



OPINION

LETTERS TO THE EDITOR

A Deplorable's answer to a sore loser

I seldom respond to articles that spew any kind of hate, especially that of a political nature as exhibited by Matt Emrich in his article on President-elect Trump; however, in this case I feel it necessary.

First, his judgment obviously is one that voted for a loser in Hillary Clinton, the obvious shoo-in according to the liberal media and press, not necessarily the people, referred to as blue-collar people.

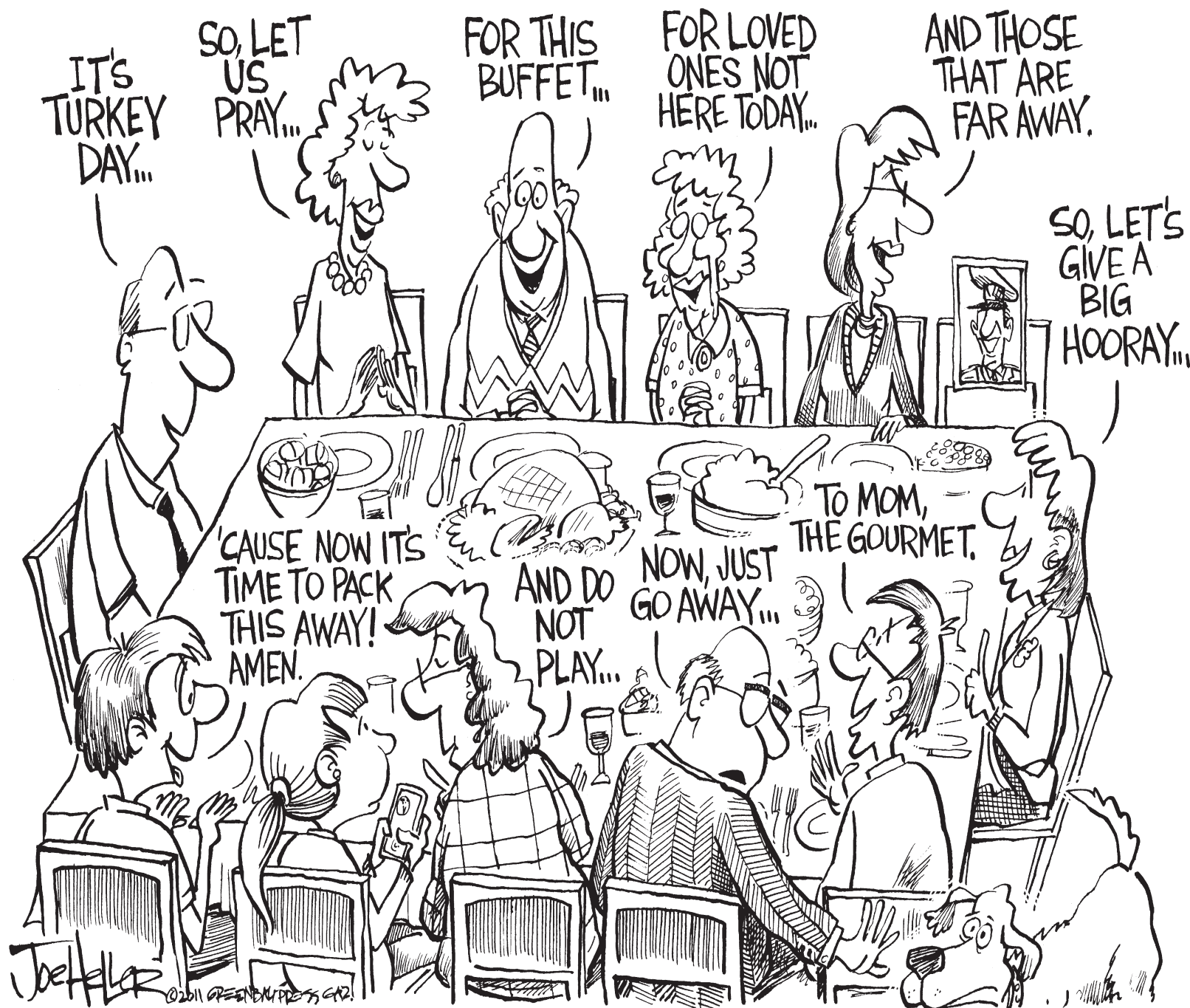
The Middle-America people and the evangelical Christians defeated the liberal agenda of the Democratic Party. The evangelicals voted 81 percent in favor of Donald Trump. The Middle American population supported Trump without reservation because he had a program of their liking. Hillary did not at any time present a program of any type; she felt she was owed the presidential position.

The writer's reference to education has no bearing on a person's ability to vote or decide how one feels about an individual and leadership. Hillary showed very little of her leadership, if indeed, she had any!

Rather than going out of one's way to fan the seeds of chaos like many of those who feel like the writer, I would suggest opening one's mind and supporting the elected, and if not satisfied with the performance, vote for someone more capable at the next election.

To compare Germany's Weimar Republic to the Trumps political movement is ridiculous, and to make reference to World War III is fear-mongering of the worst type. About the writer of this article: I am a World War II veteran who fought in Europe against Germany for three years in England, Africa, Sicily, Italy and Corsica.

Leonard Waitman, PhD
Cottage Grove



Offbeat Oregon History

Once Oregon's soggiest town, Valsetz is now a memory

BY FINN J.D. JOHN
For the Sentinel

If you should ever get really lost while exploring the spaghetti tangle of Forest Service routes and old logging roads in the Coast Range woodlands west of Falls City, you just might stumble upon the mortal remains of a tiny timber town there.

To be sure, there won't be much to stumble upon — just a few overgrown streets, with the bare concrete foundation of some long-gone industrial structure nearby.

This is all that remains of the town of Valsetz, Oregon.

Valsetz was one of the little logging-company towns that once dotted the more remote parts of Oregon's timberlands. In the early- to mid-1900s, there were many of these. Wendling, deep in the forest outside Marcola, was another one that's gone today; Shevlin, the "portable town" that moved on the

company railroad whenever the local timber supply started to run low, was another. And a number of little Oregon towns that still exist today got their start as logging-company property, including Brookings, Seneca, Hines and Gilchrist.

Valsetz was unusual, though, in several ways. To start with, there was the rain. Valsetz was located squarely in the middle of one of the wettest spots on the West Coast. It got 120 inches of rain a year — four times as much as the towns of the Willamette Valley, and more than any other town or city on the West Coast (although Forks, Wash., is very close at 119.7).

Also, during its 1930s heyday when it boasted a population of more than 1,000, Valsetz had a nationwide reputation for journalism. Thanks to the nine-year-old editor of the "Valsetz Star," Dorothy Anne Hobson, more people nationwide knew the name of Valsetz than any other Oregon town besides

Portland and Salem. Subscribers to her charming news reports included Eleanor Roosevelt, Herbert Hoover and several radio personalities who regularly read them over the air.

The town of Valsetz was founded just after the First World War, when the Cobbs & Mitchell timber company figured out that it was going to have to do something expensive if it wanted to be able to continue its logging operations in the Coast Range.

The company's property was deep in the mountains, near the Forest Service property known today as the Valley of the Giants — the most productive timber-growing land in the country, or nearly so.

But what was good for growing trees wasn't so great for growing a labor force. The nearest town was dozens of grueling, muddy miles away. Before the war, when the woods teemed with itinerant young bachelors willing to work in rough logging camps for months on end, this wasn't such a problem; but with the end of the war, the culture was changing in a more family-oriented way. Labor shortage was a real danger if the company continued relying on the dwindling supply of bachelor loggers.

So the company built a new sawmill

deep in the heart of its timberlands, at the terminus of the Valley and Siletz Railroad, and platted a town around it: Valsetz.

By the 1950s, when it was at its peak, Valsetz included a school district, a company store, a company cafeteria/restaurant and a two-lane bowling alley. Nearby, the Siletz River had been dammed up to form Valsetz Lake, which did double duty as mill pond and fishing hole.

Crime — with the exception of poaching — was virtually nonexistent. After all, everyone who lived in the town worked for Cobb & Mitchell, and no outsider was going to travel 30 miles on muddy logging roads or buy a railroad ticket to come to Valsetz and steal things. There was no police department. Also, because the whole town was on private land, many state laws didn't apply there — 13-year-old kids regularly drove cars and rode motorcycles on its streets.

From the standpoint of the people living there, probably the best thing about Valsetz was the wildlife. The town had its own herd of elk, and the lake teemed with fish — trout, mostly, until the late 1950s when somebody stocked it with bass. The deep woods were just outside town, beckoning youngsters for

overland adventures and older folks for deer and elk hunts. Valsetz was a sportsman's paradise.

It wasn't a timber company's paradise, though. Not in the 1980s, after the last of the old-growth trees had been cut down and processed into lumber.

By 1983, Valsetz was a very different town than it had been 20 years earlier. Boise Cascade had bought the town and timberlands in 1959, but by then much of the good old-growth timber was already gone. When it was all depleted, a decade or so later, the sawmill was converted into a plywood operation, and it soldiered on for a few more years, employing fewer and fewer people and looking less and less well-kept.

Making plywood at Valsetz was all well and good during the building boom of the 1970s, when the money was still rolling in. But with the onset of "stagflation" and recession at the end of the decade, things started looking really grim for Valsetz. When there had been old-growth logs to cut up, it had made great sense to run a mill there; but running a plywood operation smack in the middle of the best tree-growing land in the United States made no sense at all.

Moreover, by the early 1980s the

Please see **OFFBEAT**, Page 10A

Pumpkin is a healthy fall treat

BY JOEL FUHRMAN, MD
For the Sentinel

Enjoy the health benefits of pumpkins just like our forefathers before us. Native American used pumpkin as a healthy staple in their diets for

centuries before the pilgrims landed. Pumpkins continued to be an important crop for the pilgrims because they stored well and provided a nutritious food source during the winter months.

Today, pumpkin flavoring is

in everything from candy and coffee to ice cream and doughnuts. Don't be fooled by this; pumpkins and their seeds are nutrient-dense foods.

Pumpkins and related squashes are good sources of beta-carotene, alpha-carotene, lutein and zeaxanthin, antioxidants belonging to a group of pigments called carotenoids, which are important for immune function. Carotenoids defend the body's tissues against oxidative damage, helping to prevent chronic diseases and premature aging. Lutein and zeaxanthin are the only known carotenoids located in the human retina. They help protect the eye from damage and improve several aspects of

visual performance.

Pumpkin makes a great pie, but don't stop there. Pumpkin puree can be stirred into soups, stews or chilis. You can whip up a pumpkin smoothie by blending pumpkin puree with a banana, spinach or romaine lettuce, a few dates, some non-dairy milk and cinnamon and nutmeg. I recommend cooking your own pumpkin puree or using the puree packed in non-BPA containing cartons.

Make an easy pumpkin puree: Choose the lighter colored "pie pumpkins" or "sugar pumpkins," they are sweeter and less watery than the orange jack-o'-lantern pumpkins.

Cut the top from the pumpkin and scrape out the stringy membranes and seeds.

Cut the pumpkin into large pieces and place in a roasting pan.

Pour a half-cup water into the bottom of the pan and cover

with foil.

Bake 45-60 minutes or until pumpkin is soft and easily pierced with a fork.

Scrape the soft pulp from the skin into a food processor or blender and puree.

Leftover pumpkin puree may be frozen in an airtight container for up to 12 months.

When preparing pumpkin puree or carving a jack-o'-lantern, don't throw away the seeds. Pumpkin seeds, also known as pepitas, are not only flavorful, they are a superfood. Pumpkin seeds are a good source of omega-3 fatty acids, phytochemicals, zinc, calcium and iron.

How to roast pumpkin seeds: Rinse seeds under cold water and pick out the pulp and strings.

Place seeds in a single layer on a non-stick baking sheet and, if desired, sprinkle with your choice of no-salt seasonings.

Bake at 225 degrees F. until

lightly toasted, about 45 minutes, checking and stirring frequently.

Sprinkle on salads, mix into healthy baked recipes or use as a topping for soups and entrees.

Enjoy the delicious flavors and health benefits of fresh pumpkins, pumpkin seeds and other winter squashes, and ignore those SAD (standard American diet) pumpkin-flavored fake foods.

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.

Cottage Grove Sentinel

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

ADMINISTRATION:
JOHN BARTLETT, Regional Publisher.....942-3325 Ext.
GARY MANLY, General Manager.....942-3325 Ext.
207 • publisher@cgsentinel.com

AARON AMES, Sales Representative.....942-3325
Ext. 216 • aames@cgsentinel.com
TAMMY SAYRE, Sales Representative.....942-3325
Ext. 213 • tsayre@cgsentinel.com

NEWS DEPARTMENT:
JON STINNETT, Editor.....942-3325
Ext. 212 • jstinnett@cgsentinel.com

SPORTS DEPARTMENT:
SAM WRIGHT, Sports Editor.....942-3325 Ext.
204 • swright@cgsentinel.com

CUSTOMER SERVICE
CARLA WILLIAMS, Office Manager.....942-3325
Ext. 201 • cwilliams@cgsentinel.com
LEGALS.....942-3325
Ext. 200 • cwilliams@cgsentinel.com

GRAPHICS:
RON ANNIS, Graphics Manager

(USP 133880)

Subscription Mail Rates in Lane and Portions of Douglas Counties:
Ten Weeks\$9.10
One year\$36.15
e-Edition year.....\$36.00

Rates in all other areas of United States: Ten Weeks \$11.70; one year, \$46.35, e-Edition \$43.00.
In foreign countries, postage extra.

No subscription for less than Ten Weeks. Subscription rates are subject to change upon 30 days' notice. All subscriptions must be paid prior to beginning the subscription and are non-refundable.

Periodicals postage paid at Cottage Grove, Oregon.

Postmaster: Send address changes to P.O. Box 35, Cottage Grove, OR 97424.

Local Mail Service:

If you don't receive your Cottage Grove Sentinel on the Wednesday of publication, please let us know.
Call 942-3325 between 8:30 a.m. and 5 p.m.

Advertising ownership:

All advertising copy and illustrations prepared by the Cottage Grove Sentinel become the property of the Cottage Grove Sentinel and may not be reproduced for any other use without explicit written prior approval.

Copyright Notice:

Entire contents ©2015 Cottage Grove Sentinel.

Letters to the Editor policy

The Cottage Grove Sentinel receives many letters to the editor. In order to ensure that your letter will be printed, letters must be under 300 words and submitted by Friday at 5 p.m. Letters must be signed and must include an address, city and phone number or e-mail address for verification purposes. No anonymous letters will be printed. Letters must be of interest to local readers.

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.

To avoid transcription errors, the Sentinel would prefer editorial and news content be sent electronically via email or electronic media. Hand written submissions will be accepted, but we may need to call to verify spelling, which could delay the publishing of the submission.