

## Hood River News

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## Beat the Heat

Hydrate, and look out for each other

**B**eat the heat — don't let it beat you, or your children or pets.

Excessive heat has caused more deaths than all other weather related events in this country. Heat related illness can affect anyone at any age; please pay special attention to the tips below if you are over 65 years of age, or if you have existing medical problems like heart disease, if you work outdoors, or if you care for children under the age of four. Heat-related illness is preventable, here are some helpful tips:

### Stay Cool

- Find air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

### Stay Hydrated

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

### American Red Cross also recommends:

- Eat small meals and eat more often.
- Avoid extreme temperature changes.
- Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- Postpone outdoor games and activities.
- Use a buddy system when working in excessive heat.
- Take frequent breaks if you must work outdoors.
- Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- Check on your animals frequently to ensure that they are not dehydrated.

Please remember that you should NEVER leave children or pets alone in a vehicle.

## WHERE TO WRITE

**President** — Barack Obama, White House, 1600 Pennsylvania Ave., Washington D.C., 20500  
E-mail: [president@whitehouse.gov](mailto:president@whitehouse.gov)

**U.S. Senators** — Jeff Merkley, SDB-40B, Dirksen Senate Office Building, Washington D.C., 20510. Phone: 202-224-3753; E-mail: [merkley.senate.gov](mailto:merkley.senate.gov); Ron Wyden, 717 Hart Office Building, Washington D.C., 20510. Phone: 202-224-5244.

Web address: [www.senate.gov/member/or/wyden/general/](http://www.senate.gov/member/or/wyden/general/)  
**2nd Congressional District Representative** — Greg Walden, 14 N. Central Ave., Suite 112, Medford, OR 97504. Phone: 541-776-4646;

E-mail: [www.walden.house.gov/contact/greg](http://www.walden.house.gov/contact/greg)  
**Governor** — Kate Brown, 254 State Capitol, Salem, OR 97310. Phone: 503-378-3111;

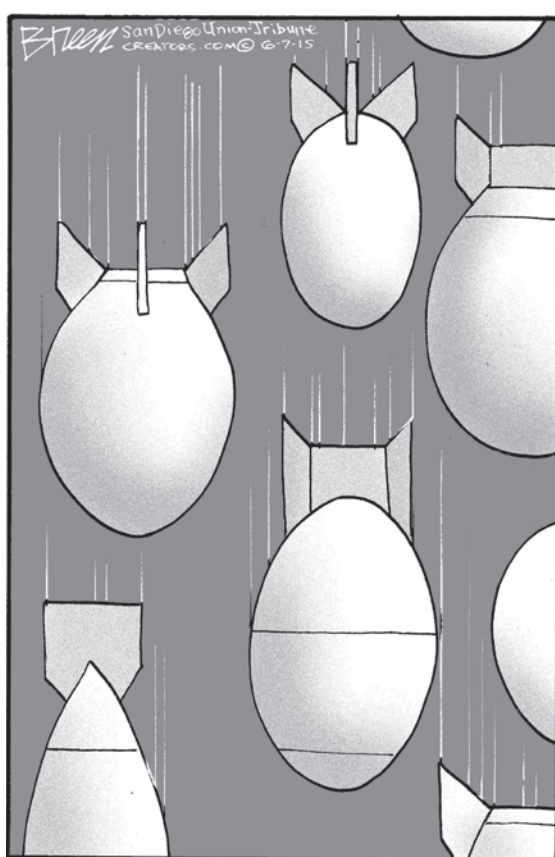
E-mail: [www.governor.state.or.us/email.htm](http://www.governor.state.or.us/email.htm)  
**District 26 State Senator** — Chuck Thomsen, 900 Court St. N.E., S-307, State Capitol, Salem, OR 97301. Phone: 503-986-1726; E-mail: [sen.chuckthomsen@state.or.us](mailto:sen.chuckthomsen@state.or.us)

**District 52 State Representative** — Mark Johnson, 900 Court St. N.E., Bldg. H-385, State Capitol, Salem, OR 97301. Phone: 503-986-1452; E-mail: [rep.markjohnson@state.or.us](mailto:rep.markjohnson@state.or.us)

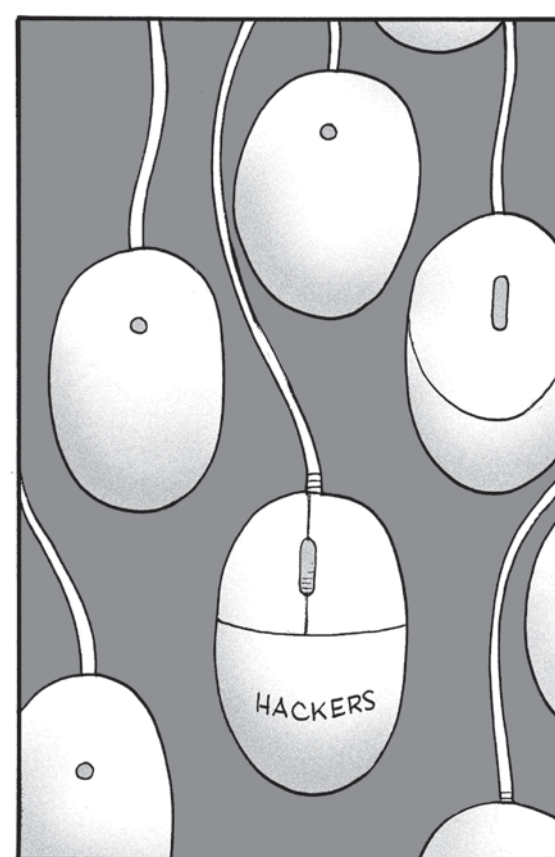
**Hood River County Board of Commissioners** — Chair Ron Rivers, Vice Chair Maui Meyer, members Les Perkins, Bob Benton and Karen Joplin, Hood River County Courthouse, Hood River, OR, 97031. Phone: 541-386-3970.

**County Administrator** — Dave Meriwether, Hood River County Courthouse, Hood River, OR, 97031. Phone: 541-386-3970.

**Hood River City Council** — Mayor Paul Blackburn, members Laurent Picard, Mark Zammiller, Kate McBride, Becky Brun, Peter Cornelison and Susan Johnson Hood River City Hall, Hood River, OR, 97031. Phone: 541-386-1488. E-mail: [cocr@gorge.net](mailto:cocr@gorge.net)



OLD NATIONAL SECURITY FEAR



NEW NATIONAL SECURITY FEAR

## Our readers write

### Crossroads decision

We stand at an important crossroads today. Are we going to exert leadership to confront and deal with climate change, or continue to deny it is happening and leave the problem to our children?

Putting a price on carbon pollution, which is the main cause of climate change and up to this point has been free, would enable our capitalist market economy to efficiently reduce carbon use. British Columbia and California have already enacted laws pricing carbon; if Oregon and Washington were to join them, our combined economy would be the fifth largest in the world. This would send a powerful message, and set an example, for the rest of the world.

Right now the Oregon Legislature is considering carbon pricing with House Bill 3470 and Senate Bill 965. If you care about the climate crisis, I urge you to ask our local Oregon delegation to support these bills. In Hood River County that is Senator Chuck Thomsen, 503-986-1726, and Representative Mark Johnson, 503-986-1452. In Wasco County that is Senator Ted Ferrioli, 503-986-1950 and Representative John Hoffman, 503-986-1459.

There isn't much time before the Oregon legislative session ends. If you intend to act, please do so soon.

**Peter Cornelison**  
Hood River

### No scam

A recent letter ("Marketing scam") asserted that spring water is heavily processed and incorrectly describes the spring water bottling process. The author describes water "squeezed backwater through a micro membrane filter," which suggest she is describing a reverse osmosis treatment process for water purification and mineral removal. By its definition for spring water, FDA (which regulates bottled water) does not allow reverse osmosis treatment as it would significantly change the chemical composition of the spring water from that of the natural source. Nestle and most bottlers do not add "large doses of chlorine" as was asserted. And, in fact, if a bottler adds any at all, it is typically removed using activated carbon before being bottled. More commonly, bottlers use ozone and/or ultra-violet light as disinfectants.

The water "needs to come out of a spring" not because it's a "marketing tool" but because it's federal law:

### ON THE AGENDA

These are the regular meeting times of governing bodies for these agencies:

#### Cascade Locks

Cascade Locks City Council, 7 p.m., City Hall Council Chambers, 140 W. WaNaPa St., second and fourth Mondays of the month.

Cascade Locks Planning Commission, 7 p.m., City Hall Council Chambers, 140 W. WaNaPa St., second Thursday of the month.

Cascade Locks Port Commission, 6 p.m., City Hall Council Chambers, 140 W. WaNaPa St., first and third Thursdays of the month.

#### Hood River

City of Hood River Planning Commission meeting, 5:30 p.m., Hood River City Hall Council Chambers, 211 Second St., generally the first and third Mondays of the month. Place and dates subject to change.

Hood River Port Commission, 5 p.m., 100 E. Port Marina Drive, board room, first and third Tues-

days of the month.  
Hood River City Council, 6 p.m., Hood River City Hall Council Chambers, 211 Second St., second and fourth Mondays of the month.  
Hood River Valley Parks and Recreation District, 6 p.m., Aquatic Center, 1601 May St., third Wednesday of the month. Place subject to change.

**David Palais, Ph.D.**  
Nestle Waters North America Inc.  
Redding, Calif.

### Why oppose innovation?

America is about innovation. We are on the cusp of an energy transition much larger than the PC, telecom, or smart-phone revolutions, engendered by the plummeting costs of renewable energy. The sunshine and wind are free fuels we can collect, and renewables are technologies that get cheaper (think flat-screen TVs), verses fossil fuels that get more expensive as they get scarcer. These cost crossovers will soon become a flood, and the new technologies will enable a deregulation of energy and utility companies to open up markets and remove costs.

Part of that deregulation is charging a fair rate for pollution to level the energy playing field. Republicans advocate "free markets," so they should oppose our massive subsidies to fossil fuels. The International Monetary Fund estimated US fossil fuel subsidizes at \$500 billion annually — over \$1500 per citizen.

Instead of all these subsidies to fossil fuels and renewables, we should fix the accounting by charging for carbon pollution, like Oregon HB 3470 proposes, and as recommended by most economists and wise old Republicans like Hank Paulson and George Shultz. Instead, Republicans are ridiculing a price on carbon pollution as a "tax on mobility," "tax on freedom" or "punitive measure," even though it would accelerate the transition to cheaper transportation, lower subsidies, and cleaner air.

The GOP platform says, "Conservation is a conservative value." So why don't we value conserving our natural resources? "We are the party of sustainable jobs and economic growth — through American energy, agriculture, and environmental policy." But in both Washington and Oregon, Republicans have opposed clean-fuels bills that stimulate locally produced biofuels and renewable

natural gas, and cheaper transportation such as electric vehicles (already the lowest cost for commuters). And job creation is significantly higher with renewables than from fossil fuels.

What is so partisan about creating jobs, slashing unfair subsidies, or cutting pollution? Am I missing something, or are these contradictions simply a party hijacked by truckloads of money from oil interests, poisoning our politics to delay their inevitable demise? Tell your legislators to ignore the hijackers and support clean fuels and HB3470.

**Eric Strid**  
White Salmon, Wash.

### Marijuana restrictions

On July 1, 2015, Oregon will join Washington and Colorado in legalizing marijuana in certain limited situations.

Oregonians should be aware that the legalization of marijuana does not come without restrictions. It is important for the public to know some of the many remaining marijuana prohibitions where marijuana possession and/or use remain illegal.

After July 1, the following will continue to be illegal in Oregon:

- Possession of more than 8 ounces of marijuana in private and/or four plants per residence.
- Possession of more than 1 ounce of marijuana in public.
- Possession of any amount of marijuana by anyone under the age of 21.
- Use of any amount of marijuana in public.
- Transporting any amount of marijuana out of state.
- Driving a vehicle while impaired by marijuana, or by a combination of marijuana and any other drug or alcohol.

These are only a few of the restrictions regarding marijuana. Before using or possessing marijuana under the new law, people should study and be aware of that conduct which has been legalized and what has not.

I respect the will of the voters and will support the Peoples' right to legally possess and consume marijuana. However, when the law is broken, putting children and the public at risk, my office will not hesitate to hold offenders accountable.

**Eric J. Nisley**  
Wasco County District Attorney

days of the month.

Hood River City Council, 6 p.m., Hood River City Hall Council Chambers, 211 Second St., second and fourth Mondays of the month.

Hood River Valley Parks and Recreation District, 6 p.m., Aquatic Center, 1601 May St., third Wednesday of the month. Place subject to change.

#### Hood River County

Hood River Soil and Water Conservation District Board of Directors meeting, 4 p.m., OSU Extension Service Building, 2990 Experiment Station Road, first Thursday of the month.

Hood River County Board of Commissioners regular session, 6 p.m., 601 State St., first floor conference room, third Monday of the month. Time subject to change.

Library District Board meeting, 7 p.m., 502 State St., conference room, third Tuesday of the month.

Hood River County Planning Commission meeting, 7 p.m., 601 State St., first floor, generally second and fourth Wednesdays of the month.

Hood River County Water Planning Group, 2 p.m., 601 State St., first floor conference room, generally first Wednesday of the month.

Hood River County Commission on Children and Families Board meeting, 5:15 p.m., Providence Hood River Memorial Hospital boardroom, generally first Tuesday of the month.

Hood River County School Board, 6:30 p.m., meets at schools and district facilities on a rotating schedule (visit [hoodriver.k12.or.us](http://hoodriver.k12.or.us) for location), second and fourth Wednesdays of the month unless school vacations or other holidays interrupt the schedule.

Hood River County Transportation District, 9 a.m., Hood River County Transportation District Board Room, 224 Wasco Loop, second Wednesday of the month.

