



Offbeat Oregon History

Prohibition liquor raid went horribly wrong

BY FINN J.D. JOHN
For the Sentinel

On a broad flat stretch of the Willamette Valley floor, just across the freeway from the town of Shedd, lies a little cluster of buildings and a Mennonite church — all that remains of the little town of Plainview, Oregon.

This tiny, bucolic hamlet was, 95 years ago, the scene of a pair of murders that are still talked about in west Linn County today, the result of a Prohibition liquor raid gone horribly wrong. They've become known as the Plainview Killings.

The full story of the Plainview Killings can be found in Cory Frye's book, "Murder in Linn County, Oregon" (History Press, 2016). But here are the basic bones of the story:

It all started out as a minor liquor raid on a rural farm, very similar to a thousand other Prohibition-enforcement operations in rural Oregon in the 1920s. What made this one different, other than the final outcome, was the fact that the preacher from the local Christian Church came along.

No one really knows any more why Sheriff Charles Kendall brought a preacher with him that day. But it's possible, maybe even likely, that doing so cost him his life, as well as the minister's.

The farmer's name was Dave West, and he was one of those prickly, individualistic mountain-man types, originally from rural Indiana. West had lived on a 40-acre farm near the tiny hamlet of Plainview for 11 years. He was in his late 60s but still just as prickly as ever — and just as good a shot, too: his skills as a sharpshooter were locally famous.

Until that day in 1922, West's nearest brush with the local criminal-justice system had been a prosecution for poaching. In general, he minded his own business and expected others to mind theirs, occasionally enforcing this preference with a pair of callused, farm-hardened fists.

But part of the business Dave West minded had always been a small still, located in the woodshed. There he produced small quantities of highest grain alcohol, which he used for drinking and for making a home-remedy liniment for rheumatism. Of course, after "bone-dry" Prohibition passed in Oregon in 1915, he'd only admit to using his moonshine for

the liniment; but nobody was really fooled.

Still, even after it was patently illegal, Dave West continued to run his still, more or less openly. His position was that since he was just making enough for his own personal use, and it never left his property, it was none of anybody's business what he did in his own barn.

And Sheriff Kendall seemed to have agreed with that sentiment at first. Certainly he must have known about the little still for months, maybe even years, before he ever did anything about it.

But on the afternoon of June 21, 1922, Kendall was on his way to the West farm to, finally, enforce the law. And he'd brought the pastor of the First Christian Church, Rev. Roy Healy.

Why he did that is still a little controversial today. The Albany Democrat-Herald later said Healy was doing research for a book he was writing on liquor-law enforcement. Another theory was that the sheriff had only launched the raid, with some reluctance, in response to a complaint lodged by the Reverend, and that the Reverend had then insisted on accompanying him to make sure it got done and that Sheriff Kendall wasn't tempted to look the other way, or pretend West wasn't home, or let him off with a stern warning rather than making an example of him for the righteous.

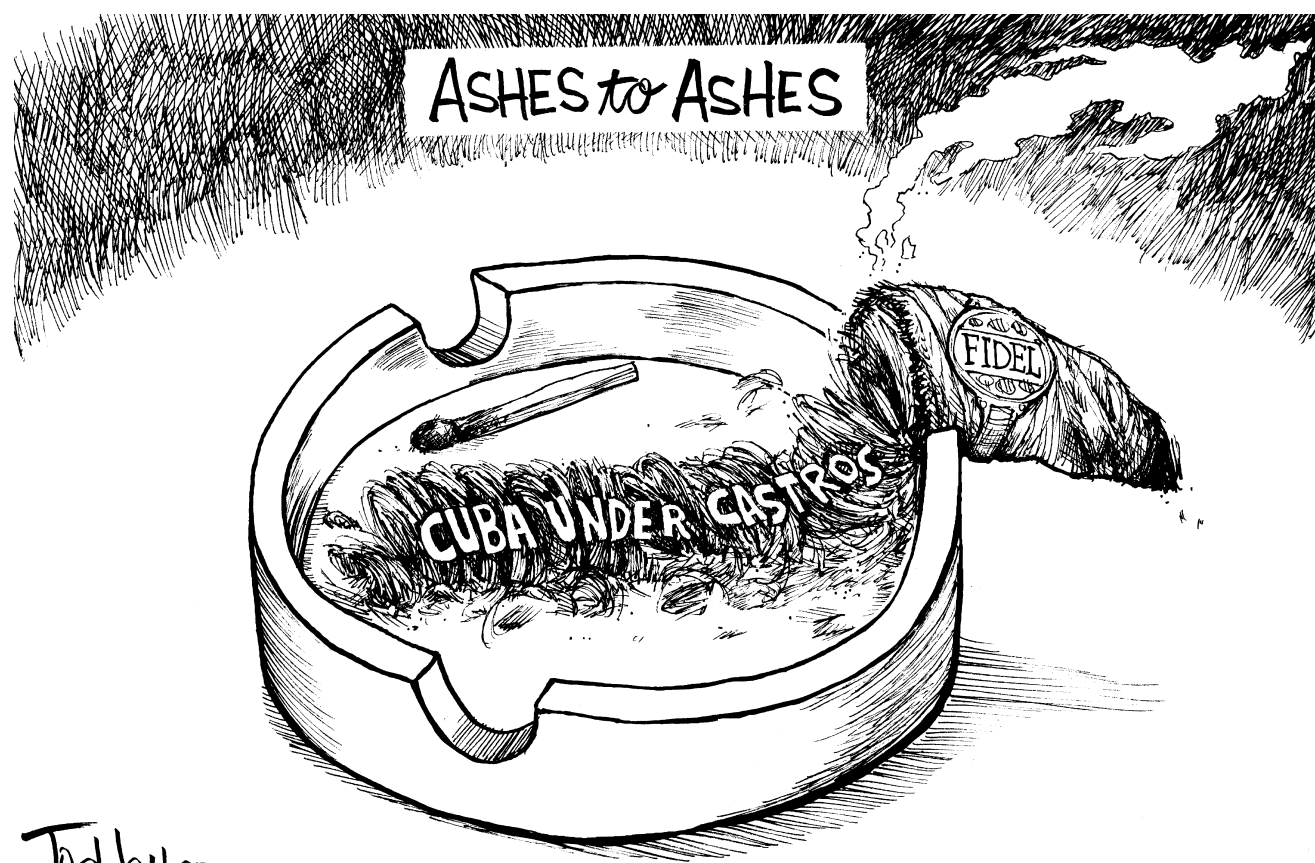
Either way, it seems pretty clear that Dave West took it badly. He seems to have assumed that Healy was there to gloat over his downfall. And for a man of West's temperament, that sort of thing was simply not to be borne.

According to the recollections of West's wife, Ellen, Kendall and Healy arrived at about 3 p.m. West was outside working, and his nephew's family was also there to help with haying season.

Sheriff Kendall asked Ellen West if there might be any alcohol on the premises, and she went and fetched a bottle of the family-recipe rheumatism liniment. No no, he replied; he was looking for drinking liquor.

At that point, Dave West entered the house, and the conversation started to become heated. West, thinking Kendall and Healy were interrogating his wife, started out upset and only

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LETTERS TO THE EDITOR

From the Mayor-Elect:

I want to thank the Cottage Grove residents for giving me the opportunity to serve as your Mayor. I feel so blessed and humbled that you have the confidence to vote me in to this position. We will face many challenges ahead; how-

ever, working together we can overcome those challenges. I look forward to working with the Council and others in the community to find solutions to challenges, to continue to grow sensibly and to maintain our small-town charm.

Jeff Gowing
Cottage Grove

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Cruciferous vegetable intake improves survival in women with breast cancer

BY JOEL FUHRMAN, MD
For the Sentinel

At the recent American Association for Cancer Research annual meeting, new evidence highlighted the importance



of cruciferous vegetables for [breast cancer protection](#).

The cruciferous vegetable family includes broccoli, Brussels sprouts, collard greens, cauliflower, and kale, among other vegetables that are all related to cabbage. The cruciferous family is unique among vegetables because of their glucosinolate content — glucosinolates give cruciferous vegetables their characteristic spicy or bitter tastes; upon blending, chop-

ping, or chewing, glucosinolates are converted to isothiocyanates (ITCs)—compounds with potent anti-cancer effects, including:

Anti-inflammatory effects — ITCs have been found to decrease the secretion of inflammatory molecules.

Anti-angiogenic effects — isothiocyanates can inhibit the development of new blood vessels to limit tumor growth.

Detoxification of carcinogens.

Preventing damage to DNA that may lead to cancer.

Stopping cell division in cells whose DNA has been damaged.

Promoting cell death in cancerous cells.

Anti-estrogenic activity — Exposure to estrogen is known to increase breast cancer risk; ITCs have been shown to inhibit the expression of estrogen-responsive genes.

Shifting hormone metabolism — Eating cruciferous vegetables regularly helps the body to shift hormone metabolism, reducing the cancer-promoting potency of estrogen and other hormones.

After eating cruciferous vegetables, women have measurable isothiocyanates in their

breast tissue, and women who eat more cruciferous vegetables are less likely to be diagnosed with breast cancer: In a recent Chinese study, women who regularly ate one serving per day of cruciferous vegetables had a 50 percent reduced risk of breast cancer. A 17 percent decrease in breast cancer risk was found in a European study for consuming cruciferous vegetables at least once a week.

What about women who already have cancer? Is it too late for cruciferous vegetables to improve their prognosis? Childhood and adolescence are the most crucial times for environmental stimuli to affect breast cancer risk, but changes made during adulthood and even after diagnosis still have the potential to create positive changes in the body.

A recent study kept track of cruciferous vegetable intake in Chinese women with breast cancer for the first three years after diagnosis and followed the women for a total of five years. They found that the more cruciferous vegetables women ate, the less likely they were to experience breast cancer recurrence

or die from breast cancer. When the women were grouped into four groups (quartiles) based on cruciferous vegetable consumption, women in the highest quartile had a 62 percent decrease in risk of death and 35 percent reduced risk of recurrence compared to the lowest quartile.

This is not the first study to find a link between cruciferous vegetables and reduced risk of breast cancer recurrence. In the Women's Healthy Eating and Living (WHEL) study, breast cancer survivors who reported higher cruciferous and total vegetable intake had a 52 percent reduced risk of recurrence.

Don't forget: cruciferous vegetables must be chopped, crushed, or chewed well for maximum benefit! The more you chop before cooking (or chew if you are eating the vegetables raw), the better. Some ITC benefit may be lost with boiling or steaming, so we get the maximum benefit from eating cruciferous vegetables raw — however, gut bacteria can also produce some ITC from cooked cruciferous vegetables as we eat them. Also, we can increase ITC production from cooked

cruciferous vegetables by having some shredded raw cruciferous vegetables such as cabbage, kale, collards or arugula in a salad during the same meal.

Combine anti-cancer foods to maximize protection against all cancers. A number of plant foods are associated with lower risk of cancers, and substances contained in these foods display anti-cancer or immune-boosting properties. As a cancer-fighting strategy, I recommend eating these super foods (G-BOMBS: greens, beans, onions, mushrooms, berries and seeds) simultaneously and in significant quantities. The combination of cruciferous vegetables with the rest of these powerful anti-cancer foods creates delicious, healthful, and powerfully protective meals.

Dr. Fuhrman is the #1 New York Times bestselling author of Eat to Live and Super Immunity, and a board certified family physician specializing in lifestyle and nutritional medicine. 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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