

Cottage Grove Retrospective

A look back at Sentinel stories from 30 and 60 years ago

Oct. 21, 1976

California Governor visits Cottage Grove

Election year brings out candidates, and even Cottage Grove, especially so this year, has its share of people visiting town and courting votes.

But it's unusual for Cottage Grove to draw politicians of a national standing—which made last Friday's visit by Governor Jerry Brown of California probably the political highlight of the year.

One can't deny that the California governor is a politician of national standing. He entered the presidential race late, but still managed quite a showing, especially in Oregon where a visit shortly before the Primary gave him several votes.

Though he lost his party's nomination in New York City to Governor Jimmy Carter, Governor Brown is not easily forgotten. A young man, he will ma try again for the presidency in another election year.

He was in our area to campaign for Congressman Jim Weaver and Governor Carter. And part of that campaigning took the form of a train ride on The Goose, a fundraising event for the Weaver campaign.

The weather last Friday afternoon was beautiful for a train ride. The Governor and Mr. Weaver appeared pretty much on time and a very brief ceremony was held at The Village Green Depot.

First Bob Barrett, a Cottage

Grove city councilman, introduced Mr. Weaver and welcomed the guests to Cottage Grove. Then Mr. Weaver introduced his guest, who was of course, Governor Brown.

The California governor, wearing a gray pin-striped suit, said a few words about being back in Oregon, returning Mr. Weaver to Congress and electing Jimmy Carter for president.

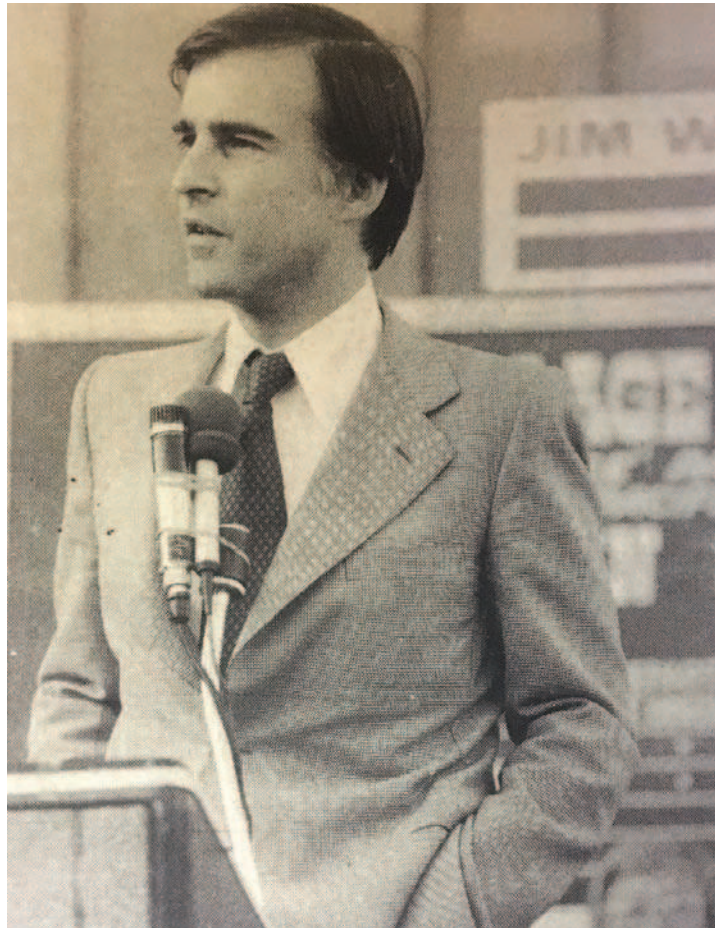
Within a few minutes, the train was nearly full, and around 6 p.m., the old steam engine, Number 19, blew its whistle and started moving down the track.

The Governor circulated with guests, murmuring a few words about Californians coming to Oregon and California politics.

When Leroy Chatfield, director of programs and policies in the governor's office, was asked if Californians minded if their governor left the state to campaign for someone else, Mr. Chatfield said he hadn't heard any complaints, although "you never know what people are thinking."

Mr. Chatfield said the Governor "consistently" worked 17 hours a day, seven days a week and didn't take much time off.

This apparently was not the case with the former governor, Ronald Reagan, who was out of the state for 110 days one year, Mr. Chatfield continued. And Mr. Reagan flew by Lear jet, while Mr. Brown and Mr. Chat-



Governor Jerry Brown of California visited Cottage Grove last Friday evening for a few words and a ride on The Goose steam train. He was making a swing through Oregon, urging voters to reelect Jim Weaver as Fourth District Congressman and to elect Jimmy Carter as President.

field had flown to Eugene by United Airlines, he said.

The trip going up was unusually long, to allow the Governor to circulate through all the cars. As soon as the turn-around was accomplished and the return trip about to begin, Number 19 squealed to a stop, and Gover-

nor Brown and Mr. Chatfield got off. They were taken by a sheriff's deputy to the Cottage Grove Airport where they departed for Portland. (Apparently, Governor Brown had yet another appearance to make that night).

City Employee Service Awards

Each year, the City recognizes employees who have served the community for 5, 10, 15, 20, 25 and 30 years and beyond. On Thursday, a special lunch was held to recognize those employees that reached those milestones of service. This year there was one employee recognized for 40 years of service to the City, Cindy Blacksmith. She started her career with the City working in the Police Department in 1976 and is now working in Community Development. All the recipients that received recognition this year are:

Five Years

Jarrod Butler
Shawn Branstetter
Shawna Bailey
Amanda Biehler
Robert Winters

10 Years

Jeff Violette
Christopher Hurst
Steve Norman
Pete Keenan

15 Years

Dale Smith
Ron Powers

40 Years

Cindy Blacksmith

Election information

The general election on Nov. 8 is quickly approaching. The City's Election web page, located at <http://cottagegrove.org/citymanager/page/city-elections>, contains information about the local election and links to County and State election materials. Ballots for the general election are expected to be mailed on Thursday, Oct. 20.

Mayor's Ball

On Saturday, Oct. 22, the City will be hosting the "Mayor's Ball" at the Cottage Grove Armory beginning at 5:30 p.m. The Ball is the kickoff to the fundraising campaign for the Armory. The keynote speaker for the evening will be Brigadier General William Edwards of the Oregon Army National Guard, and the program also includes performances by the Emerald City Jazz Kings. Tickets for this gala event can still be reserved by calling (541) 942-2441.

No Ivy Day

The City of Cottage Grove and Coast Fork Willamette Watershed Council will host "No Ivy Day" on Saturday, Oct. 29 from

FUHRMAN

Continued from page 4A

Phytate: Beans, whole grains, nuts and seeds. Phytate was once known as an "anti-nutrient," a substance that prevents us from absorbing certain minerals, however the phytate in plant foods might actually benefit bone health. Studies have found that women who consume more phytate had either greater bone mineral density or less bone mass loss over time.

Antioxidant-rich fruits and vegetables. The best foods for bone health are those that cause calcium to be removed from bone and lost in the urine. Excess sodium promotes the excretion of calcium. High caffeine intake is associated with increased bone loss and osteoporotic fractures. Soda, including diet and decaffeinated soda, is associated with calcium excretion and bone loss.

Bone-healthy supplements: The major source of vitamin D for most people is sun exposure, and vitamin K2 is not easily obtained from plant foods. It is important to get adequate amounts of these bone-supporting vitamins, and supplements are useful. Vitamin D regulates calcium and phosphorus absorption, and Vitamin D deficiency

From the City
of Cottage
Grove Friday
Update

9 a.m. to noon in Silk Creek Park. No Ivy Day will be an ivy-pulling work party. If left alone, ivy will climb the trees and eventually kill them. The event will be held rain or shine to help improve the health of local rivers and streams by removing this invasive species. The Watershed Council will provide the tools, water, snack and gloves, and volunteers are asked to bring their own refillable water bottle. For more information contact the Coast Fork Willamette Watershed Council at (541)767-9717.

EBID extension assessment notices mailed

The public hearing notice and yearly assessment notice for extension of the Economic Improvement District (EID) and the Business Improvement District (BID) has been mailed. Council will hold the second public hearing at its regular meeting on Nov. 14 to consider a five-year extension of the EID and BID. The districts were formed in 2001 and extended for three years in 2004, 2007, 2010 and 2013. The districts are assessment districts in which property and business owners choose to be assessed an annual fee that will be used for promoting and improving the proposed district. For the EID, each property owner will be advised of what their yearly assessment will be. If a business or property owner is NOT in favor of the EID and/or BID, State statute requires that they remonstrate in writing. Written objections can be delivered at the public hearing, or mailed/delivered to Community Development Department, 400 E. Main Street, Cottage Grove, OR 97424. For information regarding the public hearing or remonstrance process please call the Community Development Department at (541) 942-3340. For information regarding the EID, BID, and/or their activities, please call Jim Gilroy at (541) 334-5810 or email: jjgilroy@bannerbank.com.

Leaf pickups

With fall in full swing, the City will soon be buried in leaves. To prepare everyone for the City's annual leaf collection service, the dates for this year's leaf collection service will be Nov. 14-18, Dec. 5-9 and Dec. 19-23. More information about the placement of leaves is available on the City's Leaf Pickup website, <http://cottagegrove.org/publicworks/page/leaf-pickup-program>.

is known to increase the risk of fractures. Supplementation trials using vitamin K2 in postmenopausal women have shown a 77 percent reduction in the risk of hip fractures.

The worst foods for bone health are those that cause calcium to be removed from bone and lost in the urine. Excess sodium promotes the excretion of calcium. High caffeine intake is associated with increased bone loss and osteoporotic fractures. Soda, including diet and decaffeinated soda, is associated with calcium excretion and bone loss.

A high-nutrient (Nutritarian) diet, combined with the conservative use of supplements assures individuals they are achieving maximum protection against later life disease.

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.

POLICE BLOTTER

Cottage Grove Police Department 24-Hour Anonymous Tip Line: 767-0504

Oct. 11

Fire, HWY 99

A caller reported that her vehicle caught fire at the entrance to a mobile home park. Officers assisted and cleared the situation.

Theft, S. River Rd.

Complainants at the station reported the theft of someone's gym bag containing clothes, tennis shoes and a Galaxy J36D cell phone (a black phone with a pink case). An additional complainant reported the theft of her gold wallet containing her debit card, cash and various gift cards. The theft occurred on this day from the girl's locker room at CGHS. The complainants were advised to file a complaint with the school staff and were referred to the CGPD.

Oct. 12

Runaway Juvenile, Clark Ave.

A foster parent called to report that her foster child ran away

from the location. The juvenile is 17 years old with reddish hair, brown eyes and was last seen with a blue and white striped poncho and a black hoody with blue jeans.

Criminal Mischief, S. Eighth St.

A complainant reported that an unknown suspect wrote a threat in blank ink on the outside of his residence. Officers contacted the complainant for additional information. The threat made stated "I know what you have, I better not have it, otherwise there will be hell to pay and you will be killed." The graffiti had already been cleaned up prior to the officer's arrival.

Oct. 13

Suspicious Conditions, HWY 99

The manager of a business reported that a customer brought in a minivan for tire repair and the complainant noticed a load of copper in the back of the vehicle, fearing it might be stolen property. The reporting person

further explained that the subject appeared to be intoxicated. Police put out an attempt to locate the vehicle.

Warrant Service, DCSO

The Douglas County Sheriff's Office took Brittney Road into custody for an outstanding warrant. The arrestee was wanted for possession of a forged instrument and fraudulent use of a credit card. The arrestee was lodged in Douglas County jail.

Traffic Hazard, W. Harrison St.

A caller reported that high water was rising in the road causing a traffic hazard. Officers reported that a storm drain was plugged at the location. Water had yet to spill onto the roadway and an officer was called to check back on the location later.

Oct. 14

Suspicious Subject, Main St.

A caller was concerned of a male in front of the location being a 'hooker' because he was dressed like a woman. The caller requested an officer to check it out, but it was determined there was no crime.

Oct. 15

Theft, Lord St.

A caller advised that she is missing \$5,000 in cash and believes that her mother took it. Police contacted the complainant and couldn't confirm that the money had existed or had been taken.

Theft, N. Douglas Ave.

A complainant advised police that unknown subjects jacked up his car and took his tires and wheels last night.

The Grove Café and Lounge

Halloween Special

1/3 POUND Single Burger Basket*

*Hamburger or Cheeseburger

Just \$3.00

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Douglas G. Maddess, DMD

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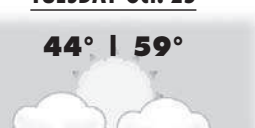


914 South 4th St. • CG • 541-942-1559

See our new website:

douglasgaddessdmd.com

6-day weather forecast

<p>THURSDAY Oct. 20</p> <p>52° 67°</p>  <p>Mostly Cloudy</p>	<p>FRIDAY Oct. 21</p> <p>46° 63°</p>  <p>Partly Cloudy</p>
<p>SATURDAY Oct. 22</p> <p>42° 60°</p>  <p>Partly Cloudy</p>	<p>SUNDAY Oct. 23</p> <p>43° 59°</p>  <p>Partly Cloudy</p>
<p>MONDAY Oct. 24</p> <p>42° 59°</p>  <p>Poss. Showers</p>	<p>TUESDAY Oct. 25</p> <p>44° 59°</p>  <p>Partly Cloudy</p>

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