several jobs, it would be next to impossible to gather a group of staffers together for such a reason. As such, any endorsement from the Sentinel would, in effect, be a nod from this reporter/editor, a situation that has in the past made me reticent to offer my own opinion on our editorial page (it's problematic, I've believed, to attempt to objectively report the news on page one, then uncover my own bias on page four.)

That said, I do believe that in my time here, I've amassed a great deal of knowledge and experience with the topic I'm about to weigh in on now (again, this is only my opinion) — the 2016 Cottage Grove mayoral race.

As key contributors to this community, I've had countless occasions and the honor to interact and converse with City Councilors Mike Fleck, Jake Boone and Jeff Gowing on the issues facing Cottage Grove and their possible solutions. And while I mean no disservice to the other two candidates and believe that each would showcase himself as a credit to this community should he be elected to its highest office, I'm going to tell you a bit about why I'm excited to support Jake Boone for Mayor.

In stature and demeanor, Jake Boone is a man that's difficult to forget. Early on in his public life in Cottage Grove, it became easy to recognize that Jake is at once warm and engaging, extremely well spoken and pragmatic — qualities that have already and will continue to serve Cottage Grove well, whether or not he's elected Mayor in November.

On countless issues that have appeared before the City Council, it has been obvious that Jake has delved with great seriousness into the miles of paperwork that often accompany Council deliberations. He shows up on Monday evenings with a well thought-out, well phrased and extremely persuasive viewpoint, and he's not afraid to be the only one of seven who holds that opinion (his recent stance against the three-percent tax on recreational marijuana bears this out.) Still, he's not against changing his mind when new evidence in the Council chambers makes it necessary, nor is he afraid to call out and condemn misinformation when he sees or hears it.

I've heard Jake described as a Libertarian, and while I'm thankful, blissfully unaware of his politics on state or national issues, I would say that he's always engaged in a search for the explicit problem that would be solved by any action of the Cottage Grove City Council. Failing to identify a clear problem, Boone simply does not support a potential solution. Thus, one can be assured that he does not pursue action for its own sake, and indeed maintains the best interest of this community and its members at heart. Jake also believes in inclusiveness, and he's always the first to ask whether members of the public wish to weigh in on a particular issue. Jake has

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Offbeat Oregon History

Gold Rush stagecoach driver One-Eyed Charley had an astonishing secret

BY FINN J.D. JOHN
For the Sentinel

In the frontier years before the arrival of railroads to the West Coast, the tough characters who drove the stagecoaches were among the most admired citizens.

And among those stagecoach drivers there was one whose macho exploits had already passed into legend by the time he retired from the job: "One-Eyed Charley" Parkhurst.

Parkhurst was a natural with horses, able to get them to do nearly anything. His stagecoach driving was so precise that he was able to hit a silver half-dollar placed in the street as a target with both wheels on either side of his rig. With a whip, he could slice open an envelope from 15 feet away, or whip a cigar out of a man's mouth at a similar distance without touching him.

He was pretty good with a pistol, too. A good driver had to be. Robbing stagecoaches was almost an industry back then, before more secure methods were developed for hauling large sums of money around. The stage would carry an "express box," a large locked

wooden crate, into which would be loaded the gold, securities and other valuable things. Few things were easier for an enterprising desperado than to position himself on the uphill slope of a steep hill and step out in front of the stagecoach as it came, Winchester cocked and at ready, and order the driver to "throw down the box."

Few drivers ever objected. Perched high on the bench, they made fabulous targets, and the robbers always had the drop on them. It's never smart to draw on a drawn gun. And so down would go the box, and the driver would be on his way; a glance behind would usually show the bandit chopping away at the express box with an ax.

The robbers avoided One-Eyed Charley's runs, though, because they knew he wouldn't play along. He'd proved it one day when, in response to the familiar old "Throw down the box," he "turned his wild mustangs and wicked revolver loose," according to a New York Times obituary article, bringing the express box through unharmed. The bandit, a fellow known as "Sugarfoot," staggered to a nearby cabin, where he told the whole story before dying of his wounds.

There were lots of drivers who didn't risk their lives by shooting back, so after the Sugarfoot incident the bandits concentrated on them and left Charley alone.

For the 15 years or so that he drove gold-country stagecoaches, Charley mostly worked California lines. But his duties frequently took him north into Oregon as well.

By the late 1860s Charley, now well into his 50s, was feeling the effects of a long career of bouncing on a hard wooden bench. Arthritis had developed and was making it hard to work. In addition, with the coming of the railroads, it was clear that stagecoach driving was on its way out. So he quit, bought some land in northern California and started farming. During the winter he augmented his income by working on lumberjack crews in the woods, where he was a tiger in spite of his age, commanding wages as high as anyone's.

But by the late 1870s, the end was near for the aging Charley. A cancerous tumor on his tongue had developed, probably in response to a lifetime of chewing tobacco; and his arthritis, now in all his limbs, kept him in constant pain. The formerly genial and popular old "whip" grew taciturn. Finally, in 1879, he died.

And then ... "When the hands of the kind friends who had ministered to his dying wants came to lay out the dead body of the adventurous Ar-

gonaut, a discovery was made that was literally astounding," writes the reporter for the California Call, in the obituary article about Charley. "Charley Parkhurst was a woman, a perfectly formed, fully developed woman..."

The discoveries of the successful concealment for protracted periods of the female sex under the disguise of the masculine are not infrequent, but the case of Charley Parkhurst may fairly claim to rank as by all odds the most astonishing of all of them. That a young woman should assume man's attire and, friendless and alone, defy the dangers of the voyage of 1849, to the then-almost-mythical California — dangers over which hardy pioneers still grow boastful — has in it sufficient of the wonderful. That she should achieve distinction in an occupation above all professions calling for the best physical qualities of nerve, courage, coolness and endurance — qualities arrogantly claimed as being almost exclusively masculine — and that she should add to them the almost romantic personal bravery that enables one to fight one's way through the ambush of an enemy, seems almost fabulous, and that for 30 years she should be in constant and intimate association with men and women, and that her true sex should never have been even suspected, and that she should finally

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Preventing Osteoporosis: Bone-building with exercise and nutrition

BY JOEL FURHMAN, MD
For the Sentinel

About 60 percent of women and 40 percent of men over 50 have low bone mass,



and those numbers increase with age. The National Osteoporosis Foundation estimates that 50 percent of women and 25 percent of men over 50 will have an osteoporosis-related fracture during their lifetime.

Bone is constantly being broken down and rebuilt, and in osteoporosis, there is an imbalance leading to a decrease in bone

mass and an increase in fracture risk. The best protection against osteoporosis is to tip the balance back toward bone building with a combination of exercise and excellent nutrition.

Exercise: When we increase muscle strength, we increase bone strength, which is why strength training is important. Mechanical forces produced by exercise stimulate activity in bone-building cells, leading to denser, stronger bones — not just stronger muscles. Weight-bearing exercises improve balance and build bone strength, and non-weight bearing strength training also helps increase bone density. While swimming and biking are good for cardiovascular conditioning, they don't help protect against osteoporosis like running or lifting weights. In women who are at a risk for osteoporosis, back strengthening exercises are especially beneficial for protection against spinal fractures.

For women, I also recommend wearing a weighted vest for a few hours each day. A weighted

vest can be worn during exercise and also while you work or shop and bend, stand, and move throughout the day. Wearing a weighted vest also burns extra calories, increases core strength and stabilizes muscles, thus improving balance and decreasing the risk of falls.

Bone-building nutrients:

Calcium: Greens, seeds, and beans. Bone tissue is composed mostly of calcium phosphate and collagen, and ninety-nine percent of the body's calcium is stored in bone. The intermingling of bone mineral with collagen fibers provides bone with strength and flexibility. A diet full of natural plant foods provides the calcium required to build strong bones. Green vegetables in particular are rich calcium sources. For example, one four-ounce serving of steamed kale has just as much calcium as one cup of cow's milk. Broccoli, bok choy, sesame seeds, and garbanzo beans are also excellent calcium sources. Furthermore, the body absorbs about

50% of the calcium in many green vegetables, compared to only 32 percent of the calcium in milk. High-dose (1000 mg/day) calcium supplementation is not recommended, because several studies have linked high-dose calcium supplementation with an increased risk of cardiovascular disease. Plus, high dose calcium supplements have not been superior to lower doses in studies on preventing bone fractures.

Magnesium: Nuts and seeds. Calcium is important, but it's not the only bone-building mineral. Sixty percent of the body's magnesium, which is essential for bone formation and structure, is found in bone. Almost half of Americans do not meet the recommended intake for magnesium. Nuts and seeds are especially rich in magnesium.

Vitamin K1: Green vegetables. Vitamin K is a crucial component for maintaining healthy bones. A vitamin K dependent protein (called os-

teocalcin) is the most abundant protein in bone tissue after collagen, and this protein is crucial for bone mineralization. Higher intake of vitamin K1 is associated with lower rates of bone loss and fractures. Vitamin K exists as K1 and K2; the richest source of K1 is green vegetables, and K2 is produced by microorganisms. It is important to get both K1 from green vegetables and K2 from a supplement.

Plant protein: Beans, seeds, and nuts. Starting in mid-life and especially after the age of 70, it becomes more important to ensure adequate protein intake for healthy bones. For most people following a healthful diet, adequate protein for maintenance of bone mass, muscle mass, and muscle strength with age can be achieved easily with seeds, nuts and beans. Animal products may be added if muscle mass starts to fall too low on a completely vegan diet, in spite of appropriate exercise.

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Cottage Grove Sentinel

116 N. Sixth Street · P.O. Box 35 · Cottage Grove, OR 97424

ADMINISTRATION:
JOHN BARTLETT, Regional Publisher.....942-3325 Ext. 203
GARY MANLY, General Manager.....942-3325 Ext. 207

ROBIN REISER, Sales Representative.....942-3325 Ext. 203
TAMMY SAYRE, Sales Representative.....942-3325 Ext. 213

NEWS DEPARTMENT:
JON STINNETT, Editor.....942-3325 Ext. 212

SPORTS DEPARTMENT:
SAM WRIGHT, Sports Editor.....942-3325 Ext. 204

CUSTOMER SERVICE
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LEGALS.....942-3325 Ext. 200

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