

the first place. Never mind that we launched an unprecedented, unprovoked, and pre-emptive war on a country far weaker than our own, defying the will of the rest of the world. Never mind the deaths of thousands of Iraqi civilians and hundreds of American soldiers, the thousands wounded who don't get adequate treatment, and the countless civilian lives devastated by years of pointless sanctions, tons of deadly radioactive DU, and extreme lack of water and electricity.

Never mind that the people we "freed" are under a brutal occupation that imposes strict curfews, denies basic services, shoots innocent civilians, (mistaking them for attackers) and controls their main resource — oil.

So they captured Saddam. Couldn't they have done that over a decade ago? Do you feel safer? What about Osama — remember him? How many terrorist attacks were prevented by this event? Will this get you to vote for President George W. Bush?

So they finally captured Saddam Hussein. Big f**king deal.

*Todd D. Johnson
Eugene*

QUOTABLE

Remember the classic quote from the Vietnam War attributed to an American soldier: "We had to destroy the village in order to save it." That quote captured the insanity of a war in which more than three million Vietnamese and 58,000 Americans died needlessly.

Since the beginning of the war on Iraq, I have heard many things that I couldn't believe were for real, but the following quote may become a classic in years to come because it symbolizes the absurdity and contradictions of our occupation and "liberation" of Iraq. In a *New York Times* story on Dec. 7, about the new tough tactics being used by the American military in Iraq, Colonel Sassaman of the Fourth Infantry Division was quoted as saying: "With a heavy dose of fear and violence, and a lot of money for projects, I think we can convince these people that we are here to help them." Oh yeah, and the story went on to talk about how Colonel Sassaman's troops wrapped the village in barbed wire and issued resident identity cards to inhabitants that were done only in English. Amazing!

*Pete Mandrapa
Eugene*

HONORABLE OMNIVORE

Contrary to popular mythology, not everyone can live a healthy life without meat. I know this because I am one of them. About nine years ago, at age 36, while a director of a vegetarian organization, I developed a rare life-threatening and traditionally incurable auto-immune illness called pemphigus. I also had problems with my thyroid, experienced constant chronic fatigue and had very poor muscle tone. My bones had started to soften.

At that time, my future was destined to be either non-existent or filled with the side effects of lifelong doses of prednisone or other immunosuppressive drugs. As sick as I was, I believed that had I been eating animal products, I would be a lot sicker. I was wrong.

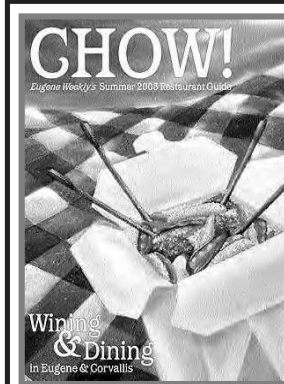
As I began to understand my biology and evolution, I learned that my blood type O body was not designed to live as a vegetarian. By learning to feed myself appropriate foods, foods that are healthy for me, including some meats, I was able to say goodbye to expensive medical treatments, prescription drugs, supplements, herbs and illness. I was and still am very concerned about the ethics of eating animals. As an urban resident, I am proud to know local farmers and many others who naturally raise, care for and kill their animals in a highly ethical way.

I have also learned to honor the life and death of a plant to the point where I acknowledge its suffering and death in the same manner that I acknowledge an animal's life and death. I consider the act of cutting a vegetable from its stalk and then chopping it into pieces as violent as killing an animal.

I commend those who choose to live their lives as vegetarians and who are able to thrive while doing so. Toward that end, I am participating in a study directed by Dr. Michael Klaper to learn why some people fail to thrive (or in fact become quite ill, as I did) on a vegan or vegetarian diet. Perhaps one day I will be able to thrive without meat, but that day is not here yet. So until then, I will conscientiously continue to include meat from these farms in my diet.

*Steve Shapiro
Eugene*

LETTERS POLICY: We welcome letters on all topics and will print as many as space allows. Please limit length to 250 words, and submissions to once a month. E-mail to editor@eugeneweekly.com, fax to 484-4044, or mail to 1251 Lincoln, Eugene 97401.



THE WAIT IS OVER!
COMING JAN. 22 ...

CHOW!

Eugene Weekly's Restaurant Guide

Chow! features reviews of area eateries and a directory of Eugene and Corvallis restaurants. Ad reservation deadline is Monday, Jan. 15th. Contact Mark Frisbee 484-0519 ext. 28

Riverpark

**HEALTH CARE
SENIOR SEMINAR 101
"Back Facts For People Who Sit"**

Tina Meyer MSPT will teach you how to set up your computer / desk area so it is comfortable and efficient. She will review techniques to help eliminate stiff backs, painful shoulders and sore necks. Free lumbar roll to attendees!

**Wednesday, January 14th
from 12:00 to 1PM**

**"Lunch included compliments of the chef!"
Seating is limited. Call Elizabeth Tager for reservations.**

345-6199

Riverpark Health Care Campus • 425 Alexander Loop • Eugene

"For the area's best Electronic Financial Services... Click over to selco.org."

eServices

- **Online Bill Payer**
- **Now Free!**
- **Internet Banking**
- **Phone Banking**
- **E-Statements**
- **No-Surcharge ATMs**
- **Financial Planning Tools**
- **Excellent Service**

Call, stop by, or click over to selco.org to get a free copy of SELCO's E-Services User Guide. Online banking has never been easier!



Our Members Are
In A Class By Themselves.™

selco.org • 541 686 8000 • 800 445 4483



If you like books such as **THE POWER OF NOW**
If you like the values of **WAYNE DYER**

YOU'LL LOVE US!

Spiritual Growth Center

Meditation Service

Music, Meditation & Message
Sunday 8:30am

Celebration Service

Contemporary Music, Positive Message
Jr. Church, Nursery
Sunday 10:30am

AWAKEN TO THE SPIRITUAL POWER WITHIN

390 VERNAL STREET • EUGENE

(Coburg Rd. at Rustic St. behind Blockbuster Video)

541-485-0035 • www.sgceugene.org