

Safe Removal of Mercury Fillings

Wellness Centered

Dentistry

541-868-2008

4725 Village Plaza Loop

Ste 101

Eugene OR

Rob Whicker DDS

www.wcdentistry.com



10-40% OFF CBD PRODUCTS IN JANUARY

WE HAVE A WIDE SELECTION
OF CBD & HEMP PRODUCTS
FOR PEOPLE & PETS

including **Cannabis-Free CBD**

Sleep & Stress Formulas ♦ Gummies
Capsules ♦ Liquids ♦ Topicals
Doggie Treats ♦ Drinks ♦ & More

**Stop By & We'll Help You
Choose The Right One For You**

1653 Willamette Street

Mon - Fri: 9 - 6 ♦ Sat: 10 - 5

FREE OFF-STREET PARKING

541-485-5100

www.evergreennutrition.com

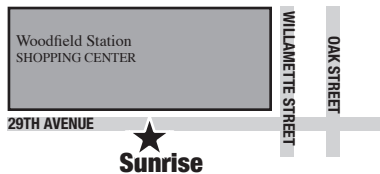


Largest Selection of Asian Groceries

Seaweed, rice, noodles, frozen
products, deli, snacks, drinks,
sauces, spices, produce,
housewares, and more.

**We carry groceries from Holland,
India, Pakistan and Polynesia**

Sushi & Asian deli take-out



Sunrise

www.sunriseasianfood.com

M - Sa 9am - 6pm • Su 10am - 6pm

70 W. 29th Ave. Eugene • 541-343-3295

The Magnetic Solution

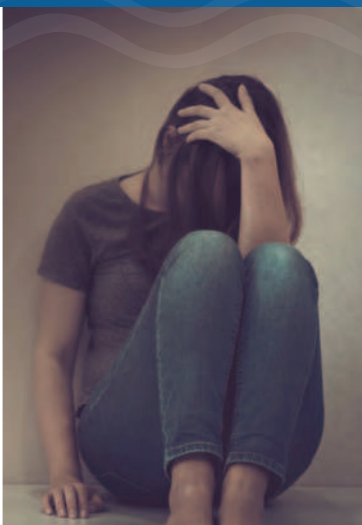
END DEPRESSION

with
**TRANSCRANIAL MAGNETIC
STIMULATION**



Call Us: 541.735.3241

www.emeraldtmsoregon.com



*Want to help a
business you love?*

**Buy them an ad
in the Eugene Weekly**

Call 541-735-6202 or email ads@eugeneweekly.com
to get more information

letters

NO-MASKERS, UNMASKED

Today [Jan. 16] there were the “no-maskers,” an aggressive group of less than 20 young men and women shouting at people walking by Market of Choice. I was active in the protests of the '60s in the Bay Area, and the wrong person to shout out a derogatory statement to. I was asked how long I would wear a diaper on my face. I said as long as I feel I might be protecting you from a deadly illness.

As I walked away this protester shouted out at me about my weight. Now what does that have to do with wearing or not wearing a mask? Nothing. It is a reflection of the self centeredness of these few individuals displaying a pathological need to be right by attempting to intimidate me. I am disabled with an illness that has caused me to gain a few extra pounds. I am also a senior citizen.

These protesters failed today, by cruelly bullying a disabled senior citizen and revealing a nature not about bringing positive change but about needing to be seen. Because I kindly disagreed with them, they attempted to pull me into their narcissistic fury. I hope these young men and women will learn decency and discover the joy of focusing their need to bring about change, by championing worthy causes that help those who are in need.

I could have really used someone to bring in my groceries today. None of them thought to offer. Why would they? They had already judged me as inferior.

*Amie Williamson
Eugene*

IT'S UNFORGIVABLE

In today's letters (1/14), Christopher and Deb Michaels argue that we should “practice forgiveness” with the seditious rabble that invaded the Capitol.

No. No forgiveness. We tried this 155 years ago with the seditious traitors of the Confederacy, and the result was Jim Crow and a century of more white supremacy. This stops now. These people must be driven out of civic life and back under the rocks from which they oozed. Today's traitors must be prosecuted to the full extent of the law, as should their enablers in the Senate and the House.

These people know nothing of goodwill. Their faith is always bad faith. They cannot be trusted, and should never be trusted.

*Gary Frazier
Eugene*

Editor's note: The letter was sent before Jan. 6 and was not addressing the Jan. 6 insurrection.

GOVERNMENT FOR SALE

Want to buy a senator? It's easy, and you don't even have to win the lottery! I sent Jon Ossoff \$50, and he won! And you can do it too!

The government will even help you.

Just save \$50 from your next pandemic check for the next important election. Pick your favorite beleaguered candidate and send off a contribution. Sit back and watch them win. Take that, Koch brothers!

*David Stone
Springfield*

A TIME TO STEP UP AND HELP

The housing crisis is at an all time high here in Lane County. According to county information there are at least 9,600 homeless people living in the county, 35 percent of whom have been homeless for a year or longer. This is higher than the national average of 25 percent. We know it's a problem, yet those who want it fixed do not want to be a part of the solution.

Many residents of Lane County do not want the housing to be built in their neighborhoods. I think that it's time to take a stand. They are people and they need help. A big factor of their psychological health, mental health and addictions stem from not having a stable home or house to go to. This is costing us taxpayers as well as the government lots of money because we are responsible for the costs of when they go to the hospital or county jail. It would cost us less to provide them stable housing.

As those who are fortunate enough to be stable in housing and finances, we really need to be more empathetic to those in need. We need to allow these housing projects to be built in order to get these people off the streets and into a more comfortable and stable life. They need our support.

*Jessica Lee
Springfield*

THINK OF THE CHILDREN

COVID-19 has taken a lot from our children this past year: no in person schooling, no socializing with friends and no sports. The elimination of physical education and organized sports may be having a larger effect on our children than we may think.

The CDC recommends 60 minutes a day of physical activity in children 6-17. Most children would have reached these goals in school due to classes like PE and recess, and others most likely would be a part of an after-school sports program. Without opportunities like these, children are not likely to reach these goals on their own. A lack of physical activity in children can result in obesity, stress, restlessness and other adverse mental and physical ailments.

Lane County should be doing its part in helping our children be healthier and happier. Sports like softball, baseball and track don't require close contact to be played and can be modified easily to adhere to Lane County's restrictions. Schools could offer PE classes over Zoom and have students do yoga and other activities that don't require a large space.