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KATHRYN B. BROWN
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OUR VIEW

How to raise an adult

Children across Eastern Oregon returned to school this week — that includes tiny toddlers just learning their ABCs to high school seniors ready to tear into trigonometry.

That teary-eyed walk to the bus stop is both a heartbreaking and prideful time for parents, marking another moment as their children age and grow. Those children are becoming better, smarter, stronger human beings, but at the same time they are losing the innocence and reliance on mom and dad that parents cherish.

Learning to let go can be hard for parents. Some never do.

Julie Lythcott-Haims wrote “How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success,” in 2015, and she has plenty of thoughts about how parents can help and hamper their children’s personal growth.

Lythcott-Haims is a former dean of freshmen and undergraduate advising at Stanford, who has seen her share of overprotective, helicopter parents who shelter their children from failure and difficulty. The title of her book is a clue that, in her mind, that overprotection can be debilitating for many children.

She argues while that over-active, over-engaged, over-motivating parents can have short-term payoffs in their children’s success, it eventually leave those same youngsters inexperienced with dealing with their own problems. And in the long run, that makes them less than likely to succeed in a challenging world where help is not always offered.

In the book, Lythcott-Haims offers her most critical parenting tips:

- Stop staying “we.” In conversation about your children, don’t refer to their work or achievements by using “we.” “We” are not on the soccer team, “we’re” not doing the science project, and “we’re” not applying to college.
- Stop arguing with the adults in your children’s lives. Kids need to learn to advocate for themselves with their teachers, coaches or other school staff. They should have these conversations themselves.
- Stop doing your children’s homework. The only way kids

will learn is by doing their work themselves.

It may seem like your child is far from graduating high school and going out into the world, but it will happen in a blink of an eye. We had a few of our own tips for things your children should be able to do by the time they are 18.

- Be able to communicate and solve interpersonal problems.

Looking another human being in the eye and asking for help, collaborating on a project or working out a conflict is becoming a lost art. It’s something

machines will never be able to do for us and doesn’t come naturally for most people. It takes practice, hurt feelings, honesty and persistence.

Fast food and frozen burritos don’t count. Not everyone develops top-chef culinary talents, but being able to buy groceries, prepare food and know what you’re putting in your body is fundamental to a healthy life.

- Be in charge of their own balanced budget, and have the flexibility and responsibility of making their own financial decisions.

Making a living isn’t easy and budgetary pitfalls are everywhere, leading to problems both personal and societal. Flexing the financial muscle early and getting some trial and error out of the way before leaving the house will soften stress down the line for them, and you.

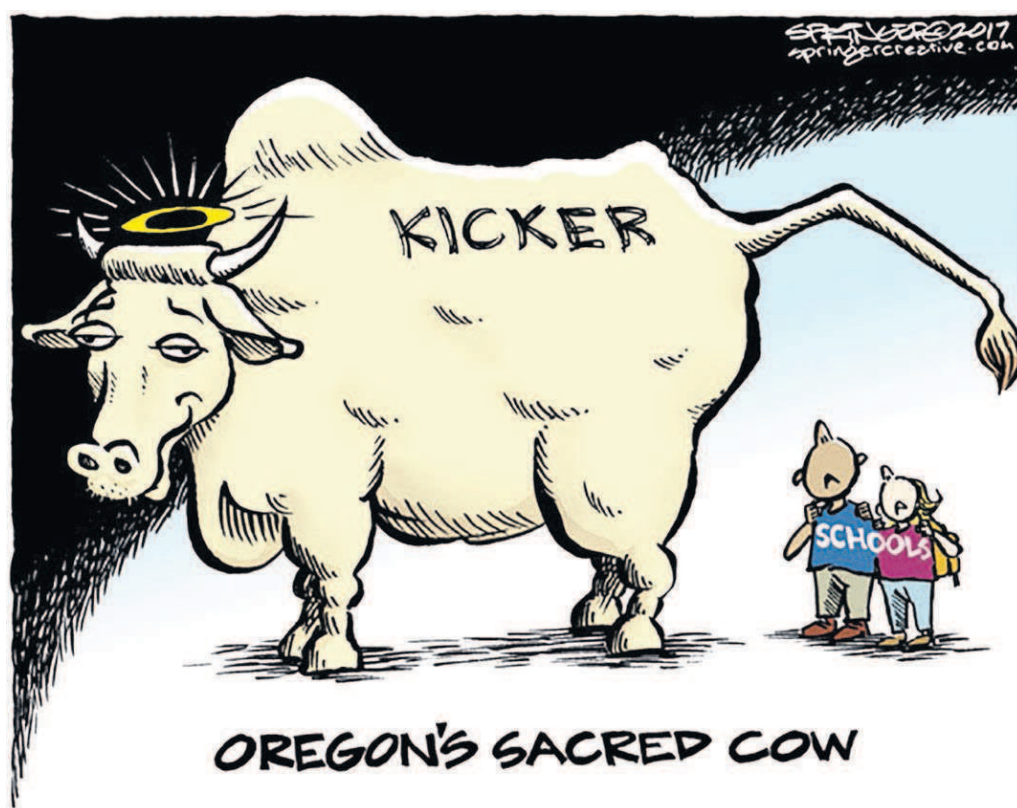
Most importantly, make sure your blossoming adult is developing the character and vision to think outside themselves and further than Friday night. Teaching kindness and compassion doesn’t end after kindergarten, and thoughtfulness and leadership don’t begin in college.

It can be hard to give our children that space, to watch them make mistakes we’re sure we could have helped solve. But they’ll learn from each one, and grow up to be more reliant, successful adults.

This school year, focus on loving your child dearly but letting them solve their own problems. They’ll thank you for it later.

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Unsigned editorials are the opinion of the East Oregonian editorial board of publisher Kathryn Brown, managing editor Daniel Wattenburger, and opinion page editor Tim Trainor. Other columns, letters and cartoons on this page express the opinions of the authors and not necessarily that of the East Oregonian.



OTHER VIEWS

Hurricanes, climate and the capitalist offset

Texas will find few consolations in the wake of a hurricane as terrifying as Harvey. But here, at least, is one: A biblical storm has hit them, and the death toll — 38 as of this writing — is mercifully low, given its intensity.

This is not how it plays out in much of the world. In 1998, Hurricane Mitch ripped through Central America and killed anywhere between 11,000 and 19,000 people, mostly in Honduras and Nicaragua. Nearly a decade later Cyclone Nargis slammed into Myanmar, and a staggering 138,000 people perished.

Nature’s furies — hurricanes, earthquakes, landslides, droughts, infectious diseases, you name it — may strike unpredictably. But their effects are not distributed at random.

Rich countries tend to experience, and measure, the costs of such disasters primarily in terms of money. Poor countries experience them primarily in terms of lives. Between 1940 and 2016, a total of 3,348 people died in the United States on account of hurricanes, according to government data, for an average of 43 victims a year. That’s a tragedy, but compare it to the nearly 140,000 lives lost when a cyclone hit Bangladesh in 1991.

Why do richer countries fare so much better than poorer ones when it comes to natural disasters? It isn’t just better regulation. I grew up in Mexico City, which adopted stringent building codes following a devastating earthquake in 1957. That didn’t save the city in the 1985 earthquake, when we learned that those codes had been flouted for years by lax or corrupt building inspectors, and thousands of people were buried under the rubble of shoddy construction. Regulation is only as good, or bad, as its enforcement.

A better answer lies in the combination of government responsiveness and civic spiritedness so splendidly on display this week in Texas. And then there’s the matter of wealth.

Every child knows that houses of brick are safer than houses of wood or straw — and therefore cost more to build. Harvey will damage or ruin thousands of homes. But it won’t sweep away entire neighborhoods, as Typhoon Haiyan did in the Philippine city of Tacloban in 2013.

Harvey will also inflict billions in economic damage, most crushingly on uninsured homeowners. The numbers are likely to be staggering in absolute terms, but what’s more remarkable is how easily the U.S. economy can absorb the blow. The storm will be a “speed bump” to Houston’s \$503 billion economy, according to Moody’s Analytics’ Adam Kamins, who told *The Wall Street Journal* that he expects the storm to derail growth for about two months.



BRET STEPHENS
Comment

On a global level, the University of Colorado’s Roger Pielke Jr. notes that disaster losses as a percentage of the world’s GDP, at just 0.3 percent, have remained constant since 1990. That’s despite the dollar cost of disasters having nearly doubled over the same time — at just about the same rate as the growth in the global economy. (Pielke is yet another victim of the climate lobby’s hyperactive smear machine, but that doesn’t make his data any less valid.)

Climate activists often claim that unchecked economic growth and the things that go with are principal causes of environmental destruction. In reality, growth is the great offset. It’s a big part of the reason why, despite our warming planet, mortality rates from storms have declined from .11 per 100,000 in the 1900s to .04 per 100,000 in the 2010s, according to data compiled by Hannah Ritchie and Max Roser. Death rates from other natural disasters such as floods and droughts have fallen by even more staggering percentages over the last

Extraordinary economic growth is the way to environmental resilience.

That’s because economic growth isn’t just a matter of parking lots paving over paradise. It also underwrites safety standards, funds scientific research, builds spillways and wastewater plants, creates “green jobs,” subsidizes Elon Musk, sets aside prime real estate for conservation, and so on. Poverty, not wealth, is the enemy of the environment. Only the rich have the luxury of developing an ethical stance toward their trash.

The paradox of our time is that the part of the world that has never been safer from the vagaries of nature seems never to have been more terrified of them. Harvey truly is an astonishing storm, the likes of which few people can easily remember.

Then again, as meteorologist Philip Klotzbach points out, it’s also only one of four Category 4 or 5 hurricanes to make landfall in the United States since 1970. By contrast, more than twice as many such storms made landfall between 1922 and 1969. Make of that what you will, but remember that fear is often a function of unfamiliarity.

Houston will ultimately recover from Harvey’s devastation because its people are creative and courageous. They will rebuild and, when the next storm comes, as it inevitably will, be better prepared for it. The best lesson the world can take from Texas is to follow the path of its extraordinary economic growth on the way to environmental resilience.

Bret Stephens won a Pulitzer Prize for commentary in 2013. He began working as a columnist at *The New York Times* in April.

YOUR VIEWS

Supporting Trump makes you OK with racism

I will venture to say that the bigots among us finally have their man in the White House. His shameful pardon of Joe Arpaio in Arizona should erase any lingering doubts about Trump and his intentions for people of color in this country.

His appeasement of white supremacists and his defense of confederate memorials hammer home his main goal, to make America white again.

When he questioned the integrity of the Hispanic judge (born in America, by the way) to rule on a suit involving Trump, most of us who’ve had our “Americanism” questioned because of our ethnicity knew exactly how that judge felt.

Are you a racist if you voted for Trump? No, but you are certainly okay with the racism Trump flaunts by his words and his actions. This is the saddest chapter in our downward spiral as a country coming apart at the seams

David Gracia
Hermiston

Let’s hear it for the benchwarmers

An *East Oregonian* “Tip of the Hat” should go out to Tom Melton and all his years of effort to recognize former outstanding athletes of Pendleton. Many also appreciate his more recent efforts to recognize good Pendleton athletes who were outstanding in other sports besides football. Even some well deserving ladies are being honored now by the group. Although I am not one of these stars, I did go to school and play on teams with the likes of Dick Jones, Steve Bunker and Clarence Cowapoo. I had Don Requa for a math teacher and his son Billy was a good friend of mine before he died. Kenny Milton was one of my early coaches, and I always valued the lessons I learned from him. His son Steve was also a good friend of mine and one of the toughest guys I knew on the ballfield as well as a great coach. I even had the honor of watching the great Bob Lilly play in his early years at PHS.

That said, there is one very important semi-athletic group that has been sorely left out of the accolades and honors bestowed

upon past Pendleton athletes. After careful thought and consultation with some of those guys who shared this vital spot with me, I am hereby suggesting the formation of the “PHS Bench Warmers Club.” This important group never receives the attention and recognition it deserves. No team — and none of the athletes inducted into the Linebackers Club Hall of Fame — would have ever made it without them. In fact, I am going to be very bold here and suggest myself to be the very first inductee. I might even go a step further and offer my old bench warming buddy, Larry Sweek, to join me as a double induction for the first go round. Larry and I spent many hours, over a four year period, warming the bench for our high school coach. His general rule was that Larry and I would get to play if our basketball team

was either twenty points ahead, or twenty points behind. The other golden rule was that we were allowed to play no more than two minutes in each game — just barely enough time to get the adrenalin under control and begin to calm down enough to play with some confidence. Then it was back to our starting position — First Team Bench Warmer.

I know there are many others out there who feel the same, so I will be holding an exploratory meeting for membership at the Rainbow Cafe in the near future I don’t see why we can’t have a nice dinner, good speaker or two, induction ceremonies and have just as much fun as the Linebacker’s Club does each year. We deserve it!

David Burns
Pendleton

LETTERS POLICY

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