



OPINION

Offbeat Oregon History

'Atlantic City of the West' was swallowed up by the sea

BY FINN J.D. JOHN
For the Sentinel

Just off Highway 131 near the town of Tillamook, there's a scenic overlook from which you can gaze out over a long, barren peninsula, slender and low-lying and sandy, dotted with beach grass and Scotch broom.

The name of the peninsula is Bayocean Spit. It's named after the posh resort town that once crowned it — a town that, over a 35-year-period, dropped house by house into the ocean. Today, nothing remains but beach sand, memories and whatever's left of an old Bell System telephone cable, which as of 1989 was still in place.

Bayocean had its start in 1906 when a real-estate mogul named Thomas Benton Potter learned of the spit from his son, who had just returned from Tillamook. The younger Potter told of a great waterfront headland, shaped like a club, its head towering 140 feet high and half a mile wide between the bay and the ocean, covered with pine trees, salal bushes and Oregon grape. And it was available for development.

The elder Potter soon visited the site, and the possibilities enchanted him. It looked to him as if, with the proper promotion and investment, the site could become the Atlantic City of the West Coast. There was plenty of room for it to grow, a full 600 acres; and the lovely, broad, flat beach seemed to stretch on forever, from the mouth of Tillamook Bay down south to Cape Meares — nearly five miles.

It was the perfect opportunity to steal a march on the competing developers who were at that very moment, Potter knew, drawing up plans for a resort at Seaside. And so he purchased the land and got to work.

The plan was for a world-class resort community. Potter envisioned a majestic hotel — the concept drawings look very similar to the old Portland Hotel, which once stood where Pioneer Courthouse Square is today; a massive natatorium on the beach full of heated seawater and equipped with a wave generator, so that guests could choose between warm and cold surf; a movie theater; a dance hall and many other resort amenities. The town would have telephone service, indoor plumbing utilities, electric lights and cement roads.

Potter built most of these things immediately, then got busy selling lots in the new and growing town. Getting people to the town was a challenge, which he met by having a 150-foot motor yacht built — the largest yacht on the Pacific Coast, suitable for accommodating 100 guests at a time — and leading excursions out to Bayocean via the open sea. This was phenomenally expensive, of course, and the trip took three days; Potter always took his guests on a sort of "scenic route" to Bayocean, going far out to sea, ostensibly so that he could show guests the Columbia River Lightship and Tillamook Rock Light, but his real motive was to prevent anyone

from catching a glimpse of the hated rivals at Seaside.

Upon arrival, the "marks" would be wine and dined and sales-pitched in the classic time-honored fashion before being ferried back again to Portland. Potter was a top-shelf salesman, and the town really was striking; many of them bought in on the spot.

When the railroad line came through close by, these excursions became far more economical for Potter, and faster to boot. Sales continued very briskly.

Following the grand opening in 1912, the town grew quickly for a couple years. But by then Potter's health had started to fail, and he handed things over to his son — who had other interests and didn't fancy a life of promoting Bayocean like his father had. By 1915, neither Potter was really involved any more.

The Potters left Bayocean, essentially, half built. Its growth had been mostly financed by lot sales, and lot sales hadn't yielded enough cash to fully realize their dreams. The grand hotel was yet unbuilt — they'd built an "annex" hotel, which they hoped would one day be used as housing for resort workers, but now it looked as if that would be it. The roads were very nice, but there was no connection to the outside world, so the only cars on the streets were brought in by ship. The telephone exchange worked fine for local calls but lacked a connection to the outside world. And the water supply lacked a booster pump to send water service up the side of that 140-foot-tall bluff, on which all the nicest homes were built.

But that bluff wouldn't be 140 feet tall for much longer — not after 1917, it wouldn't.

That was the year that the U.S. Army Corps of Engineers built the North Jetty, extending out from the north side of the entrance to Tillamook Bay. The Corps had wanted to build two jetties — the configuration that's there today — but the residents of Tillamook, Bay City, Garibaldi and Bayocean would have had to pay a quarter of the cost of such a jetty, and none of them wanted to do that, especially now that the railroad gave them alternatives for shipping out produce. So, over the Corps' warnings that a single jetty would be at best a temporary solution, it agreed to put one in.

The results were obvious almost immediately. That broad sandy beach at Bayocean started getting less broad. During winters, the storm-driven waves started getting higher and higher.

Then, in 1932, a particularly vicious storm drove waves ashore that washed the footings out from under the gorgeous seaside natatorium with the heated saltwater swimming pool and wave generator.

The waves, surging over what used to be the beach, started to undermine the 140-foot bluff. Great flakes of hillside started falling into the sea, carrying with them trees and bushes and, eventually, houses.

Please see **OFFBEAT**, Page 7A



LETTERS TO THE EDITOR

Fear trumps reason

There's a sea change happening across the globe, and the United States has become the latest casualty. With multinational corporations squeezing the top off the world economy, factory towns are becoming ghost towns. As the concentration of wealth has increasingly risen to the top, blue collar workers are feeling marginalized.

Rural Americans see their jobs being shipped overseas, to places like China and Mexico, and they begin to develop a hatred of Chinese and of Mexicans. Nevermind that it's Americans like Trump who are directly responsible for those jobs being shipped overseas, or that Trump has employed more illegal aliens than any other presidential candidate in U.S. history — all he has to do is fan those fears, creating an Us versus Them mentality, and he's seen as a savior. Nationalism has replaced patriotism.

Despite the fact that the lower one-third of America's economic class has actually seen an increase

in their standard of living over the last eight years, that increase has been tenfold for the top one percent. Since trickle-down economics never works, the division between rich and poor is growing. Looking at the breakdown of the electoral map the night of the presidential election, it was clear that rural areas — areas with the least diversity and the least education — were overwhelmingly in favor of Trump, whereas Clinton won nearly every urban district — areas with the most diversity and the most education. Trump is from New York City, and he's very well educated; how did an East Coast billionaire convince Middle America that he was their champion? It's fairly simple, really: Clinton focused her campaign on the middle, and Trump focused his on the margins. The fact that Trump doesn't care, at all, about rural America is irrelevant; his message was always directed at them, making them feel less marginalized. Clinton's passive message of building coalitions was no match for Trump's aggressive mantra of hate and spite. Fear will

always trump reason.

However, the real tragedy here isn't that a rich, racist, reactionary Republican won the election; it's that he received more than one percent of the popular vote. What does that say about this country? Aside from the obvious conclusion that wealth controls politics, what it also tells me is that wealth controls (and owns) the media; we can finally put this myth of a 'liberal media' to rest. The mainstream media is a multi-trillion-dollar industry, and if it was liberal, there's no way Trump would have been able to spew his venom so effectively. Trump's victory is a validation of all that is wrong with our political system.

We have entered a dark time in American politics; there are real similarities to the Weimar Republic of 1930s Germany. Trump's brand is fear, and Trump's currency is ignorance. How long until he leads us into WWII?

Matt Emrich
Cottage Grove

CORRECTION

An article in the Nov. 2 Sentinel indicated that Eugene-based Shelter Care had been seeking funding to construct an apartment complex near Our Lady of Perpetual Help Catholic Church. The article misstated the name of the organization. In fact, the proposed

development was initiated by Shelter Resources, Inc., a Washington-based company that works to develop affordable housing in partnership with local non-profits. The company partners with South Lane Mental Health, and in mid-September, the partnership applied for low-income housing tax credits for the proposed

32-unit development. According to representative Jody Rolnick, the competition for these funds is fierce, and the organizations recently learned that their project was not to receive funds and will not be proceeding at this time. The Sentinel regrets this error and any hardship it may have caused.

What does sugar do to the brain?

BY JOEL FUHRMAN, MD
For the Sentinel

Glucose is the primary fuel for the human brain, but what happens when the brain is exposed to the excessive added sugars of the standard American

diet?

Elevated blood glucose damages blood vessels, and this blood vessel damage is the major cause of vascular diabetes complications such as retinopathy. The vessels in the brain can also become damaged by elevated

blood glucose, and there is evidence that this damage contributes to a progressive decline in brain function. Studies on those who have lived with diabetes for many years have found deficits in learning, memory, motor speed and other cognitive functions. Frequent exposure to high glucose levels likely diminishes mental capacity, as higher HbA1C levels have been associated with a greater degree of brain shrinkage. Even in those without diabetes, higher sugar consumption is associated with lower scores on tests of cognitive function. These effects are thought to be due to a combination of not just the episodic high blood glucose, but also the



metabolic effects on cholesterol, fat storage and blood vessel disease that results. It is not surprising that higher blood sugar increase the risk of Alzheimer's Disease, and that Alzheimer's has even been called "type 3 diabetes."

Sugar's harmful effects on the brain don't only occur in the long term; even a single and episodic instances of high blood sugar can slow cognitive function and lead to deficits in attention and memory. Excess sweets can also affect your mood. Eating commercial sweets and baked goods are linked to higher rates of major depression. Brain imaging suggests that high glucose levels impairs the brain's ability to process emotion, even in healthy young people.

In addition to the damaging effects on cognition and mood, sugar also has drug-like effects in the reward system of the brain. Our physical and hor-

monal satiety signals seem to be overwhelmed by the unnatural concentrations of such concentrated sweeteners.

The ability of sugar to produce a powerful reward response was demonstrated by a study in which rats were allowed to choose between pressing two levers: one lever gave them access to sugar-sweetened water, and the other a dose of intravenous cocaine. The rats preferred sugar over cocaine. In humans, high-glycemic foods have been found to activate regions of the brain associated with the same reward response as illegal drugs. They produce an intense desire to overeat.

It is not easy to rid oneself of their desire for sweets. It takes knowledge and experience to help people with the nutritional tips and emotional techniques to beat sugar addiction, and take back control of their health.

Remember, added sugar is a

dangerous food, and the only way to avoid these dangers by enjoying sweet, delicious dried and fresh fruits in place of refined sugars, in recipes and desserts. You won't sacrifice enjoyment of food, even sweet desserts can be healthful when you learn the innovative cooking techniques using only dried and fresh fruits to make healthy food taste great.

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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