



## LETTERS TO THE EDITOR

## Boone for Mayor

Thank you, Jon Stinnett, for your outstanding endorsement of Jake Boone for Mayor. I completely agree with everything you said.

When I moved to Cottage Grove 10 years ago, I wanted to be an involved citizen, so I attended every City Council meeting for months. It didn't take long for me to realize nothing I said would ever matter to that group. Every recommendation from the Planning Commission got rubber-stamped. It was pointed out that one issue clearly violated state law, and the contents of said law were read. There was no further discussion, and they passed it anyway.

When some citizens held a public meeting to organize against the Downtown Revitalization Plan, I attended to learn about the issues. It was a large gathering and most, if not all, in attendance expressed feeling disenfranchised. That is where I met Jake. He was on the Council and had come not to oppose the plan but to hear what people's concerns were. I was stunned because it was the first time, to the best of my knowledge, that anyone from the Council showed any concern about what we the people thought. I was so impressed that I knew we needed him to be our mayor. Now we have that chance.

Jake has called for having town hall meetings. He already seeks out people's concerns and opinions. He delves into issues and makes decisions based on what he thinks is best for our community, and I doubt

that he will ever rubber-stamp anything.

A vote for Jake Boone is a vote for accessibility and inclusiveness. This election is a momentous opportunity to move away from business as usual and move toward a new model. Why would anyone settle for less?

Jan Ogsbury  
Cottage Grove

## Mike Fleck for Mayor

The City of Cottage Grove has a horrible housing shortage. The Cottage Grove Board of Realtors is endorsing Mike Fleck for Mayor. Mike understands the problems Cottage Grove faces with affordable housing and will work hard to solve the problem.

Darin Hemenway  
President-elect, CG Board of Realtors

## To my fellow 'Grovers'

This election season has given us three very capable mayoral candidates. Each has demonstrated his unique abilities to provide reasoned approaches to the many complex issues that challenge our city.

I believe one candidate has risen above the others in his overall service to our community. Mike Fleck

first came to my attention as an advocate for LTD bus service to Cottage Grove. This was a contentious issue that created some divisions in our community. While opinions were very strong at times, Mike presented a calming influence to the discussions.

In addition to almost 10 years' service as a city councilor, Mike has participated in numerous additional public service arenas. He has served as a planning commissioner, and on the City budget committee. He has been a resource for organizations such as the Lane Council of Governments, Lane Regional Air Protection Agency, League of Oregon Cities, Habitat for Humanity, CG Community Foundation, South Lane Fire and Rescue, South Lane Community Broadcasting, Lane Area Commission on Transportation, Lane County Public Safety Coordinating Committee and the Region 2050 Committee. Mike has also served as president of the CG Hospital Foundation and the Rotary Club of Cottage Grove.

Mike has also been very involved with leadership training over the years. He graduated from the Ford Family Foundation and Pacific Program leadership programs, then went on to become a community trainer for Ford Family classes.

Councilor Fleck has clearly demonstrated that he has the commitment to devote any and all efforts to preserve and enhance those precious values our community enjoys.

Gary Williams  
Former Cottage Grove Mayor



This week's special guest cartoonist is Cottage Grove's Dave Davis.

*"It is difficult to understand these people who democratically take part in elections and a referendum, but are then incapable of democratically accepting the will of the people."*

— Jose Saramago

## Offbeat Oregon History

*The day Andy Warhol pranked Oregon college students*

BY FINN J.D. JOHN  
For the Sentinel

On the evening of Oct. 5, 1967, students were pouring out of the doors of one of the biggest rooms in Oregon State University's Erb Memorial Union.

It was a big day. The one and only Andy Warhol was scheduled to appear for something he called an "illustrated lecture." For the students, it was a once-in-a-lifetime chance to see and talk to one of the most influential characters in the art world ... or, so they thought.

At last, the man of the hour stepped out on the stage with already-legendary film director Paul Morrissey. With his crazy-cut white hair, his ever-present Ray-Ban Wayfarers and his stylish cigarette, the speaker was instantly recognizable as Warhol.

Almost immediately, the lecture got off to a rocky start. The two men on the stage started an "art film" showing a young black man in jeans and T-shirt running through crowds in New York City yelling, "I love you! I love you!" to everyone whose eye he could catch. The film, of course, had no narrative arc or plot — the absence of any such bourgeois conventions was de rigeur in the avant-garde art of the day — so basically it was just several dozen minutes of that sort of thing, until the film ran out of the spool. Then the lights came up, and Morrissey asked if anyone had any questions.

The questioners started out curious, but soon they were sounding baffled, and by the end of the evening, some of them were actually angry.

"I don't know how to say what my meaning is," he told one student. "I

guess it means to me that I film it, mostly."

"That is one of the big questions," he told another, after being asked why he made films. "Let's just say we do it to keep us off the streets."

As the questions got tougher and more specific, Morrissey started breaking in and fielding them, to the annoyance of students who had wanted a response from Warhol.

By the end of the event, the students from the School of Journalism were starting to make their presence known, firing zingers at the white-wigged swinger on the stage. "Sir, do you give a damn?" one of them demanded. (Former students and colleagues of the late legendary journalism professor Bill Winter will instantly recognize the pedigree of that question.) The by-now-beleaguered speaker replied, hesitantly and vaguely, "Sure ... (about) all kinds of things. It changes all the time."

The Oregon students didn't know it, but they were looking at one of their own up there on the stage: A University of Oregon-trained actor named Allen Midgette who was now one of

Warhol's cronies in the Factory art loft in New York City, dressed to look like Warhol and sent out to do a series of four college lectures for him. Warhol himself had never left New York.

The University of Oregon appearance was the second stop on the tour, and it represented a distinct turn for the worse. At the University of Utah, where it had started out, the reception had been warmer; but almost as soon as he'd left, faculty members were wondering if it was really Andy Warhol. The student newspaper there stepped up and started pulling together evidence, including a shot that one of their photographers had snuck of him during the visit — "Warhol" had been very insistent that no pictures be taken, but someone had anyway, likely intending it only as a personal souvenir. Close examination had left them convinced that unless Warhol had had a nose job, the speaker had been someone else.

And so it was that the day after "Warhol" spoke, Oregon Daily Emerald Entertainment Editor Chris Hougham got a phone call from an editor at the University of Utah's student newspa-

per, the Daily Utah Chronicle, asking if there had been any suspicion of Warhol's identity. Hougham assured her that it had been Warhol who appeared at the U of O; but after the phone call, Emerald staffers started connecting the dots as well.

By this time, of course, "Warhol" was well away from the scene of the crime, and moving on to his next appearance, at Linfield College in McMinnville. There the reception was considerably less hostile, according to the recollections of Mt. Angel College art professor Leland John, who traveled to McMinnville to attend. This was clearly due in part to the fact that, mindful of the trouble his vacuous answers had caused at the first two stops, Midgette had adopted the tactic of responding to most questions by simply issuing an ironic laugh or giggle.

Then it was on to Montana for one final appearance at Montana State University, and home once again to New York.

Meanwhile, back in Eugene,

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## The best foods for healthy eyes

BY JOEL FUHRMAN, MD  
For the Sentinel

As a child, you probably heard that carrots are good for your eyes.



This may be because carrots (and other orange and yellow vegetables and fruits) are abundant in beta-carotene, which is a provitamin A carotenoid, meaning it is converted to vitamin A in the body. Vitamin A is important for eye health, especially for night vision as it helps to produce a pigment called rhodopsin in the retina, which helps

the eye detect low levels of light and allows us to see at night. Vitamin A deficiency is known to cause night blindness.

However, beta-carotene is not the only carotenoid that contributes to healthy vision. Out of about 600 known carotenoids, 20 have been found circulating in human blood, and only two are found in the eye. They are lutein and zeaxanthin, which cannot be synthesized by the body and are primarily found in green leafy vegetables. Once consumed, these two carotenoids accumulate in the macula, the inner portion of the retina, which has a high concentration of photoreceptor (or light receptor) cells. The typical amount of lutein and zeaxanthin in the macula (called "macular pigment") is quite low among Americans, due to low intake of leafy greens. The retina is the most metabolically active tissue in the body, and lutein and zeaxanthin provide antioxidant protection. Furthermore, macular pigment reduces glare, enhances contrast and visual

acuity and acts as a filter to protect the macula from blue light damage. Blue light is a part of visible light (and sunlight), and electronic devices and energy-efficient lighting increase our exposure to it, especially in the evenings.

The idea that leafy greens benefit vision began to gain momentum about 20 years ago in research on age-related macular degeneration (AMD), a disease in which the photoreceptors in the macula are progressively damaged or lost, causing impaired vision. This degeneration is the leading cause of blindness worldwide. In 1994, a study on AMD found that higher total carotenoid intake was associated with lower risk of the disease, and lutein and zeaxanthin were the specific carotenoids most strongly associated with decreased risk. When looking at foods, higher intake of spinach and collard greens (rich sources of lutein and zeaxanthin) were also associated with decreased risk. More studies followed, many reporting that higher

lutein and zeaxanthin intake was linked to lower AMD risk. Supplementation trials in AMD patients also reported increases in macular pigment (more lutein and zeaxanthin in the eye) and improvement in visual performance.

These results sparked the marketing of eye health supplements containing lutein and zeaxanthin. However, previous findings on isolated carotenoid supplements should urge us to be cautious; several trials of beta-carotene supplements have reported an increased risk of lung cancer, cardiovascular disease, or overall mortality. This is an unacceptable risk for a nutrient we can easily get from foods, which have no risk. These nutritional benefits are also enhanced by accompanying phytonutrients in green vegetables that have further benefits to the entire body.

The typical American diet is dangerously low in leafy greens, and the average adult's intake of lutein and zeaxanthin from foods is a meager 1.5 mg per

day. Just a single cup of cooked spinach or kale contains more than 20 mg of lutein + zeaxanthin, and collards more than 14 mg; commercial vision supplements commonly contain 10-20 mg of lutein plus two mg or less zeaxanthin. So, a healthful diet actually supplies more of these beneficial nutrients for the eye than supplements do, and of course leafy greens have several advantages over supplements, in particular a huge variety of additional carotenoids and other beneficial nutrients, with no risk of excess.

*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.*

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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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