

LETTERS

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eloquently shining a light on this civil-rights issue in the August 17 *Nugget*.

Michael Cooper

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To the Editor:

What follows is hard-hitting and somewhat unfair, but it's offered with an un-jealous clear conscience. It's prompted by the praise proffered to the private landowners involved in the Whychus Creek rehab work. Deserved, yes, but as one who is sensitive to pilfered landscape my muse prompted this letter.

I'm surely not one who could ever afford the choice to "develop" on the rim of a gorge or the cliff above untrammelled beach, or to dig into a steep slope for a city view! But given the choice, I wouldn't want to!

My hike last summer in the Whychus Canyon Preserve from head to toe, though rewarding, was sullied without break by the housing crowding the north rim. It's probably true that the "development" occurred prior to the Trust's interest in Whychus. My point is, that those individuals who originally chose to dominate a prominent landscape while stealing it from the rest of us could have chosen otherwise. The effect of this rim-hogging could have been somewhat mitigated by simply constructing back from the rim to allow vegetating the foreground (not possible now!) While a sacrifice by the landowner, it would've retained for the commons a more preserved natural view.

Many will scoff at my naivety. But thanks to protected land on the South Oregon Coast, for example, natural, undeveloped coast is retained for the commons! Those areas not protected, you guessed it, are wall-to-wall housing, many are gated, but all are definitely view-grabbing!

Leslie Haggard

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To the Editor:

With the new school year starting, parents' to-do lists are now filled with shopping for school clothes, school supplies, and school food. That's right — school food!

In past years, our nation's schools were used by the USDA as a dumping ground for

surplus meat and dairy commodities. It is neither a surprise nor coincidence that one-third of our children have become overweight or obese. Such dietary mistakes at an early age become lifelong addictions, raising their risk of heart disease, diabetes, and stroke.

Then came President Obama's Healthy, Hunger-Free Kids Act of 2010, requiring double the servings of fruits and vegetables, more whole grains, less sodium and fat, and no meat for breakfast. The guidelines are supported by 86 percent of Americans.

Most U.S. school districts now offer vegetarian options. More than 120 schools — including the entire school districts of Baltimore, Boston, Buffalo, Detroit, Houston, Kansas City, Los Angeles, Oakland, Philadelphia and San Diego have implemented Meatless Monday. Some schools have dropped meat from their menu altogether.

As parents, we need to involve our own children and school cafeteria managers in promoting healthy, plant-based foods in our own schools. Going online and searching for "vegetarian options in schools" provides lots of good resources.

Skyler Nash

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To the Editor:

In the August 24 *Nugget*, Jenson Newton chastised Bonny Malone with many words including: "Please show us one case where a police officer murdered a minority individual and went unpunished for it."

Had Malone cited all the examples of police killing unarmed black men and boys *The Nugget* would have needed to publish a supplement. All you need to do, Jenson, is Google something like "police kill unarmed black man and boys" and you will find many examples, some from police video cams. It is not a "vague claim unsubstantiated by evidence" to watch a cop on a police video cam gun down a black man holding his hands up. You can find these examples on the web if you choose to look.

These killings are very real to the victims and their families — if not for Jenson living up here in pristine Sisters Country where "Law 'n' Order" are alive and well. Despite your hand-wringing alarmism, law and order is not being

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PHOTO BY DIANE GOBLE

Beef in the ground means something delicious is on its way...

SPRD preparing for 'buried beef' feast

Sisters Park & Recreation District (SPRD) has become something of a specialist in laying on feasts.

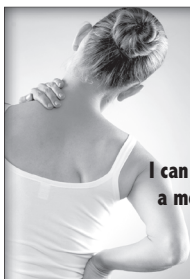
They've scheduled another event in the "Sisters Feasts Series" for 5:30 to 7:30 p.m. on September 24, at the corner of Main Avenue and Fir Street.

"Buried Beef & Brew" includes "buried beef" (beef cooked over coals underground overnight), "beer keg" beans (made from a secret recipe) and other side dishes, lemonade, etc. Three Creeks Brewing Co. beer will

be available for purchase as well.

Local favorite Dry Canyon Stampede will perform.

Proceeds go to SPRD programs. This event is sponsored by Bank of the Cascades and Three Creeks Brewing Co. Additional information is available at <http://sistersrecreation.com/events>. Tickets must be purchased in advance; contact SPRD at 541-549-2091 to purchase. Meal tickets are \$12; under 18 is \$5. Patrons are asked to bring their own chair.



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St. Charles HEALTH SYSTEM

For more information, please call 541-706-6780 or email: ssjordan@stcharleshealthcare.org.

