

OPINION

Hood River News

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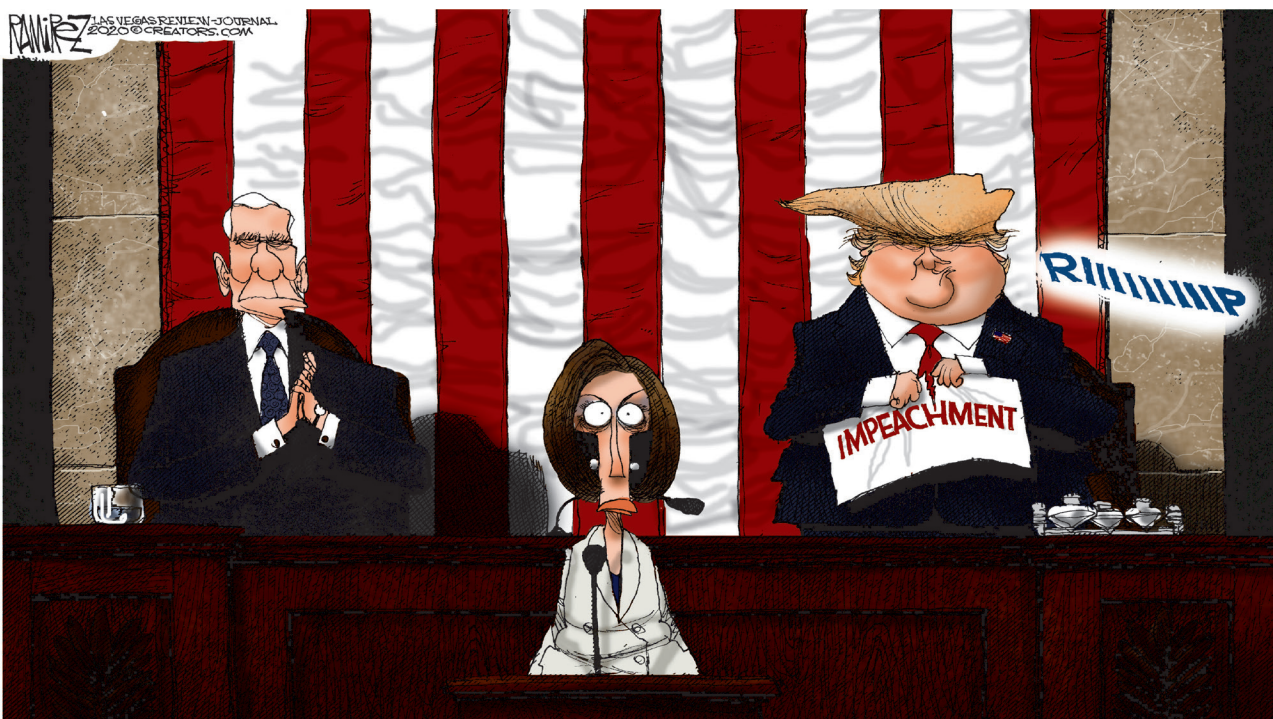
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'The Four Agreements'

This January seemed unusually long and dark to me. Walking the dogs in the morning and evening with my headlamp and their flashing necklaces lost its novelty for me a few weeks ago as personal and national controversy took over my thoughts.

In the midst of my angst, I remembered to pull out a little book that a wise friend turned me on to: "The Four Agreements" by Don Miguel Ruiz. The subtitle is "A Practical Guide to Personal Freedom." Its timely messages are: Be impeccable with your word; don't take anything personally; don't make assumptions; and always do your best.

Sounds simple, doesn't it? Not so much. "Black magicians," as he calls them, are everywhere, nationally as well as closer to home: From narcissistic bullies to a seemingly friendly acquaintance that suddenly turns sour, it's easy to feel personally targeted.

"The Four Agreements" can help to liberate you from this depressing predicament. It can help you to manage the pervasive fear that these people feed to you every day, and to block those people's spread of

personal poison — anger, jealousy, envy and hate.

So, I would suggest to you to read and live the suggestions brought to us by Don Miguel Ruiz.

It's a lot of work and a lifetime of practice, but it will change your life and the lives of those around you.

Peace to you. Peace to the dogs.

Diana Beterbide
Hood River

Earth Month

April 22 will be the 50th anniversary of Earth Day. For 2020, Columbia Gorge Climate Action Network (CGCAN) is joining with others to celebrate our Earth and the Columbia River Gorge, not just for a day or even a week, but for the entire month of April.

Using the Gorge Happiness Month concept (www.gorgehappiness.org), we will list earth centered events and shareable ideas from throughout the Gorge on our website for the month of April.

The goal is to celebrate, honor and show our love for the Earth and build community.

To list events, go to www.CGCAN.org and click on the "List Earth Month Events" link. To share ideas, media or

podcasts that could be used for Earth Month, click on the "Share Earth Month Ideas" link.

We are holding the next organizing meeting at the Hood River Library Meeting Room, downstairs, this Saturday, Feb. 15 from 3-4:30 p.m.

Please show up to volunteer or to share potential events or ideas. We will also be discussing Earth Month at our monthly CGCAN potluck and meeting at Riverside Church in Hood River on Monday Feb. 17 from 6-8 p.m.

You are welcome to come to either meeting.

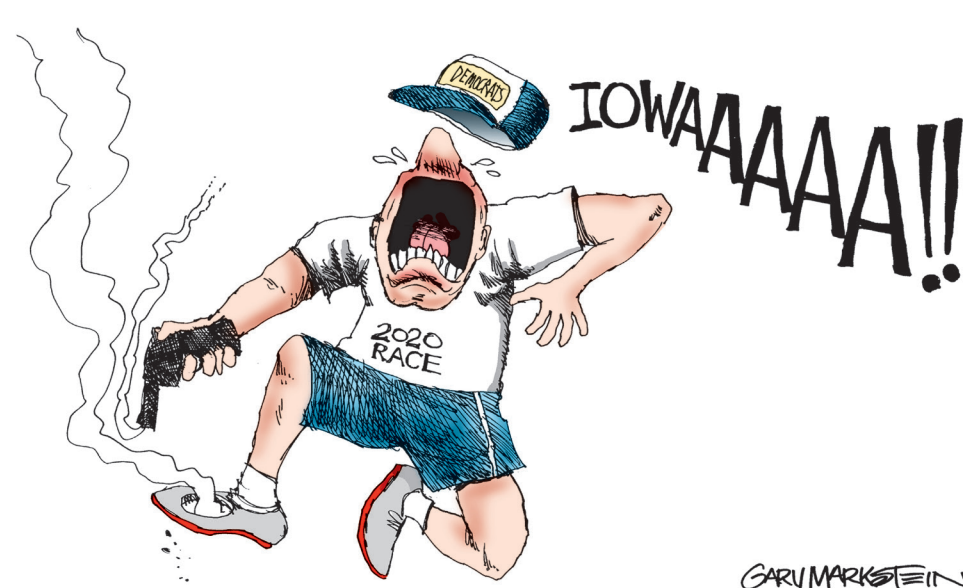
Peter Cornelison
Hood River

'Our Country'

The United States is a Democracy, it's form of government is a Republic. We still have both. But thanks to Trump, his administration and today's Republicans our country is now become just another Banana Republic.

It saddens me to see this great country fall so low over a single regressive political ideology.

Gary Fields
Hood River



GARY MARKSTEIN
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'Reps, make ERA happen'

As we know all too well, women continue to face discrimination on the basis of sex. Finally, a long-overdue constitutional treatment for this pervasive illness is within reach — the Equal Rights Amendment. Virginia recently became the 38th state to ratify the ERA, crossing the three-fourths threshold of support required of states for the amendment to become law.

When the ERA passed Congress in 1972, lawmakers attached a 1977 ratification deadline to it, which they later extended to 1982.

Removing that deadline is the final obstacle to accepting the ERA as part of the US Constitution. HJ Res. 79 has been introduced in Congress to do just that. It is heading to the House for consideration and, hopefully, passage — at long last.

It is hard to imagine in 2020 that any legislator would vote against finally passing the ERA. How could an elected official

really vote to continue unequal pay, workplace harassment, pregnancy discrimination, domestic violence, and limited access to comprehensive healthcare for 51 percent of his/her constituents? I encourage all Oregonians to write to your U.S. Representative and encourage him to vote YES on HJ Res. 79, the ERA bill that is coming before them.

Hopefully your representative in the House will make history happen with the ERA.

Daniel Fritz
Mosier

'I will fight the president's reckless budget proposal'

By JEFF MERKLEY

Oregon U.S. Senator Jeff Merkley issued the following statement after President Donald Trump released his proposed fiscal year 2021 budget:

At Donald Trump's events, he talks and talks and talks but never listens. If he did a town hall in every county in Oregon every year, like I do, and actually listened to people, maybe his budget wouldn't make life worse for people in all the ways they're already most worried about.

When I talk to folks, I hear concerns about the cost of health care and pharmaceutical drugs.

This budget would cause millions of people to lose health care coverage, with massive cuts to Medicare, Medicaid, and the Children's Health Insurance Program — all while Americans are suffering from ever-increasing drug and health care costs. Just as perplexing: In the midst of the global coronavirus outbreak, the president wants to cut the Centers for Disease Control budget.

In rural communities, the economy is still pretty precarious. Yet just as rural communities are beginning to be connected with broadband internet — vital for growing opportunity in rural education and economies — the

president wants to eliminate \$50 million from the program. In another gut-punch to rural economies, his budget eliminates the \$46 million Rural Business Program grants.

'This budget ... turns a blind eye to the real issues that real Oregonians and Americans are facing.'

Millions of Oregonians are paying more than they can

afford for housing and people are sleeping under overpasses and on medians. But the president wants to decrease affordable housing funding by more than 15 percent and slash support for rural housing by \$92 million. He would eliminate housing programs that are critically important to Oregon communities — including the rental assistance, low-income housing construction, and Community Development Block Grants that I fought to increase in the 2020 budget.

Not even hungry children were spared: The president proposes eliminating the programs that make sure kids get fed during the summer

months and get breakfast during the school year, and further cuts food assistance for families by \$181 billion over 10 years.

Somehow, this president who fancies himself a billionaire and has spent nearly a third of his presidency hanging around with rich people at country clubs, could find enough money to give the super-rich and giant corporations a trillion dollars in tax breaks.

But working families across Oregon, and especially in rural communities, are hanging on by the fingertips, and President Trump, instead of giving a hand up, is stomping on their fingers.

Budgets are a statement of values. Our job in government should be making sure every person who works hard can get ahead. Instead, this budget does the opposite, turning a blind eye to the real issues that real Oregonians and Americans are facing. The rich and powerful are doing just fine; the last thing we should be doing is stacking the deck even more in their favor.

I will do everything I can to fight the president's reckless proposal and make sure we're investing in our people, our communities, and our future.

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., 1000 E. Port Marina Drive, board room, first and third Tuesdays 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 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 Valley Parks and Recreation District, 6 p.m., Aquatic Center, 1601 May St., third Wednesday of the month. Place subject to change.

Urban Renewal Agency meeting — second Monday of each month 6 p.m.

Urban Renewal Advisory Committee — third Thursday of the month 5:30 p.m.

Both meet at City Hall, Second and State streets.

Citizens may learn more about city meeting updates by signing up for Hood River Connect at: ci.hood-river.or.us/connect.

Hood River County

Hood River County Board of Commissioners regular session, 6 p.m., work sessions start at 4 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, 5:30 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 School Board, 6:30 p.m., meets at schools and district facilities on a rotating schedule (visit hodriver.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 Board Room, 224 Wasco Loop, second Wednesday of the month.

It's not too soon to be asking: Do you need a Real ID?

Something big is happening Oct. 1 of this year, notes Oregon Department of Driver and Motor Vehicles Services in a press release: If you aren't paying attention, it might mean missing your flight out of PDX or any other airport across the U.S.

On that date, the Transportation Security Administration, or TSA, begins requiring a new type of identification to board a commercial aircraft. The new ID must be compliant with something called the Real ID Act. It's designed to keep us safer in the air, but if you try to board an aircraft using your current Oregon driver license starting in October — it won't work. That's because the current Oregon driver license is not Real ID compliant. Oregon DMV will begin

offering a Real ID option on July 6. To fulfill the demand of nearly one million Oregonians who will want the Real ID option, DMV would have to issue 32 licenses a second every business day from July to October.

That's just not possible. If you don't have a Real

'If you aren't paying attention, it might mean missing your flight out of PDX or any other airport across the U.S.'

through an alternate identity verification process that could take an hour or more, and you could miss your flight.

There is an answer for Oregonians: Obtain and use a passport or passport card. The cost of getting a new passport card is roughly equal to that of getting a replacement license with the Real ID option — and you can apply now at one of over 76 acceptance sites across Oregon. To find out more, visit www.Oregon.gov/REALID.

By the way, Washingtonians already have the option of getting a Real ID compliant driver license. If you are a Washington resident, go to id2020wa.com to find out more.

ID compliant form of ID at the airport, TSA will put you