

Hood River News

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Choosing Tools

Hunger, and now housing

Thousands of our neighbors will get a major help next month with nutrition challenges they may face, via the opening of the FISH headquarters on Tucker Road.

May 4 will be the first day of operation at the site, and the existing food bank site in Concordia Lutheran Church on the Heights will be retired this week.

The rise of the FISH headquarters is a welcome development for the community, though not just for those whose lack of income or other circumstance put them in the position of needing assistance with putting food on the table.

It's a healthy development for us all, because it creates one more gathering place, and one more resource for interaction and outreach. In addition to serving the needs of food bank clients, the new FISH site provides a commercial-scale kitchen and meeting area for groups to learn about nutrition and safe and healthy food preparation and preservation.

Adverse range of people will be able to learn about nutrition and other tools they can use to improve their lives.

The new headquarters was designed with clients and volunteers in mind. It has easy access for clients and visitors, ample room for delivery and unloading, and the storage and distribution areas are built for growth.

The four-year project is all but complete. Now comes another community effort that has to be considered related: affordable housing.

The City of Hood River is studying the growing problem of housing availability to low- and moderate-income people, and with assessing how much land could be available to construct housing to meet these income needs. The city is making an earnest attempt to tackle the issue, and is coordinating with the other agencies with the highest potential impact, the county and the ports. Currently the issue is at the Technical Advisory Committee level, which will continue this spring to devise policy changes that could lead to higher availability of affordable housing. Changes to codes or regulations is another step that likely won't happen before this fall.

The citizen-based TAC and city staff are looking at a variety of potential tools the city could use, but some are not feasible or legal, for one reason or another. While the process has been open (city planning director Cindy Walbridge has given regular updates to city council in the past three months) it's by nature somewhat circuitous.

Where the issue really comes into a straightaway will be the June 22 TAC meeting, where the group will begin to look at specific recommendations to Planning Commission. The commission will have its first look on July 6.

Individuals, businesses, property owners, developers, and agencies public and non-profit will have an opportunity to learn more and have a say in which tools to pick up, and which to set aside, for the work of creating a wider range of choices for diverse community members.

Our readers write

For Reitz

I'd like to tell you why I think Chris Reitz is the right candidate Hood River County School Board Position 1. As an active member of this community for the past several years, I have had the opportunity to meet some amazing hard working volunteers. These people want to know what's happening, but more than anything they want to make things better!

Chris Reitz is one of those people! She has played a strong role in our community, not just for her own school, but for all elementary schools.

As the co-founder of the Gorge Kids Triathlon, she saw the need for PE support at the elementary levels. For the last four years, with her team of community volunteers, she led one of the most successful kid-only events in the gorge, raising just over \$31,000 for enhanced PE programs. People just don't do this because they have nothing better to do with their time. They do it because they want things to be better!

As a team leader, Chris is objective, honest and not afraid to ask the hard questions. She is a "doer!" She is willing to roll up her sleeves and dig in. From my perspective, school board volunteers need to be dedicated and committed to the results. Chris Reitz is that kind of person. I encourage you to vote for Chris Reitz.

Megan Spears
Hood River

For Wilhelm

I support Kris Wilhelm for School Board Position 1. Kris is well informed and passionate about the current issues facing our schools. She listens well and is not afraid to speak up on important matters. Honest and forthright, she will do her best for our students.

Mary Bokovoy
Hood River

Better way

I'm glad that economic sanctions are sometimes used as an alternative to war, but I think there is a better way of using sanctions than the way we are using them now.

As far as I know, the current method we use is to impose general sanctions and then leave them in place until the targeted government changes policy due to the hardships created by the sanctions.

But in reality, I see very little positive effect from the use of sanctions. Cuba, Iran, and North Korea, for example, have been subjected to sanctions for decades, but they still have not crumbled under the weight of their economic difficulties.

Perhaps at least one of the reasons for their ability to withstand prolonged periods of sanctioning is that humans are very good at adapting, both physically and psychologically, to whatever conditions they find themselves in, especially over time.

I think a more effective method of using sanctions would be to impose randomly timed periodic sanctioning cycles that are measured in terms of many months, or even years.

This strategy would need to ad-



dress and deal with the defense of stockpiling goods and resources. Some commodities would need to have sustained sanctions or strictly limited and timed periods of availability, while others could be cycled at various intervals without quantity limits.

An entire field of psychology and methodology could be developed around this concept.

The idea is to prevent people from adapting to the sanctions. People will tire much more quickly of repeated, unpredictable cycles of having, and then not having, than they will of simply not having.

The ultimate goal is to create conditions that will provoke the general population into rising up and forcing their government to change, and to achieve this effect as quickly as possible.

In a world of rapidly evolving technology and sociology, the science of sanctions seems to remain lost in the Stone Age.

David Conner
The Dalles

No to Nestlé

The below letter I wrote in 2012 is ever more relevant now, but shows that as Nestlé continues its persistent push on this issue, we too need to keep our persistent presence and voice on this issue as well:

I am deeply saddened and concerned to see the momentum that is happening in regards to Nestlé's proposed water bottling plant in Cascade Locks.

If you think this might be OK and a good thing for the local Cascade Locks economy — or whatever reason you think it might be OK or not a big deal — I would strongly urge you to pull up your Netflix queue and put as number one the movie "Tapped."

It is a horrifyingly informative documentary film on the history of bottled water and its effects on the planet, and if not stopped, the possible effects on the future of our sacred rights in regards to water on this planet.

Please educate yourselves on this matter. I'm certain many of you who think it's no big deal would come to change your minds. Inform yourself sooner than later because they are in their less-than-

upfront, sneaky and powerful bulldozing, corporate-greed way pushing big-time to do their thing right here in our neighborhood, and if you wait too long it could be too late and you might be sorry! I know I will!

Pamela Dussault
Hood River

'Under attack'

Just an alert to let you know that parental rights are under attack by the Oregon Legislature. HB 2758 will require that health carriers adopt procedures for enrollees (your child) who receive sensitive services (the bill does not define sensitive services so it could be anything ... Urinary tract infection? Syphilis? HIV? Abortion?) to request to have personal health information protected from disclosure to the policyholder (parent) if the enrollee (child) fears that disclosure will result in harassment or abuse of enrollee or will undermine enrollee's ability to access health care. On its face, this bill seems to be directed toward keeping minors safe from abusive parents. However, it can also keep good parents from knowing things they need to know regarding their child's health and welfare. After all, what kid won't say, "Don't tell Dad, he might get mad!" If your child undergoes a procedure, and complications develop, you, as a parent, can be prohibited from knowing, but you will be held responsible for paying for it. Keep an eye on this, folks. This might be a bill you really don't want to become law.

Carolyn Hattrup
Mt. Hood/Parkdale

Vote Watson

Please vote for Stu Watson on your Spring election ballot for the board of Columbia Gorge Community College.

Stu has been the ONLY board member to question the leadership at the college and the ONLY board member attempting to extract information from the president.

In essence, Stu is the ONLY board member fulfilling is responsibilities as an elected official.

Rob Kovacich
Hood River

ANOTHER VOICE

The undetectable, un-majestic, caustic tick

BY MARY JANE HEPPE

"Check, check, check ..." I'm recalling my halcyon microphone days, examining the sound system to determine its accuracy. Only this time it's not sound checking ... it's tick checking.

Warmer weather is beginning to beckon us to stay outside, and this land abounds with ticks. There are numerous species of ticks, and some could be infected with a bacterium called *Borrelia burgdorferi*, a long name that means Lyme disease.

These teeny critters — the size of a poppy seed — love blood meals mostly from mammals and birds, and the moment they smell carbon dioxide, they pounce on you. The tick wanders and then it cuts with a mouth that looks like twin saws. Between the twin saws is what's called a "hypostome," a long, jagged sword just like a Fredie Krueger chain saw, that bores into your skin making it nearly impossible to extract the tick — a real-life horror movie.

The greater horror is the possibility of contracting Lyme disease, a debilitating illness. Lyme disease is serious business because symptoms are wide-ranging and can mimic multiple sclerosis (MS), fibromyalgia, chronic fatigue syndrome (CFS), rheumatoid arthritis, Parkinson's disease, bipolar disorder, autism, and others.

The impact on our children is

particularly severe, affecting entire childhood, educational process, and future adulthood. Children miss their formative years; some die. For example, in 2013, a 17-year-old honor student in New York died from cardiac arrest, which the autopsy demonstrated was due to Lyme carditis. He had just returned home from a two-week stay at a camp in Rhode Island, a state that is endemic for Lyme. His parents said he had a mild cough, fevers, fatigue, headaches and body aches, but his blood test for Lyme disease was negative.

The Centers for Disease Control (CDC) point out that patients tested during the first few weeks of illness often test negative because there are not enough antibodies in the bloodstream to be detected. The two tests used in the U.S., the ELISA and Western blot, can miss up to 60 percent of well-defined Lyme disease cases (Molins CR, et al. Development of a Metabolic Biosignature for Detection of Early Lyme Disease. Clin Infect Dis. 2015 Mar 11).

Bottom line: When an individual manifests symptoms consistent with Lyme disease and has been

exposed to ticks, clinicians should consider a Lyme disease diagnosis, even with a negative test result (danielcameronmd.com/danielcameron-md-lyme-blog).

Most patients who get bitten by a tick never saw the tick and never see a rash. By the time they get to a doctor, it may be too late to prevent chronic Lyme disease.

Even if a patient visits a doctor in Oregon, the likely response will be, "You don't have Lyme; there is no Lyme in Oregon." Doctors are dictated by Oregon Lyme guidelines that require them to see a bull's-eye rash (less than 50 percent get a rash).

Two primary antibody tests are used to diagnose Lyme disease, the ELISA and Western blot. Doctors commonly order an ELISA first to screen for the disease and then confirm it with a Western blot. However, current ELISA tests are not sensitive enough for screening and may miss over half the true cases. Because of this, the best antibody test to use for diagnosis is the Western blot (www.lymedisease.org/lyme101/lyme_disease/lyme_diagnosis).

The CDC acknowledges more



TEENY, TEENY ticks from larvae to adult

Lyme disease, but Oregon health departments only reported 31 cases to the CDC that same year. Only 12 were confirmed cases. That means only 7 percent of the CDC positive patients were given a diagnosis using the Oregon guidelines for Lyme disease.

Patients and their caregivers are searching for answers, but they can't always receive proper care from medical doctors in Oregon. Some go out of state. Many patients rely on naturopathic physicians who are not bound by the restrictive guidelines of the medical mainstream. Medical boards in Oregon enforce a single de facto standard; patients cannot get care. The impact on families, adults, and children is severe.

We patient advocates remain passionate about changing things in Oregon.

For more information on ticks and tick prevention, please go to:

- lymedisease.org/lyme-101/ticks/about_ticks
- www.ilads.org
- www.igenex.com (click "tick test request forms")

For Oregon information on Lyme, got to: oregonlyme.com/about.html

Mary Jane Heppie is a Certified Cancer Coach and Lyme Coach, National Patient Advocate, and Co-leader of the Mid-Columbia Lyme Group in Hood River.