



LETTERS TO THE EDITOR

Sentinel's first endorsement

The Cottage Grove Sentinel's employee/editor decided to endorse Jake Boone for Mayor.

Looks like there is a first time for everything. My problem with it is that the editor apparently saw no conflict or appearance of impropriety by publicly supporting his buddy. Mr. Boone's past statements and actions concerning marijuana use and sale are very troubling. He seems to have an agenda to promote pot sale in our town, including his prior role in managing one of the marijuana shops here.

I fully understand that recreation marijuana sale and possession is now the law of the land in our state. But as far as the U.S. government is concerned, this is still against federal law. I want our town to be known as the "Covered Bridge Capitol" of Oregon and not the "Pot Capitol" of Oregon.

I am supporting Jeff Gowing for Mayor. He is a standout citizen with common sense, Army veteran and hard working City Councilor. Please join me in voting for Jeff Gowing as our next Mayor.

George Zajic
Cottage Grove

Dirty little secrets

You are being deceived! There are so many dirty little secrets behind Measure 97. The measure is a product of unions, namely the Oregon Education Association and SEIU. No wonder the measure states funds from this atrocious hidden sales tax will go to education, health care and seniors.

Employees in these fields are members of the two unions. And per usual, they are using education, health care and seniors to play on your emotions. More importantly, passing the measure does not change the state constitution. This means the legislature can actually use the funds for anything and they are already reviewing their options.

There is a twist in the language of Measure 97 that, if passed, new taxes can be imposed by a simple majority of the legislature and not a vote of the people. Also, Oregon does not have the lowest corporate tax rate in the country. Oregon's 2016 corporate tax rate is 7.60 percent. North Carolina, North Dakota, Colorado, Mississippi, South Carolina and Utah have lower rates than Oregon (www.taxfoundation.org).

A state study of Measure 97 has estimated at least 38,000 private sector jobs will be lost if the measure passes and a minimum 12,000 public sector jobs will be created. This does not bode well for the business community in Oregon. Finally, Measure 97 creates a tax upon tax. The proponents of Measure 97 are lying to you and I for one want to believe Oregon voters are smarter than that. Vote no on Measure 97.

Pam Duffy
Cottage Grove

Offbeat Oregon History

Bootlegger's liquor buy ended in dramatic murder

BY FINN J.D. JOHN
For the Sentinel

It was well after 8 p.m. on the night of April 16, 1922, around 82nd and Division in Portland, and Albert Bowker was getting nervous.

His 49-year-old brother, Frank, had left downtown Portland at 7 p.m. in a touring car with a slim, charismatic 24-year-old man named Russell Hecker. Hecker had a contact, known to him only as "Bob," who had dozens and dozens of cases of Johnny Walker Black Label for sale at \$85 a pop. So Frank had scrounged up all the money he had, borrowed another \$600 from his housekeeper, tucked his .38 Special into his pocket, and gone with Hecker to go get it from the backcountry barn where it was all stashed.

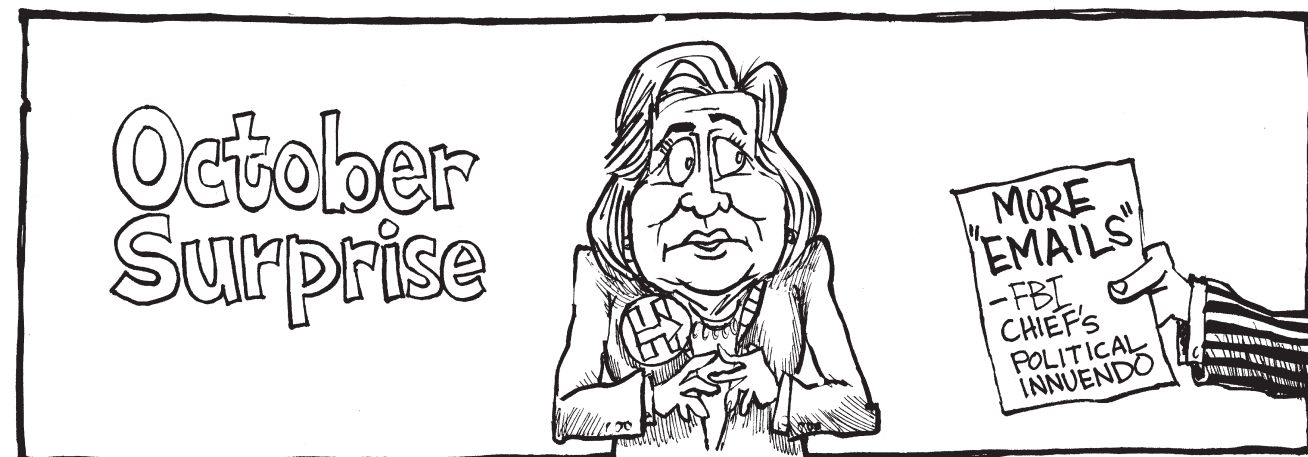
They'd all planned to meet up an

hour later, after Bob had his money and Frank had his whisky, at 82nd and Division. But now, as the night dragged on past 9 p.m., Albert was starting to worry that things might have gone sour.

They had.

The next morning, about the same time Albert Bowker was finally realizing he would have to go to the police, Hecker's brother's business partner was probably thinking the same thing. Hecker had borrowed the car from him the night before for a quick run out to the outskirts of East Portland and had never returned.

But at 9 a.m., young Russell himself poked his head in the door, looking freshly scrubbed if not very well rested, apologizing for keeping the car late. The car, he said, was parked a couple blocks away, near Second and Pine.



No housing, what future?

It is really simple. Consider the current path of a lack of affordable housing. What kind of community will we have five, 10, 20 years from now?

Charles Ames
Cottage Grove

Vote pro-life

I want to encourage all voters to consider the sanctity of life in deciding how to vote this year. Abortion and doctor-assisted suicide deny the unique dignity of human life. It seems especially dangerous for governments to be invested in such evils.

Most people want and trust doctors to heal and provide comfort. Women's health care does not include helping them kill their own babies. People forget that the baby is actually, another

person — not the woman's body. That's science. Let's support both mother and baby.

A good government protects people's lives and allows them to thrive. I urge you all to vote pro-life all the way up and down the ballot starting with the presidency. Mother Teresa is not running, so we need to vote for Trump.

Kathleen Rackleff
Cottage Grove

Relieved, the car's owner sent one of his salesmen to retrieve the car and take it to a tire shop. Upon arrival, the salesman couldn't help noticing the seat cushions looked a little funny, as if they'd been replaced with brand-new ones. The rubber floor mats looked new, too, and that was particularly noticeable because the rest of the car was — well, drenched with blood. The interior, the running boards, even the undercarriage.

Hecker was soon in custody, and the police had many pointed questions to pose to him; but he'd spent the morning getting advice from his father and his attorney, and both had told him to keep his mouth shut, so he did.

However, Police Chief Leon Jenkins did manage to learn, from Hecker's father, the location of the body. Hecker had dumped the body, wrapped in a hop sack and weighted with rocks, over the rail of the bridge across the Calapooia River at the end of what's now Queen Avenue, in Albany.

The investigation revealed the apparent rendezvous point for the whisky

buy: a lonely stretch of road between Gladstone and Oregon City. Witnesses said a touring car had come there around 7:30 and parked just off the highway, tucked back into some trees. Some time thereafter, neighbors heard a shot. The blood trail started a few hundred feet south, apparently dripping from the chassis of the car.

Farther south, the attendant at a service station in St. Paul remembered the car coming in for gasoline. The attendant had seen blood between the driver's fingers when he removed his gas cap, and he was shaking so badly he'd dropped the cap. It had rolled under the car, and when the attendant ducked down to retrieve it, he'd noticed more blood dripping off the running boards. Perhaps understandably, the attendant hadn't asked any questions — or dared to peek into the floorboards of the back seat where the lumpy, crimson-stained hop sack lay — but he remembered the visitor well.

At the Albany Hotel, they remembered him, too, but by the time he was signing the guest register there, the

body was gone and he'd cleaned the blood off his hands. He checked in around 2 a.m., took a bath, wrote a letter to his father, bought some cigarettes and left for Portland before dawn the next day.

In court, Hecker finally told his full story: On the drive to Baker's Bridge, Frank Bowker had been awful company, waving his .38 around and talking like a big-shot gangster. On the way, he'd suggested they simply play the liquor buy like a stick-up — rob "Bob," keep the money and the booze too. "It means \$1,200 or \$1,400 to you," he added, "and he can't do anything with this gun in his face." But Hecker had told him no, a deal was a deal.

Then, Hecker claimed, when they arrived at the rendezvous point and he tried to signal "Bob" with the car's spotlight, Bowker had freaked. "Are you double-crossing me?" he yelled, and out came the .38 again, and from three feet away, in the dark closed interior of a touring car on a chilly April

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Ten strategies for preventing prostate cancer

BY JOEL FUHRMAN, M.D.
For the Sentinel

Eat lots of cruciferous vegetables.

Cruciferous vegetables (broccoli, kale, bok choy, arugula, cauliflower, brussels sprouts, cabbage to name a few) contain phytochemicals that stimulate the body to detoxify carcinogens. Men who consumed three or more half-cup servings of

cruciferous vegetables per week were 41 percent less likely to develop prostate cancer.

Reduce consumption of animal protein.

It is widely recognized that a high consumption of animal protein has been linked to a greater risk of prostate cancer, in part because it raises levels of a growth factor called IGF-1 in the blood. For prostate health,

limit or avoid animal products to less than two servings per week. Plant protein, however is protective — legumes, and specifically minimally processed soy products, are associated with decreased risk of prostate cancer.

Eat lots of tomatoes.

A study of over 40,000 men revealed that those who consumed the most tomato-based foods (including cooked tomatoes and tomato sauce) reduced their total risk of prostate cancer by 35 percent and their risk of advanced prostate cancer by 50 percent. An antioxidant called lycopene, is believed to be primarily responsible for this benefit.

Eat plenty of Allium and yellow/orange vegetables.

Allium vegetables — onions, garlic, leeks, shallots, scallions, and chives — have organosulfur compounds with anti-cancer effects, and are associated with reduced prostate cancer risk. Consumption of orange vegetables including carrots, pumpkin,

sweet potatoes, winter squash and corn was also found to be inversely related to prostate cancer.

Confirm adequate vitamin D levels with a blood test.

Accumulating research shows that insufficient vitamin D levels are associated with an increased risk of several cancers, including prostate cancer. Since it is unlikely to get adequate vitamin D from sun exposure throughout life without increasing the risk of skin cancer, the safest way to obtain vitamin D is through supplements.

Do not rely on PSA screening as a method of "early detection" to prevent prostate cancer.

About 70 percent of men with elevated PSA do not actually have cancer, and many scientists believe that PSA screening does not reduce prostate cancer-related deaths. In fact, the U.S. Preventive Services Task Force, the American College of Preventive Medicine and the American Cancer Society do not recom-

mend routine PSA screening.

Avoid supplemental folic acid.

Folic acid is the synthetic form of folate, one of the B vitamins. Similar to breast cancer, folic acid supplementation has been associated with increased risk of prostate cancer, whereas food folate is associated with decreased risk. Get natural folate from green vegetables and beans instead of synthetic folic acid from supplements.

Avoid dairy products.

There is substantial evidence indicating that men who avoid dairy products are at a lower risk for prostate cancer. One study that spanned 41 countries reported a strong correlation between per capita milk consumption and prostate cancer deaths.

Exercise at least three hours a week.

Exercise, particularly endurance-type exercise such as walking, running, cycling and swimming, are effective forms

of disease protection. In one study, men who reported vigorous activity for at least three hours per week had a 61% lower risk of death from prostate cancer.

Supplement with zinc.

Men who consumed the most zinc (15.7 mg daily) were shown to have 74% reduction in risk of death as compared to men who consumed lower amounts. Zinc from plant foods is not always efficiently absorbed by the body, however, it is important to supplement with a [multivitamin and mineral supplement](#) that does NOT contain folic acid.

Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine. Visit his informative website at DrFuhrman.com. Submit your questions and comments about this column directly to news-questions@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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