

## Commentary...

# Might as well face it, we're addicted to rage

By Jim Cornelius  
News Editor

Jeremy Christian, who fatally slashed two men on a Portland MAX train and wounded another last month, is a rage junkie. He is full of bilious anger toward anyone who is not him. When three men intervened as he spewed his wrath and anti-Muslim abuse at a pair of teenaged girls, he turned that rage on them and left them in a welter of blood.

James T. Hodgkinson, who opened fire on Republican congressmen and staffers at an early morning baseball practice last Wednesday, was a rage junkie. As a column in the *Los Angeles Times* notes, "There seemed to be little about America that James T. Hodgkinson agreed with. He had a hero, Bernie Sanders. But his enemies seemed to be endless."

Americans are becoming a nation of rage junkies. Most, of course, will never act out their rage in such spectacularly destructive fashion, but rage can also work insidiously, eroding and corroding souls and the ties that bind a society together.

Rage is powerful and addictive. Rage arouses and stimulates — it makes us feel more alert, more powerful, more *alive*. Nothing like a big hit of righteous wrath to make you feel better about yourself — at least for a moment.

It supplies that delicious

shot of dopamine that our brains crave. But like any powerful drug, the effects wear off, leaving us feeling less than we did before — and needing another, heavier hit to get high.

Rage addiction is nothing new, of course — it's been wired into us since we first climbed down out of the trees on the African savannah. But we have some new and novel tools at our fingertips with which to feed the addiction — and with which others can exploit it for fun and profit.

In a *National Review* column recently, Ben Shapiro notes that:

"...something new has happened to American politics in the last few years: Politicians have realized that the simplest path to power is to humor everyone's anger. If you take someone's anger from them, you've emotionally castrated them. More important, you run the risk of driving them into the arms of someone who will feed their anger — an anger that will now turn on you for the sin of having discounted that anger in the first place.

"This is deeply unhealthy."

You think? And it's worse than that. There are people getting very rich off of stoking the fire, and they're using sophisticated neuro-psychological prompts to elicit our addictive behaviors.

Talk radio and cable infotainment networks build their entire business model around

feeding anger. And more than a few people spend hours each day punching the button over and over, sharing memes and screeds on social media — just one more hit. Just one more.

Whatever you hate, whatever really hacks you off, you can share it in a second and maybe get a hit of validation as a chaser. Appalled by Trump? Rent the guy space in your head all day long while you shoot out dozens of screeds and call it "resistance." (Ironically, if anything brings Trump down, it will be his inability to control his raging Twitter finger.)

Scorn the "libtards"? Share that killer demeaning meme. Oh, that really got 'em.

Feels good. Do it again.

That's not discourse; it's not discussion; it's not debate. It's just pushing buttons — our own and other peoples'.

The horrible results of addictive rage are obvious when they manifest themselves in acts of vicious violence. But the vastly more common and more insidious effects of constant rage are

not less horrible for being less self-evident. A friend likens it to "slapping a saw." The saw is impervious to our rage — and the teeth will inevitably tear us up.

This is not to say that all anger is misplaced. The world is — as it has ever been — full of folly, greed, venality and outright evil. Anger at such things is legitimate and justified. It is, in fact, necessary. Anger channeled into effective action can effect significant change.

What gets harder and harder to distinguish is what is effective action and what is slapping a saw? Are we doing something useful with our anger or simply looking for a quick hit of emotional payoff, hitting the button repeatedly like a crack-addled monkey — tearing ourselves up as a result, to no good end at all?

Ultimately, we are what we do, not what we feel or what we say. An artist friend tells me that "we are responsible for building the world we want to live in." Seems like picking up the toolbox is the antidote to rage.

## Alternate route in place in Sisters

Summer traffic is making its presence felt in Sisters.

To help relieve congestion on Highway 20/Cascade Avenue through the city of Sisters an advertised alternate route will run on weekends for westbound traffic.

The Variable Message Sign (VMS) located on Highway 20 east of Locust Street for westbound traffic will read: "Alternate Route for US-20/126 take next right."

The message will appear Friday afternoon at 1 p.m. and will stay on the board until 7 p.m. Sunday night during the summer season. The route takes westbound traffic through the Sisters Industrial Park on Barclay Drive, outside the downtown core.

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**5th Annual TASTE OF SISTERS**

**Seeking Coordinator**

Do you have 20 hours of your time to give to coordinating the 5th Annual Taste of Sisters?

This event has raised approximately \$10,000 for the Sisters Food Bank and Furry Friends Foundation in the last four years. It is an amazing feeling to help our community in this way.

Taste of Sisters is an affordable and accessible event where people can eat at nearly every restaurant and food establishment in Sisters in one night, in one location.

Systems are in place and you will be trained.

If you are interested in volunteering, give Karen Kassy a call at *The Nugget*, 541-549-9941.

**Black Butte School District #41 Notice of Budget Hearing**

A public meeting of the Black Butte School District #41 will be held on June 27, 2017 at 5:30 pm at 26745 SW Forest Service Road #1419, Camp Sherman, Oregon. The purpose of this meeting is to discuss the budget for the fiscal year beginning July 1, 2017 as approved by the Black Butte School District Budget Committee. A summary of the budget is presented below. A copy of the budget may be inspected or obtained at the Black Butte School between the hours of 11 a.m. and 3 p.m., or online at [www.blackbutte.k12.or.us/budget](http://www.blackbutte.k12.or.us/budget). This budget is for an annual biennial budget period. This budget was prepared on a basis of accounting that is the same as the preceding year.

TOTAL OF ALL FUNDS	FINANCIAL SUMMARY - RESOURCES		
	Actual Amount Last Year 2015-16	Adopted Budget This Year 2016-17	Approved Budget Next Year 2017-18
Beginning Fund Balance		\$1,391,054	\$30,000
Current Year Property Taxes, other than Local Option Taxes	\$1,589,456	292,419	277,916
Current Year Local Option Property Taxes	268,944		
Other Revenue from Local Sources	14,700	12,925	
Revenue from Intermediate Sources	1,100	1,400	1,350
Revenue from State Sources	204,921	160,490	149,455
Revenue from Federal Sources	18,500	43,800	
Interfund Transfers		140,295	
All Other Budget Resources			
<b>Total Resources</b>	<b>\$2,097,621</b>	<b>\$2,042,383</b>	<b>\$458,721</b>
FINANCIAL SUMMARY - REQUIREMENTS BY OBJECT CLASSIFICATION			
Salaries	\$215,270	\$210,767	\$229,818
Other Associated Payroll Costs	136,669	120,627	124,530
Purchased Services	149,631	188,436	131,005
Supplies & Materials	22,716	22,670	35,140
Capital Outlay		100,000	
Other Objects (except debt service & interfund transfers)	13,240	14,273	14,950
Debt Service*			
Interfund Transfers*			
Operating Contingency	1,543,306	1,370,549	924,385
Unappropriated Ending Fund Balance & Reserves			
<b>Total Requirements</b>	<b>\$2,080,832</b>	<b>\$2,027,322</b>	<b>\$1,459,828</b>
FINANCIAL SUMMARY - REQUIREMENTS AND FULL-TIME EQUIVALENT EMPLOYEES (FTE) BY FUNCTION			
1000 Instruction	\$326,300	\$299,349	\$319,321
FTE	2.4	2.8	3
2000 Support Services	227,416	372,225	216,122
FTE	1.15	1.15	1.2
3000 Enterprise & Community Service			
FTE			
4000 Facility Acquisition & Construction			
FTE			
5000 Other Uses			
5100 Debt Service*			
5200 Interfund Transfers*			
6000 Contingency	1,543,306	1,370,549	924,385
7000 Unappropriated Ending Fund Balance			
<b>Total Requirements</b>	<b>\$2,097,022</b>	<b>\$2,042,123</b>	<b>\$1,459,828</b>
<b>Total FTE</b>	<b>3.55</b>	<b>3.95</b>	<b>4.2</b>
* not included in total 5000 Other Uses. To be appropriated separately from other 5000 expenditures.			
PROPERTY TAX LEVIES			
Permanent Rate Levy (Rate Limit per \$1,000)	Rate or Amount Imposed	Rate or Amount Imposed	Rate or Amount Approved
	3.017	3.017	3.017
Local Option Levy	0	0	0
Levy For General Obligation Bonds	50	50	50