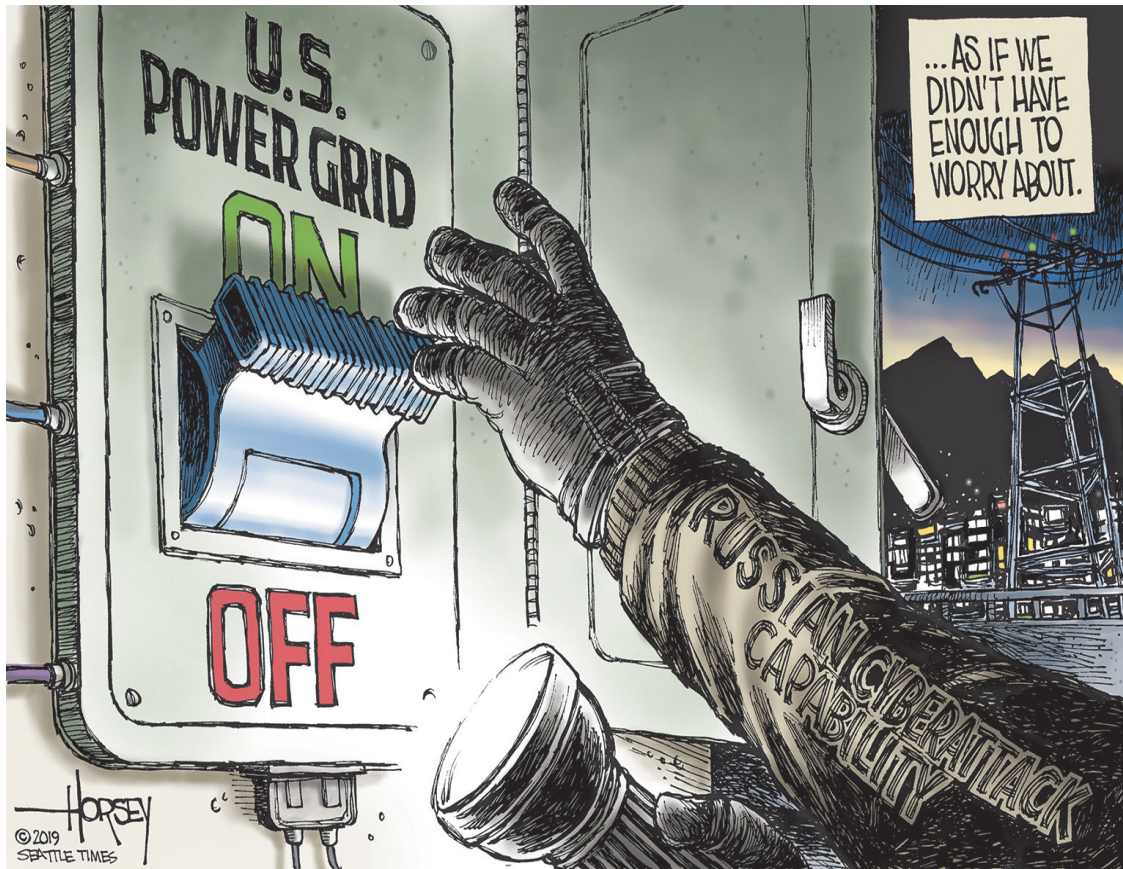


O P I N I O N



Letters to the Editor...

The Nugget welcomes contributions from its readers, which must include the writer's name, address and phone number. Letters to the Editor is an open forum for the community and contains unsolicited opinions not necessarily shared by the Editor. The Nugget reserves the right to edit, omit, respond or ask for a response to letters submitted to the Editor. Letters should be no longer than 300 words. Unpublished items are not acknowledged or returned. The deadline for all letters is noon Monday.

To the Editor:

My wife and I have been homeowners and part-time residents of Tollgate for about seven years, and we've seen the battles re: change of any kind in *The Nugget*, and the arguments never cease to amaze us. The idea that refurbishment of an existing trail so that it could be used by kids to safely get to school is a threat to privacy for this group of private property owners is puzzling. How would it affect their privacy on an existing trail of which only 222 feet is on Tollgate land?

A letter to the editor in the same edition of the paper suggested that people might use that improved access to burglarize homes in Tollgate. I really had to laugh at that one — wouldn't it be easier just to drive in rather than trying to carry that 65-inch flat screen down the gravel path on foot?

The trail surface pretty much sucks unless

you are on foot — loose gravel is not an inducement for getting kids to ride to school. Sure I could probably ride my mountain bike on it in any conditions, and I did last weekend just to see what it was like as I had never been on that trail. But that was in wet conditions and it was fairly compacted with the melted snow and ice. I imagine it's pretty loose and ugly in the summer months.

I'm personally very much in favor of improving that trail. If STA is successful in getting the job done, I'll be riding my road bike that way as well (I promise to wave, say hi, and be respectful of your privacy). As someone who rides to Sisters and up McKenzie Pass frequently, the thought of an alternative to Highway 20 is beyond attractive. And with a safer and better-maintained surface

See **LETTERS** on page 19

Sisters Weather Forecast

Courtesy of the National Weather Service, Pendleton, Oregon

Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Sunny 35/14	Cloudy 36/23	Snow Showers 38/25	Snow 31/9	Snow Showers 29/15	Snow 32/20

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Merely "reducing" porn use is a fantasy

By Ryan Moffat & Justin Durham
Guest Columnists

"Can a man carry fire next to his chest and his clothes not be burned?"

— Proverbs 6:27

In the January 23 issue of *The Nugget*, T. Lee Brown stressed the importance of healthy male touching. Overall, the content was well-intentioned and helpful. She cites pornography as a hindrance to healthy touching, stating, "Some porn addicts lose the ability to become aroused with real partners...Even non-addict porn users often develop social and relationship issues."

This is important and correctly identifies a huge problem. After all, according to the *Huffington Post*, more users access porn sites every month than Netflix, Amazon, and Twitter combined.

However, her solution utterly fails to address the problem when she suggests, "Reduce online porn consumption for better chances at real-life intimacy..."

"Reduce" your porn consumption? As in, "Just manage it; try to cut back (and definitely don't get caught.)" This is terrible advice. It's like she's treating porn like eating donuts: "just reduce your consumption." Unfortunately, porn treats the brain less like donuts and more like heroin.

According to an article published in 2013 by the Witherspoon Institute, entitled, "The New Narcotic," neurological research has revealed that the effect of Internet pornography on the human brain is just as potent — if not more so — than addictive chemical substances such as cocaine or heroin. According to psychiatrist Dr. Jeffrey Satinover, "...the delivery system for this addictive stimulus [Internet pornography] has become nearly resistance-free. It is as though we have devised a form of heroin 100 times more powerful than before, usable in the privacy of one's own home and injected directly to the brain through the eyes. It's now available in unlimited supply via a self-replicating distribution network, glorified as art and protected by the Constitution."

This is bad news. We're talking about an "addictive

stimulus" that's "nearly resistance-free." This isn't some sugary treat you should merely reduce: it's an evil drug that you should avoid at all costs.

So how does porn affect the brain? Again, citing the aforementioned article, "The same parts of the brain react to both illegal chemical substances and sexual arousal. Dopamine, the chemical triggered by sexual arousal, is also the chemical that triggers addiction in the brain. Exposure to pornographic images develops pathways that, over time, become more and more 'well-paved' as they're repeatedly traveled with each exposure to pornography. Those neurological pathways eventually become the pathway in the brain by which sexual interactions are routed. Thus, a porn user has unknowingly created a neurological circuit that makes their default perspective toward sexual matters ruled by the norms and expectations of pornography."

The more you watch, the more you want, and so on — until your sexuality is warped, perverted, and lost. This is the essence of addiction.

We do not come to this topic to judge and assert superiority. We simply have witnessed the pain and addictive power of pornography in our society and as husbands and fathers are laboring to show our families a better way.

If either of our sons were to come to us and say "Dad, I saw some porn and I feel bad about it," neither of us would say, "Just be mindful of your consumption and try to reduce it." In the words of the Apostle Paul, when it comes to sexual sin, we would tell them to "flee." To stay away from porn is to fight it.

There's hope, there's forgiveness, there's grace for the sexually broken, but the way to receive healing isn't to normalize unhealthy behavior; healing begins with a conviction that our sexuality won't be free from shame until it's submitted to the God of the universe who created it.

As the great Richard Foster said, "Conformity to a sick society is to become sick."

Opinions expressed in this column are solely those of the writer and are not necessarily shared by the Editor or The Nugget Newspaper.