

## Register to vote

Well, the top two Democratic presidential contenders were in Portland recently. Bernie Sanders had a rally at the Moda Center with the people, and Hillary Clinton met with some rich folks in Dunthorpe. Perfect.

If you haven't ever registered to vote, now is the time.

MARY TANGUAY  
WEBB  
Astoria

## Laughing at outrage

The tin pot outrage over the Bridge Vista plan — mainly being espoused by those who can only be described as the modern day flotsam and jetsam of the North Coast, who more than likely moved to this area to escape the disastrous results of past voting and life style habits in their places of origin — is comical and worthy of every type of mockery one can muster.

However, one of the overall themes of these letters is that a working waterfront will affect the livability of the city. Really? I guess all the transients who are steadily turning said waterfront into a mirror of the Portland waterfront, won't have an effect. Or all that pesky Hispanic gang tagging that is popping up all over the city, that won't have an effect later on, will it? Or how about the mass exodus of long-term businesses from the city, and the city's not taking advantage of enterprise zones, while the rest of the county does — no way this will not have a damaging effect in the long run.

Or how about the war that is being waged on our local fisherman, and the potential of our fishing industry being eradicated. Not a problem, right? Or how about if you are a woman, you can be dragged into the bushes on Harrison Avenue, have a perpetrator attempt to strangle and violate you in the most heinous way possible, only to fight him off, and have the district attorney drop a litany of additional charges. Giving your perpetrator a cream puff probationary sentence, all at the same time he

# 'Social Security is alive and well'

On the eve of the 80th birthday of Social Security, I have been thinking of something that happened to me about 40 years ago.

At the time I was working as a commercial fisherman and living in Chinook, Wash. Several of us were sitting at a table in a restaurant in Ilwaco, having lunch and taking a break from working on a shrimp net we had stretched out on the dock.

An older man came up to us and introduced himself and said, "I just wanted to thank you all for helping me out."

When I asked what he was talking about, he said that he had retired and

was collecting Social Security now and was grateful to us for our contributions to the system. He also expressed his gratitude for maintaining the contract between the generations that would someday assure us of being in his fortunate situation.

He shook our hands and went back to his table. We talked about it briefly trying to imagine ourselves in our mid 60s and said that most likely there would be no such thing for us if and when we got to his age.

Well, I am here to say that he was right on with his assessment and both my wife and I are thankful everyday for

the contract between the generations that helps support us now.

Social Security is alive and well and will be for generations to come.

Yes, some changes have to happen to keep it funded down the road and I urge all to contact their representatives and senators to make it happen sooner rather than later.

And now it is my turn to thank those in the workforce today for helping my wife and I enjoy the "golden years" and for supporting a system that will enhance their retirement years to come.

NED HEAVENRICH  
Astoria

is dusting off his set of high heels, in order to get ready for the next Walk a Mile in Her Shoes March — to show how down for the cause he is, in stopping violence against women. No problem at all, I am sure.

Mayor Arline LaMear once stated during a city council meeting, in regard to the Bridge Vista Plan, "Not everyone is against this." How true, indeed, this is. Kudos to those on the city council who enacted the Bridge Vista Plan. You're speaking to more people than you think.

JASON KOST  
Astoria

## Where's democracy?

Let me see if I have this straight. Recently the feds released a draft environmental review of the Oregon LNG project ("Feds release draft environmental review of Oregon LNG project," *The Daily Astorian*, Aug. 5).

However, a federal judge ruled that the U.S. Army Corps of Engineers controls the entire site where Oregon LNG wants to build their export terminal ("Army Corps prevails over Oregon LNG," *The Daily Astorian*, Aug. 3). The judge agreed with the Corps that it has been a dredge spoil site since 1957.

And, in 2013, the Clatsop County Board of Commissioners, with the support of the citizens, voted to reject the permit for the delivery pipe-

line through our county to the proposed terminal.

So, even though Oregon LNG has no access to build a terminal on the Skipanon Peninsula, nor do they have the permits to build a pipeline to the terminal, the Federal Energy Rubber Stamp Commission (aka FERC) is proceeding to process their permits?

This is Big Government at its worst. We in Clatsop County voted no LNG by 67 percent in 2008.

I thought we lived in a democracy?

TED MESSING  
Astoria

## A lot at stake

I walked in the Regatta Grand Land Parade on August 8th with many others who oppose the liquefied natural gas (LNG) export terminal proposed for Warrenton. We wore red NO LNG shirts and displayed our "Save Our Columbia" banner. We were delighted when parade watchers applauded and shouted out, "NO LNG!" along the entire milelong parade route.

This enthusiastic public support reminded us that most area residents oppose this reckless proposal. Two-thirds of county voters voted against LNG in 2008. Then county voters replaced pro-LNG county commissioners by electing commissioners who actually read and considered the public testimony and voted unanimously to deny

an LNG pipeline in Clatsop County.

Now it's Warrenton's turn. The city of Warrenton holds a public hearing on Sept. 2 to consider whether to approve or deny the proposal for an LNG export terminal on the Skipanon Peninsula. Everyone, regardless of where you live, is welcome to attend and to submit written or spoken testimony. This is your opportunity to remind Warrenton that LNG does not belong here.

What's at stake for Warrenton? The terminal, with two gas storage tanks about 17-stories tall, would process toxic and explosive natural gas and gas byproducts. Most of Warrenton and Hammond would be within the gas-vapor hazard zone around the proposed terminal — including homes, schools, marinas and businesses. The terminal would be built on sand on top of fill in the notorious Cascadia subduction earthquake zone. Federal security measures for LNG terminals and tankers would cause ongoing serious disruptions to fishing, commercial and recreational river traffic.

You can help protect everyone in our magnificent corner of the world from the dangers, destruction, and costs of LNG in Warrenton. Attend the city of Warrenton public hearing at 5 p.m. Wednesday, Sept. 2, at the Warrenton Community Center, 170 S.W. Third St. How will the Warrenton city

commissioners know what you want if you don't tell them?

LAURIE CAPLAN  
Astoria

## Cracked teeth

Times have changed. In the mid-20th century, about half our country's population at age 50 had no teeth. An epidemic of tooth decay was in full swing and life was much more laid back compared to today. People are now living longer and keeping their teeth longer, which brings on a whole new set of circumstances.

I am seeing an epidemic of cracked teeth. I see these on a daily basis and have been treating them for several years in an effort to prevent tooth loss. The population at risk is middle-aged and beyond.

The worst case scenario is the actual splitting of a tooth, which is terminal. Depending on the location and angle of the crack, either a chunk of tooth may break off or a tooth could split when the crack runs its course.

Historically, a dentist would treat what is referred to as "cracked tooth syndrome" with a crown, root canal and crown or an extraction.

However, in some situations, by the time the symptoms arise, it may be too late to save the tooth. Therefore, early recognition is the key, before the crack approaches the nerve internally.

Furthermore, any tooth can crack, but the back teeth have the highest degree of frequency, and a tooth with a filling has the greatest risk.

Any kind of filling will weaken the tooth and make it more susceptible to cracking. It is easier to comprehend when we examine the amalgam (silver) filling.

In its heyday, early to mid-20th century, it was a major player in stopping the cavity epidemic, and it is still being used today. In order for it to stay in a tooth, it must be mechanically locked into place, thus the dentist was taught to make sharp corners with the drill internally. Furthermore, those grooves or lines that you see on the chewing surface were also drilled out with the same sharp corners because this was where cavities began. This east to west channel cut into a tooth could be thought of as a pane of glass scribed with a glass cutter.

After the filling was completed, the dentist would instruct you to not eat on this for 24 hours. During that time, the amalgam is hardening, but with some amalgams, it was also slightly expanding.

Keep in mind that amalgam is a metal. It therefore responds rapidly to temperature changes.

The tooth, on the other hand, is partially a mineral and responds more slowly, much like a coffee cup or porcelain. If you consume hot coffee with ice cream, for example, the amalgam is like an accordion inside the tooth. And, because of the tooth's mineral-like properties, it is brittle and can crack.

Keep in mind that life today is very different than it was in the mid-20th century. With the daily stresses that we contend with now, we can be very hard on our teeth. It is no wonder that so many teeth are cracking. About 90 percent of the observable surface cracks that I see around amalgam fillings also reveal internal structural cracks when investigated. These cracks are like cracks in the windshield of your car. They will continue to grow.

RODNEY KATAYAMA,  
DDS  
Astoria



## Clatsop County Emergency Management presents August Preparedness Events

Gearhart Aware & Prepared  
*Speakers, demonstrations & tips for locals, visitors & pets!*  
Gearhart Fire Department  
Saturday, August 15  
10 - 1 pm

Red Cross Disaster Volunteer Registration & Training  
*Learn about joining the Red Cross team to respond to local disasters!*  
Register at [volunteer.cascades@redcross.org](mailto:volunteer.cascades@redcross.org)  
Columbia Memorial Hospital, Astoria  
Thursday, August 20  
10 am

Lewis & Clark Preparedness Fair  
*Free hamburgers, hot dogs and drinks*  
*Emergency preparedness demos and information*  
*Fire Engine rides for the kids and station tours*  
Lewis & Clark Fire Department  
Saturday, August 22  
Noon - 4

Race the Wave  
5K/10K Walk, Run, Roll & Preparedness Fair  
*"Know the Plan, Take the Route, Race the Wave"*  
Register at [Active.com](http://Active.com)  
Cannon Beach, OR  
September 13

Great Oregon Shakeout – Get Ready!  
*Participate as a group or on your own.*  
Register at <http://shakeout.org/oregon/>  
October 15  
10:15 am

Clatsop County Emergency Management  
[clatsopemd@co.clatsop.or.us](mailto:clatsopemd@co.clatsop.or.us)  
503/325-8645

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## Small changes can lead to big energy savings.



## Join us for a free energy workshop.

Pacific Power customers are invited to a workshop to get on the path to greater energy efficiency and lower bills.

### Join us and:

- Hear about no-cost/low-cost ways to save energy
- Learn about different types of heating and cooling equipment
- Discover the difference between incandescent, CFL and LED lighting
- Learn about cash incentives for home energy improvements

Refreshments will be served. Seating is limited. Reserve your spot today at [pacificpower.net/bewattsmart](http://pacificpower.net/bewattsmart).

**WHEN:** Tuesday, August 25  
6 p.m. to 7:30 p.m.

**WHERE:** The Loft at the  
Red Building  
20 Basin St.  
Astoria