

the ways in which major depressive disorders are misunderstood. It is unfortunate that SSRIs are overprescribed and often misprescribed. It is inappropriate and irresponsible to prescribe antidepressants to children or to folks who don't absolutely need them. It is due to their misuse that there are trace amounts of SSRIs in our water sources. However, a backlash against SSRIs, their prescribers and their users, is unnecessary and destructive. Please, let's not discourage those who suffer from major depressive disorders from seeking treatment, even if that treatment includes SSRIs.

Major depressive disorder, generalized anxiety disorder, social anxiety disorder and panic disorder are real illnesses, and they need to be taken seriously. They are not curable by vegan and raw diets, though diet certainly affects brain chemistry and mood.

It would be wonderful to imagine and embrace a future without SSRIs, but that future necessarily excludes those who need SSRIs to function on a daily basis. No one takes SSRIs because they want to; they do it because they have to. People with legitimate depressive disorders have every right to be happy, and condescension and disapproval can only make matters worse. Let's not shame those who seek treatment; let's be respectful, understanding, and supportive. Suffering from depression is hard enough without being made ashamed of your illness and your willingness to treat it.

Allana Ross
Eugene

TRIPS FOR KIDS

Trips for Kids-CAT (catoregon.org/trips4kids) is a relatively new organization that provides mountain bike activities and environmental education to kids that usually don't get to experience such activities.

One of our first lines of business was to build up a suitable fleet of mountain bikes. Being a nonprofit with little money, we've depended on the generosity of the local and greater community — and we haven't been disappointed.

Our first five bikes were donated by Trek and assembled by Paul's Bicycles. On March 29, we threw a bike building party to build up six more. The frames were donated by individuals to the Center for Appropriate Transport (CAT), the parts were donated by local bike shops and the labor was provided by various biking enthusiasts in the community.

Trips for Kids-CAT would like to thank Hutch's, Blue Heron Bicycles, Paul's, Life Cycle, Revolution Cycles and the Disciples of Dirt for their generosity and enthusiasm. A special thanks to Café Mam for the coffee and Bagelsphere for the bagels.

Let's get kids off the streets and into the wild.

John Herberg
Eugene

SPEED KILLS

In regards to the letter "Pickpockets with Radar" (4/17): Speeding is a very dangerous driving infraction. According to the Oregon State Police, speeding and following too close

INFO SESSIONS

Wednesday, April 23
6 - 7 p.m.
Downtown Public Library
100 West 10th Avenue
Eugene, OR

Thursday, April 24
4:30 - 5:30 p.m.
University of Oregon
EMU (Mills Intl. Center)
Eugene, OR

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DOWNTOWN TOGETHER!

Creative Community Action for Revitalization

Citizens for Public Accountability is sponsoring a series of four events designed to make it possible for **everyone** to voice opinions and ideas for revitalization of our downtown, and to network with others to advance areas of interest and **tangible** projects.

Our co-sponsors are The City of Eugene, Davis', Eugene Weekly, Friends of Eugene, HELIOS, The Horsehead, Jameson's, The KIVA, and Sundance Natural Foods

III: The Project Faire !!!

Saturday, April 26, 12-5 p.m. - The Tango Center, 194 W. Broadway

Mix planning, politics and fun at this exciting happening. Working groups, and others, will display their projects and research. Stroll about with family and friends or participate in scheduled tours and presentations. Entertainment, food and celebrity appearances.

IV: Putting It All Together

Tuesday, April 29, at 7 p.m. - WOW Hall, 291 West 8th at Lincoln

Help put these projects on the map! Identify potential opportunities and projects for Downtown Eugene. Determine priorities for action and investment by the City. Conclusions arrived at this evening will be presented to the City Council with a request for serious consideration. Join us afterward for the **First Annual Downtown Actualization Party!**

ALL EVENTS ARE FREE AND OPEN TO EVERYONE

For more information, visit www.lanecpa.org/cpa or www.downtowneugene.org or call (541) 349 - 8682.

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