

DEMOCRACY IN 2019

Thanks to the *Eugene Weekly* for Joel Korin's challenge to "exercise your civic muscle" (Dec. 20). The City Club of Eugene is definitely presenting some speakers to help keep us informed. We definitely don't have to wait for the next election to make a difference.

The new Congress is beginning in January and we can help guide them to deal with what matters to us. With our calls, emails and visits, they learn about important issues and initiatives. As a volunteer with RESULTS (results.org), I will be working on this with the goal of ending hunger and poverty in our country and our world.

In 2019 that will mean working on affordable housing, battling hunger and calling for a bold pledge from America to the Global Fund to Fight AIDS, tuberculosis and malaria. Since its creation in 2002, 27 million lives have been saved.

America's pledge inspires other donors to pledge two-thirds of the total budget. So, let's stay informed and take action, making 2019 the year we strengthen our democracy and help create a better world for all in the process.

Willie Dickerson
Snohomish

TEDDY AND TRUMP

Regarding Tony Corcoran's Dec. 27 Viewpoint: I would ask Tony to consider the role of confirmation bias in his analysis of Jon Meacham's *The Soul of America: The Battle for Our Better Angels*.

The Theodore Roosevelt quote could just as easily and possibly be more relevant to Trump.

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood ... who at best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place will never be with those cold and timid souls who neither know victory nor defeat."

Just my two cents.

Mark Fiser
Eugene

MEDICARE FOR ALL

Thanks to *Eugene Weekly* for printing Peter Holden's letter about the scandalous cost of health care (Dec. 27). I had a simi-

lar experience when my aged mother was billed \$185,000 for a week in the hospital and a hip replacement. Medicare paid almost all of it, but we should consider how our tax dollars are getting ripped off.

Already in advance of the 2020 elections, Medicare for All, quite possibly a plank in the Democratic Party agenda, is getting push-back propaganda from Wall Street. Their estimates in tens of trillions are based on current prices and costs in our broken system.

A fair estimate should deduct the cost of extortionary private insurance, and the scandalous costs of provider care and administration, that otherwise could be negotiated to a more reasonable level. And how about no more \$2,000-a-day hospital rooms and expensive TV drug commercials?

Assuming Medicare policy would want a cost-effective, healthier American population, preventative medicine would most likely become more the universal standard and would continue to drive down cost.

With profit not being a goal in a government administrated system, plus all Americans contributing an affordable health care premium, the cost of Medicare

for All would be doable and not break any budgets.

Most of all, we could achieve a healthier nation, which we don't have now.

It's time we caught up with the rest of the advanced world and put an end to the injustice of unaffordable health care.

Russ Desaulnier
Eugene

DON'T BE DUPED

Fellow Americans: Stop being duped by Donald Trump. He is the charlatan that dangles a shiny bauble in front of your eyes while stealing the pennies from your pocket.

The bauble is his daily tweets and sound bites, calculated to ignite fury on the Left and praise on the Right. The pennies are our collective rights, money for healthcare and infrastructure versus corporations, etc.

Become more aware of the day-to-day goings-on of our government instead of wasting your time about elections and being happy or sad about the latest divisive rhetoric.

Geo Malmos
Eugene

VIEWPOINT BY LISA GARDNER

The Right to Sexual & Reproductive Health

PLANNED PARENTHOOD FOR EVERYONE

Planned Parenthood of Southwestern Oregon (PPSO) was founded more than 50 years ago as an information and education services provider. Our mission is to ensure the right of all individuals to manage their sexual and reproductive health, by providing health services, education and advocacy.

Our vision is a world in which all children are wanted and cared for, all people have equal rights and dignity, sexuality is expressed with honesty, equality and responsibility, and the decision to have children is private and voluntary. Our most important strategic goal is to help build the healthiest generation ever.

Today, 90 staff members manage operations in eight southwestern Oregon counties: Benton, Coos, Curry, Douglas, Jackson, Josephine, Lane and Linn. Community volunteers support all areas of PPSO, including health centers, education, development, administration and advocacy.

People trust PPSO because they feel safe and respected when seeking our confidential, non-judgmental health care services. In 2017, we delivered preventive, diagnostic and treatment services to almost 21,000 women, men and teens through 31,500 visits in six health centers across southwestern Oregon.

In addition to our reproductive health services, PPSO is regarded as the region's primary resource — and a national leader — for accurate, developmentally appropriate sex education. As the largest and most respected provider of sexuality education in Oregon, our

education programs reach nearly 25,000 individuals each year.

Planned Parenthood plays a unique role in maintaining the health of communities. For many individuals, particularly in rural areas, Planned Parenthood is their primary source of care and the provider they most trust with their reproductive health care needs. Our services include birth control, annual exams, cancer screening, abortion care, pregnancy testing, HPV vaccines, STD testing/treatment, vasectomies and emergency contraceptives.

PPSO is the only provider in the region delivering such a broad scope of high-quality reproductive and sexual health services. Our staff serves patients in an environment that is honest, nonjudgmental and supportive.

Our clients are primarily low-income, uninsured and age 25 or younger, but our doors are open to everyone and we serve people of all ages from a wide range of backgrounds. PPSO offers low-cost, sliding scale and free grant-funded services to clients who cannot afford to pay. We also accept private insurance and currently partner with various health plans.

Through our education programs and services, we strive to normalize healthy attitudes and behaviors, build strong families, help develop more "askable" adults in communities and offer a variety of programs for elementary through college-aged youth. Our education team manages partnerships with more than 100 schools and organizations serving youth and families

throughout southern Oregon.

Comprehensive sex education is an effective way to promote positive behavior change and help youth make healthy decisions regarding sexual behaviors. Studies have shown that when youth are provided with comprehensive, medically accurate sex education, they delay initiation of sexual intercourse, their number of sexual partners is reduced, their frequency of sexual activity is reduced, and they increase the use of condoms. PPSO's programs are strategically designed to address sexual and reproductive health issues, healthy relationships, consent, and related topics in a way that is inclusive of all gender identities and sexual orientations.

Our successful youth leadership model includes programs focused on development, parent education and professional training. Our education and youth trainers offer a variety of sex education and training programs to help guide and support Oregonians of all ages in making healthier decisions. We also train parents, faith leaders, mentors, educators, service providers and others who work with families and youth to be positive resources for young people about their sexual health.

We're here for you, your family and all your sexual health needs. No matter what. Planned Parenthood of Southwestern Oregon's doors are open to everyone, regardless of insurance status, immigration status, gender identity, gender expression and/or sexual orientation.

We believe that all people deserve high-quality, affordable health care and accurate sexual health education and information, no matter who they are. Our goal, every day, is to make each person who comes through our doors feel welcome, comfortable and cared for while providing the best possible care. To schedule an appointment or learn more about our services, call 1-800-230-PLAN.

Lisa Gardner is the President and CEO of Planned Parenthood of Southwestern Oregon.