



# Offbeat Oregon History: Tillamook Guerillas

By Finn JD John  
For The Sentinel

Early 1942 was a really nerve-racking time to be an Oregonian — especially if you lived on the coast.

The United States had just gone to war against a country that was already famous for being able to deliver large amounts of force anywhere within 600 miles of its aircraft carriers. No other country in the world, at that time, was better at surprise attacks; and no other country in the world could bring those attacks to bear farther away from its home shores.

So although Japan itself was thousands of miles away on the other side of the Pacific, there was a real sense in coastal Oregon and Washington that the Pacific might as well be a very large river for all the protection it would afford, if the Japanese decided to invade. Oregon and Washington were, in a real sense, the front lines.

So there were plenty of heartburn pills sold in Oregon drugstores when, a few months into the war, the Oregon National Guard got called up to go fight in Europe, leaving the state wide open and defenseless.

In Tillamook, a man named Stewart P. Arnold had an idea for a way to do something about that.

Arnold was a First World War veteran, and had lost his sight in combat. But he seems to have lost none of his fighting spirit. He arranged the organizational meeting of something called the “Guerilla Rifle Club” at the Pleasant Valley Grange on March 5, 1942, and a total of 69 local men signed up.

The plan was for this loose association of local men, packing their own hunting rifles, to be ready on a moment’s notice to resist a Japanese invasion.

Their organization was paramilitary, with officers elected by the membership militia-style and a military chain of command. At the organizational meeting, Arnold was elected commanding officer, with the “rank” of colonel; and the membership elected a captain (Art Sperber) and a first and second lieutenant (Earl Clarine and Ralph Blum) as well.

But they were definitely not an Army unit. They were civilian volunteers, with no uniforms, sponsored by no government. If captured by an invading force, they would be treated as fifth-columnists, not entitled to the protections of the Geneva Convention.

That was fine; the men understood that. They also understood that if the Japanese actually invaded Oregon, not having the protections of the Geneva Convention would be the least of their worries.

Within a month, the Tillamook County Guerilla Rifle Club had swelled to more than 1,000 members and attracted national attention.

“(There are) snuff-dipping mackinaw men from the forests; ruddy, overalled farmers of sturdy Swiss stock; pale businessmen from the little towns,” wrote a Time Magazine reporter in the March 30 issue. “They had no uniforms, did no drilling, furnished their own guns and ammunition for target practice. But they were dead shots and they were ready to shoot.”

“I think a lot of guys in the Guerrillas were guys who couldn’t get into the military, or were disabled for one reason or another,” Garibaldi historian Jack Graves told the Tillamook Headlight-Herald’s reporter in 2010, “and older guys, including ones who had already served their time in the military.”

There were some younger lads as well —

16-year-old boys too young for Army service, but as good with a .30-30 as any 25-year-old Marine.

“If the Japs try to land in the bays or inlets - Netarts, Tillamook, or lesser coves — they will find guerrillas on cliffs, sandspits, and in the bogs — using their own ammunition and rifles,” Colonel Arnold told the Headlight-Herald reporter. “Our motto is, keep your guns cleaned and oiled, and your powder dry.”

It was more than just that, though.

“My dad (Roy Graves) told me they had mined all the bridges that connected Tillamook to the (Willamette) Valley,” historian Graves told the Headlight-Herald reporter. “There were teams of two to three men assigned to each bridge.”

Especially after Time Magazine’s article came out, the idea of forming guerilla militia companies spread wildly across the state. A similar group sprang up almost immediately in Lincoln County. A group calling itself the Bushwackers had already formed in southeast Portland, three months before; another guerilla club now formed in Independence; and, across the state, as April dawned, the guerilla-militia movement started taking Oregon by storm.

Meanwhile, the Oregon State Guard was growing nearly as quickly. Formed in 1940 as a military force answering directly to the governor, the state guard was the logical organization to take on what the guerillas were doing.

The State Guard got scant support from Washington, D.C., until word got out about the guerilla companies. At that point, Army leaders started pondering worst-case scenarios involving random gangs of poorly-trained armed men running around the countryside looking for Japanese soldiers to kill. It wasn’t hard to imagine ways this could turn out very badly, and the Army had

no way of knowing what kind of training these guerillas were getting. Soon the pressure was on Governor Charles Sprague to rein them in — and Washington was suddenly in a far more generous mood as regards rifles, ammunition, and training supplies.

Sprague, who had been supportive at first, now started encouraging the guerillas to join forces with the state guard.

“One thing made clear in this war is the value of guerrilla fighting; and our local fighters, familiar with the terrain, can be of great value in repelling the enemy,” he wrote, in a press release on March 17. “They should be enrolled in a military body, however; otherwise they would not be entitled to the rights of prisoners of war, if captured, but would be subjected to immediate execution. They should also be regularized for training and for proper coordination with regular troops.”

In May, the federal government, dissatisfied with the pace of absorption, actually ordered all the guerilla clubs to disband or be absorbed into the state guard. Most of them, by this time, had done so; but “Arnold’s Raiders,” the biggest of the bunch, still held onto its independence.

An awkward showdown was avoided by the expedient of redesignating the Tillamook County Guerilla Rifle Club as a non-military organization, and it continued as an independent club.

Ironically, it was the following month that the Japanese came as close as they ever would to actually invading the mainland U.S., when the submarine I-25 hove to off the mouth of the Columbia and shelled Battery Russell. That, of course, was a county away from the Tillamook Guerillas’ home base; but it’s a safe bet that some of Arnold’s Raiders were on their way northward, rifles locked and loaded, the minute they got the word — just in case.

## Dr. Fuhrman: Pomegranates can help against disease

By Joel Fuhrman MD  
For The Sentinel

Ruby red, delicious and nutrient rich pomegranates pack a mighty punch in safeguarding your health. Pomegranate contains a unique and powerful antioxidant called punicalagin, the most abundant antioxidant in pomegranate, responsible for more than half of the antioxidant activity of pomegranate juice.

Pomegranate juice has been analyzed to have greater antioxidant capacity than red wine, grape juice, cranberry juice, green tea or acai juice. Drinking pomegranate juice measurably reduces oxidative stress (the toxic effects of free radicals) in

healthy humans. Much research has shown that pomegranate’s potent antioxidant capacity provides protection against heart disease, cancer and cognitive impairment.

Pomegranate was one of the earliest cultivated fruits, and has been prominent throughout history in art, culture, and religion, from the story of the seasons in Greek mythology to Romeo and Juliet to the Bible.

Pomegranate is ubiquitous in Middle Eastern cooking and its super food status, unique flavor and texture has made it increasingly popular in the U.S. A pomegranate contains hundreds of tiny, crisp arils; each aril is a seed encased in a juicy pulp, a tasty mix of sweet and tart fla-

vors.

Health benefits of pomegranates - anti-cancer:

1) Pomegranate has anti-inflammatory effects that may protect against cancer and other chronic diseases. 2) Pomegranate has anti-angiogenic properties, meaning that they may help to prevent growing tumors from acquiring a blood supply, preventing those tumors from receiving the nutrients that would allow them to grow larger. 3) Pomegranate is one of the few foods (mushrooms are another) that contain natural aromatase inhibitors. This means that they inhibit the production of estrogen, which can reduce breast cancer risk. 4) After treatment for prostate cancer, two studies

have shown that pomegranate juice or supplements slowed the increase in PSA.

Protection against heart disease:

5) Pomegranate phytochemicals reduce LDL oxidation (a contributor to atherosclerotic plaque development). 6) Pomegranate phytochemicals have blood pressure-reducing properties. 7) In a study of patients with severe carotid artery blockages, after one ounce of pomegranate juice daily for one year, there was a 30 percent reduction in atherosclerotic plaque. In striking contrast, in the participants who did not take the pomegranate juice atherosclerotic plaque increased by 9 percent.

Guards memory and brain

function:

8) Pomegranate supplements taken before and after surgery prevented the postoperative memory dysfunction associated with coronary artery bypass or heart valve surgery. 9) In those with mild memory complaints, individuals drinking pomegranate juice daily performed better on a memory task compared to placebo and displayed increased brain activation measured by functional MRI.

Removing the edible arils from the pomegranate is easy when you know how to do it. The easiest way is to cut it around the diameter, split it into two and then pound the back with the back of a large serving spoon. The flavor and health

benefits of pomegranate make the effort well worth it.

Enjoy fresh pomegranates, especially when they are in season, and. When selecting pomegranates, look for a ripe, deep-colored fruit with a red to reddish-brown outer rind that is heavy for its size. Pomegranate season typically runs from October through February — it’s nearly over now, but you can store some arils in the freezer or look for packaged frozen arils to get the health benefits of pomegranate all year round.

Dr. Fuhrman is a #1 New York Times best-selling author and a board certified family physician specializing in lifestyle and nutritional medicine.

## Cottage Grove Sentinel

(541) 942-3325

### Administration

James Rand, Regional Publisher

Gary Manly, General Manager ..... Ext. 207  
gmanly@cgsentinel.com

Aaron Ames, Marketing Specialist ..... Ext. 216  
aames@cgsentinel.com

Jana Stelle, Marketing Specialist ..... Ext. 203  
jsteele@cgsentinel.com

### Editorial

Caitlyn May, Editor ..... Ext. 212  
cmay@cgsentinel.com

Zach Silva, Sports Editor ..... Ext. 204  
zsilva@cgsentinel.com

### Customer Service

Mandi Jacobs, Office Manager ..... Ext. 200  
Legals, Classifieds ..... Ext. 200  
mjacobs@cgsentinel.com

### Production

Ron Annis, Production Supervisor ..... Ext. 215  
graphics@cgsentinel.com

(USP 133880)

Subscription Mail Rates in Lane and Portions of Douglas Counties:  
Ten Weeks ..... \$9.50  
One year ..... \$37.65  
e-Edition year ..... \$35.00

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.

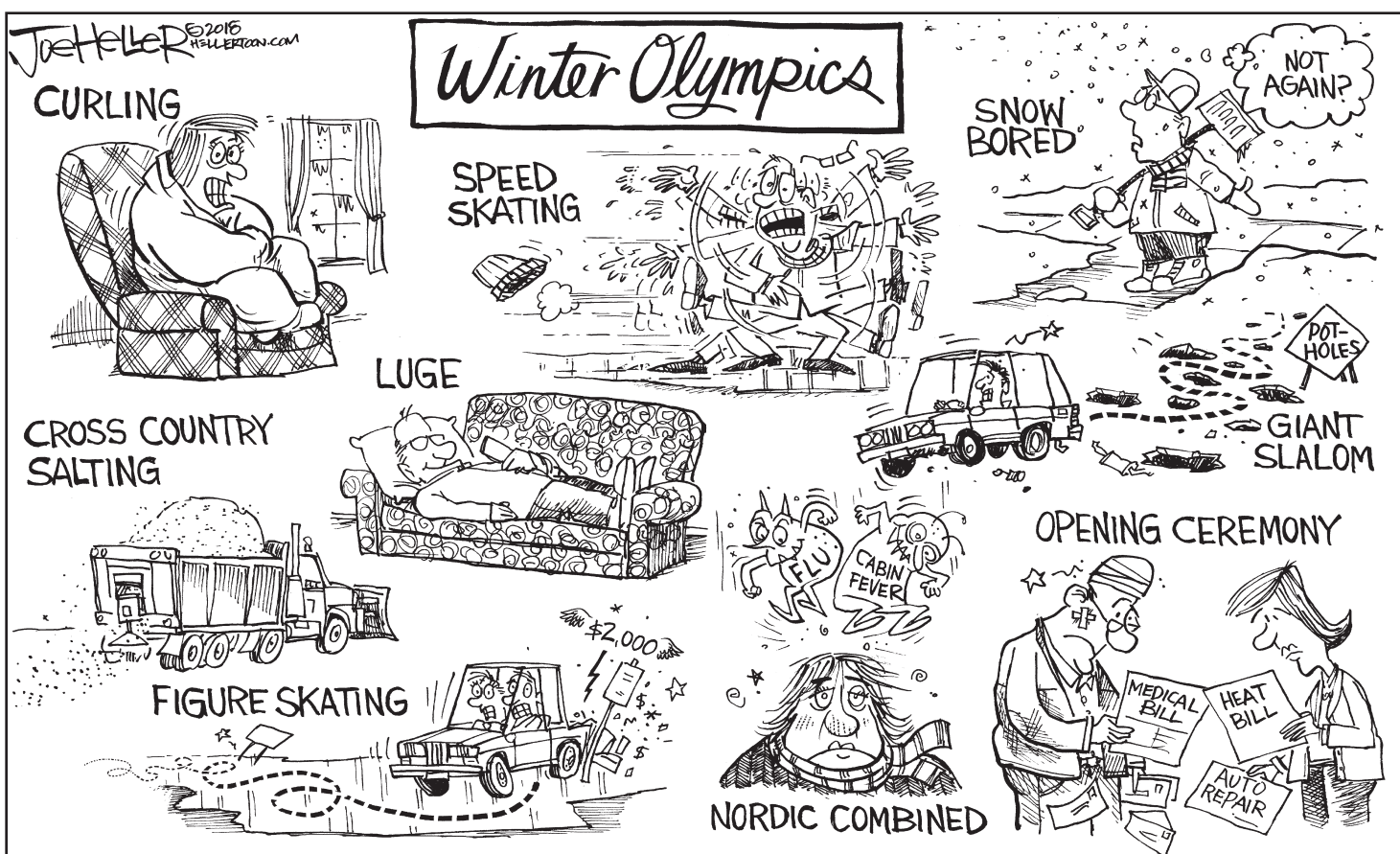
### Local Mail Service:

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 ©2017 Cottage Grove Sentinel.



## Letters to the Editor policy

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. 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. The Sentinel reserves the right not to print letters that may contain libelous content.

## IN BRIEF FEB. 21-MARCH 4

- The Cottage Grove First Impressions Program is a project of the Cottage Grove Chamber of Commerce, City of Cottage Grove, Main Street Program, and the Rural Economic Vitality team from Rural Development Initiatives (RDI). First Impressions partners two communities in the region, to provide volunteer teams to visit and provide an objective feedback. In August, a visiting team of volunteers from Oakridge conducted a day-long “first impressions” assessment in Cottage Grove. Results will be provided at a luncheon on Feb. 22 at noon. For more information, contact (541) 256-0551.
- Community Conversations Tuesday, Feb. 27 from 6-8 p.m. at the Cottage Grove High School cafeteria. Free event.