

OUR VIEW

# Be mindful of summer's heat impact

No one can do much about the weather except note its severity — in the next few weeks the region will enter one of its typically hot periods, so area residents should be aware of how to stay cool and safe.

That might be a tall order for some. Those of us who must work outside on a regular basis do not have the opportunity to simply stop our labors and go find some shade or an air-conditioned building.

Others — such as those who lack housing — are also in the bull's-eye when it comes to extreme weather conditions, whether it is dangerous cold temps or a severe heat wave.

Hopefully, we will not face the kind of high temperatures we experienced last summer. Then, a seemingly endless heat blanket descended on the Pacific Northwest and baked the region.

The tips to avoid an injury from heat are simple and relatively easy to adopt. Residents should wear light, loose clothing, avoid high-energy, outdoor activities and, perhaps most important, drink plenty of fluid, including water.

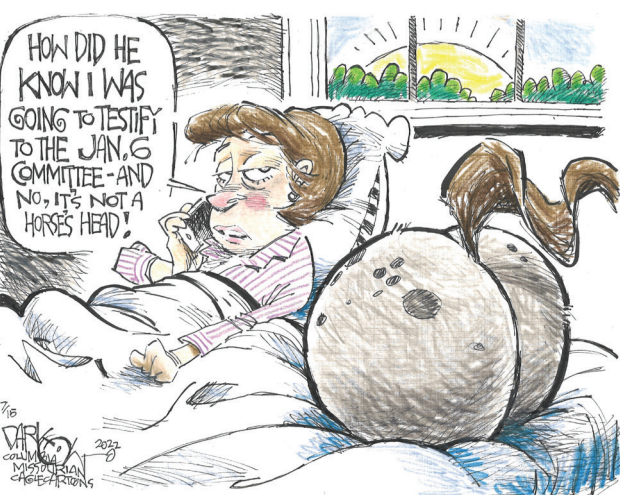
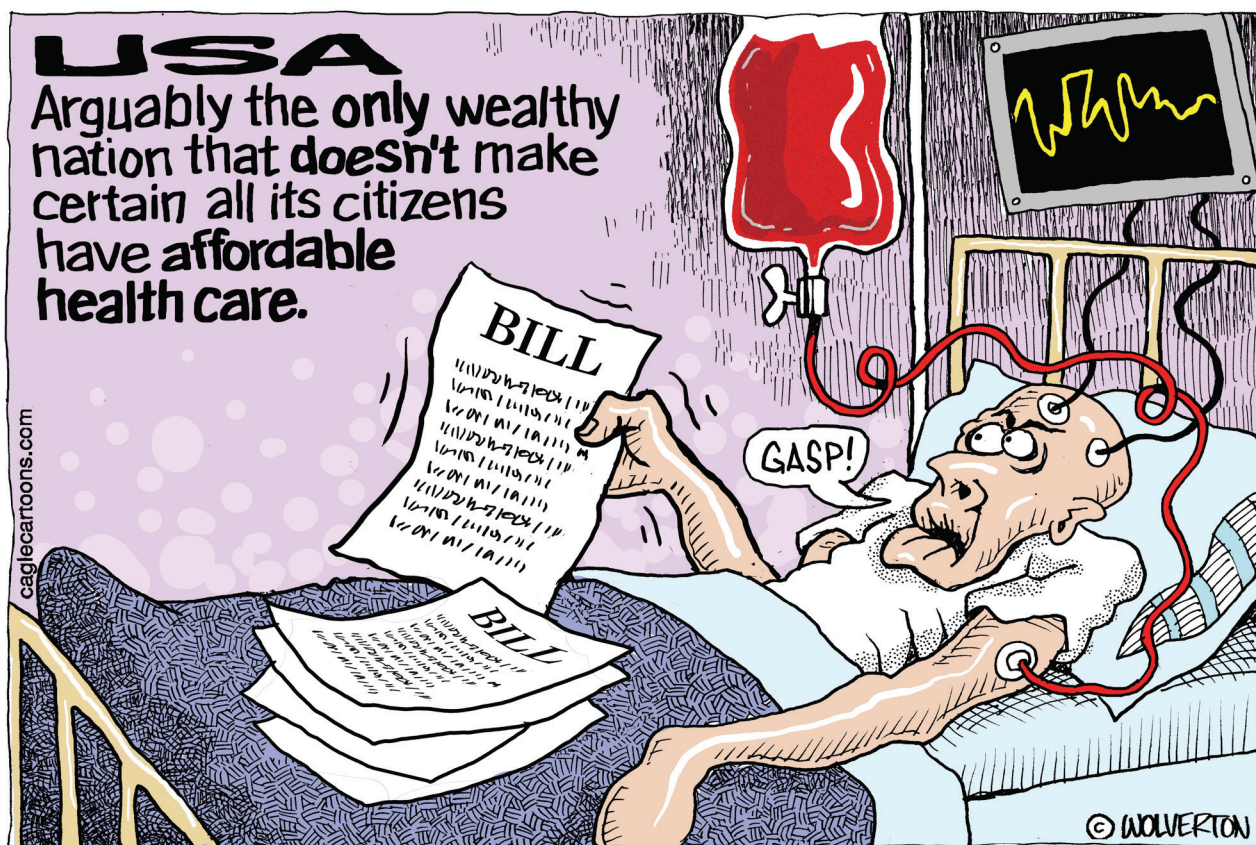
It is also a good idea to keep a close watch on each other to ward off a serious heat injury. An injury from heat often can manifest itself in cramps, headache or dizziness and confusion.

Those types of symptoms are the body's way of warning it is in serious distress, and they should not be ignored.

These all seem like simple — almost no-brainer — types of steps and suggestions, but as we roll into the deep summer it can be easy to forget that heat is as dangerous as extreme cold temperatures.

In a way we all can get complacent regarding how quickly heat can sap our body and potentially create a serious medical situation.

We all want to enjoy the great vistas and mountains our area offers every summer. Finding a great place to camp or spending a day out in the woods is one of the key attributes to our region, why it is such a great place to live, work and play. But we also want to make sure we don't underestimate how fast extreme heat can injure.



OTHER VIEWS

## Idaho Power lacks adequate planning for Boardman to Hemingway power lines

For 13 years Idaho Power has been trying to railroad the 310-mile-long B2H Boardman to Hemingway power lines through Eastern Oregon. No one wants it but IPC keeps pushing, trying to outflank the public and government agencies, state and federal.

By the time the power lines go into service they will be archaic, but IPC gets a bonus of around 10% of building cost, most of which will go into stockholders' pockets. Nor does IPC have an adequate fire plan, not if but when the lines break and start fires. Re: The Paradise fire was ignited by PG&E. Death toll: 85 people.

Nor has weed control from building the project been properly addressed. The power lines cross the Oregon Trail numerous times but IPC could care less about preserving it or the heritage that goes with it. Their plan is to place their lines directly in front of the \$16 million Oregon Trail Interpretive Center outside of Baker City. The list goes on.

Whit Deschner  
Pendleton

## Love and compassion vs. hate and control

It's been clear for years the "far right" is fighting to secure minority rule. It's working. Both Trump and George W. Bush got fewer votes, and five of the current Supreme Court justices were confirmed by senators representing a minority of citizens. Can you guess which ones?

The effort is in tandem with the religious right, which is now explicitly embracing the theology of

dominionism — the belief that they should control all aspects of government based on their beliefs and interpretation of the Bible. Hence their elation with the end of Roe and talking up ending more "evils" like birth control and marriage equality.

The battle lines are clear: love and compassion vs. hate and control.

The Founding Fathers didn't help our situation by giving each state, regardless of population, two senators, and creating the Electoral College. But those are the compromises it took to get the Constitution passed.

However, the founders were spot-on regarding their fear of Christian nationalism, which they made explicitly clear and sought to prevent by insisting government "make no law respecting an establishment of religion, or prohibiting the free exercise thereof." Thomas Jefferson labeled the concept the "separation of Church & State."

Here's what this boils down to: A minority of rabid Christians, aided by the Christian nationalist wing of the Supreme Court, wants to tell you, no, force you, to live by their values and beliefs. They want the world to mirror their preferences and validate their prejudices.

Paul Miller, a professor of international affairs at Georgetown, noted Christian nationalists feel they have a right to define what America is. Katherine Stewart, who has reported on the religious right for more than a decade, said, "Breaking American democracy isn't an unintended side effect of Christian nationalism. It is the point of the project."

We must stop them. Vote.

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