

The First Amendment
 Congress shall make no law respecting an establishment of religion or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press, or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

Opinion

Siuslaw News
 P.O. Box 10
 Florence, OR 97439

LETTERS

(Editor's Note: Viewpoint submissions on these and other topics are always welcome as part of our goal to encourage community discussion and exchange of perspectives.)

FREEDOM VS. RIGHTS

"Medical freedom" does not include the right to transmit a very dangerous disease to others. The Second Amendment right to keep and bear arms does not include the right to randomly discharge a weapon in a manner that endangers others.

I fully support the "right" of a person to choose to contract COVID-19 and possibly die, but a person making that choice should isolate themselves at home and not endanger others by seeking medical treatment when they realize the consequences of their choice.

Hospitals are dangerously overburdened by those who choose to contract COVID, and choose to spread their disease to others. We are all much better off if the persons making that dangerous choice are banned from any form of public contact, in-

cluding employment in the health care sector.

While such a prohibition might slightly reduce hospital staff, it would very significantly reduce demand for hospital services.

— Paul Floto
 Florence

WHERE IS THE "CARE?"

As a newly graduated metallurgical engineer in 1959, my first job was with a company called Atomics International, a designer and builder of nuclear reactors. All engineering personnel were required to have an Atomic Energy Commission "Q" clearance, so my first assignment was to fill out a multi-page personnel security questionnaire. They probed every aspect of my life though, as a student, I had little opportunity to develop any friendships with the hated "Commies" and, to be perfectly honest, I don't think I ever learned anything that would have been of interest to the Commies anyhow.

I don't recall if they asked about my smallpox vaccination status, about the only

one available at that time.

Some of my friends whom I had put down as personal references later told me that they were visited by two guys in dark suits who grilled them about anything and everything they thought would make me a security risk, including everything having to do with my personal life. Invasion of privacy? What do you think?

Since I had led an exemplary life, at least up to that point, I guess they didn't find anything and I was soon sporting the company "blue badge," an indication that I did, in fact, have a Q clearance.

Later on, I spent many years in the defense industry aerospace sector, which required another scrutinization for a secret clearance. No clearance? No job. Oh well, I could always go work in something like a steel mill.

Which brings me to the health care industry. The name says it: health care. The workers who select this as an occupation do it because they care about the health and well-being of the members of

the community. Putting food on the table is no doubt important, but for most, I am quite sure, compassionate care for their neighbors is just as important, if not more important to them.

As a consumer of health care, like virtually 100% of our community, when I interact with caregivers, I want to be absolutely certain that they are taking every possible precaution available to them to avoid making me or my wife worse after an interaction than we were before. If they are not willing or able to do that, then I think they need to reevaluate if health "care" is the right choice for them. I doubt there are any local steel mills, but there must be something more suitable for them.

— Kenneth Janowski
 Florence

EXCRUCIATING LETTERS REVEAL SO MUCH

In response to Stephanie Spradling's well-crafted Letter to the Editor, "In Response to an Excruciating Letter," Aug. 11, I respectfully disagree with "you don't have

to print the whackos."

Dear Editor Meyer, please keep printing letters which reveal the state of minds of a few of our neighbors. How else do we learn the extent to which this minority is willing to go? We don't receive invitations to their "Unite the Right" meetings.

Four years ago, racists, anti-Semites, white nationalists, Ku Klux Klan, neo-Nazis, and other alt-right groups met in Charlottesville, Va., to receive their marching orders and "Unite the Right." Tragically, they also killed one and injured many others. After this death and injuries, then-President Donald Trump stated, "There are very fine people on both sides."

I know some of these "very fine people."

We have every reason to be very concerned. It's urgent that we stay informed. It's urgent that we protect the right of all citizens to vote and to protect our country from Authoritarian rule.

Which side are you on?
 — Kathryn Damon-Dawson
 Westlake

WEEK #7 WINNERS

LOSE!

to WIN!

TOP 5 Women



Coo Clarkson 2.66%



Arlene Biron 2.50%



Katherine Hemmens 1.30%



BETTY SCARBROUGH 0.80%



LORI COFFINDAFFER 0.75%

TOP 5 Men



BRAD HANSCOM 2.35%



AL ROJAS 1.84%



DUSTIN WILLIAMS 1.81%



JAMES MCKINNEY 1.79%



DIRK ANDERSON 1.48%

Contestant Name	Weekly % Lost	Season %Lost
WOMEN'S RESULTS		
Coo Clarkson	2.66%	6.45%
Arlene Biron	2.50%	10.94%
Katherine Hemmens	1.30%	6.18%
Betty Scarbrough	0.80%	7.38%
Lori Coffindaffer	0.75%	7.39%
Linda Harklerode	0.62%	4.85%
Linda Goalder	0.55%	4.50%
Sue James	0.41%	4.31%

Guadalupe Galvan	0.36%	4.45%
Debbie Haring	0.00%	3.96%
Jo Beaudreau	0.00%	-1.63%
Linda Crowell	0.00%	5.93%
Nancy Robison	-0.12%	3.05%
Jolene Alcorn	-0.12%	2.89%
Cassandra Burns	-0.49%	2.07%
Alyssa Cargill	-2.37%	0.21%

MEN'S RESULTS		
Brad Hanscom	2.35%	7.26%
Al Rojas	1.84%	8.87%
Dustin Williams	1.81%	8.76%
James McKinney	1.79%	5.97%
Dirk Anderson	1.48%	8.34%
Brad Koehn	1.24%	6.21%
David Crowell	1.03%	1.35%
Jim Hecker	-1.03%	1.72%
Jerry Whiting	-2.23%	2.86%

OVER \$1,000 IN PRIZES & GIFTS

14-WEEK CONTEST
 July 17 - October 20, 2021

*Weigh in each week at the Siuslaw News
 148 Maple Street, Florence, each Wednesday,
 7:30a.m.-5:30p.m.

*Weekly leaders in each category (male & female) will be pictured in the Saturday edition of the Siuslaw News.

*Look Good - Feel Good!

Contestants understand that participation in the contest may involve inherent risks, dangers and hazards, which many occur without warning, or be due to lack of conditioning, carelessness, and other unforeseen, unidentified, or unexpected perils inherent in physical activities or weight loss programs. Contestants understand that oversight of the contest by the Siuslaw News or any other sponsors does not and cannot, guarantee their safety. Contestants understand that they should not participate in the contest if they have any health conditions affecting their ability to participate. Contestants have signed release forms to certify they are fully aware of, and expressly assume these and all other risks involved in participating in the contest, and to grant to the Siuslaw News and all contest sponsors and their respective assignees, the absolute right and permission to use their name, address, photograph and/or likeness in any and all advertising, trade, or promotion. Contestants have weighed in at the first contest weigh-in on July 17, 2021 and will weigh-in every Wednesday through October 20, 2021 at the Siuslaw News, 148 Maple Street, 7:30a.m. to 5:30 p.m.

Diet Tip #7

"Everyone knows fruits and vegetables are an important component of any balanced diet. Another lesser-known benefit is phytochemicals which are compounds found in plant-based foods which have healthful benefits. An example is anthocyanins found in berries which have been shown to support cardiovascular health by reducing blood pressure and cholesterol."

~Stephanie Shiu, MPH, RD Inpatient
 Dietitian at Peace Harbor Medical Center

Sponsored by

PeaceHealth

SN Siuslaw News
 148 Maple St., Florence

Beauty on the Beach Dance Studio

Coastal FITNESS & AQUATICS
 2285 Hwy. 101, Florence
 541-997-8086