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How to Be Happy

by Shannon Wheeler

LAST NIGHT I HAD A DREAM WHERE GOD TOLD ME THE SECRET OF THE UNIVERSE.

DO YOU REMEMBER IT?

YES.

TELL ME!
TELL ME!
TELL ME!
TELL ME!
TELL ME!
TELL ME!
TELL ME!
TELL ME!

I'LL WHISPER IT TO YOU.

LEAN IN CLOSE.

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Letters TO THE EDITOR

ARROGANT INDIFFERENCE

Once again I am amazed at the constant ineptitude of the Eugene Police Department when dealing with the public. Their latest attempt to deal with a protester nearly ended in a riot.

As a practitioner of Aikido, I have learned quick, painless and highly effective techniques to subdue a person with no injury to them, but the police always use the most painful way to apply a wrist hold, which is why one senior instructor in Portland refuses to train law enforcement anymore.

From the tree cutting on Broadway to the anarchists, the Magaña scandal and the recent ill-conceived attack on a city councilor, the Eugene Police Department has demonstrated arrogant indifference to a public they are supposed to protect — even the ones they arrest.

Alisa McLaughlin
Eugene

RE-USE / RE-RACE

As the race directors for the Re-Run Run, we were surprised and pleased to read Kathryn Mogstad's viewpoint in *EW* ("Fewer T-shirts, More Action," 6/12) about the race we put on for the Leukemia and Lymphoma Society. We couldn't agree more about waste and that's exactly why we put on the race.

We asked race directors across the country to donate their unused shirts and medals so *all* the proceeds could be directed to The Leukemia and Lymphoma Society. They came through big time. We have enough shirts and medals for future races.

Next year's race, also on Mother's Day, will be even greener. The only correction to Mogstad's article is we didn't charge an extra \$5 for the shirt. The extra money was for late registration.

The funniest thing was we were chastised by a few people that it's "unethical or immoral to wear shirts

from races you didn't run in." Bart Yasso, *Runners World* chief running officer, responded by saying he and the staff at *Runners World* "loved" the idea.

We raised more than \$2,400 from this event. We also had a terrific sponsor, Debbie Russell from Integrity Remax, who helped underwrite the event. We love Eugene.

Neal Benson & Alyse Stone
Eugene

TWO-WAY STREET

As an avid cyclist for more than 30 years, it's always heart wrenching to hear of yet another two-wheel tragedy, and I offer my sincere condolences to the family and friends of David Minor. I don't know the circumstances surrounding his passing, and this letter was written only in response to the news of yet another cyclist needlessly losing his life.

The concept of "share the road" is very dear to me. On my travels I've had many near-death experiences — the New York taxi driver who literally pushed me out of the way with his cab, the dear old lady in Cincinnati who took a sharp right turn without seeing me because there was a couple dozen party balloons riding up front between her and her side mirror, and the innumerable Southern California soccer moms who, driving their tank-sized SUVs to the mall and back, are all oblivious to having almost squashed me and my little bike as they were chatting on cell phones.

But some days I must join the four-wheel community and drive my old truck, and that's where it becomes evident that "share the road" does indeed work both ways. I've lost count of the number of times I've slammed on my brakes as a cyclist cruised through a stop sign or red light somewhere in Eugene, often wearing headphones or riding with one hand on the bars while the other holds a cell phone. Sometimes they're oblivious to me, and sometimes I sense they feel superior to me