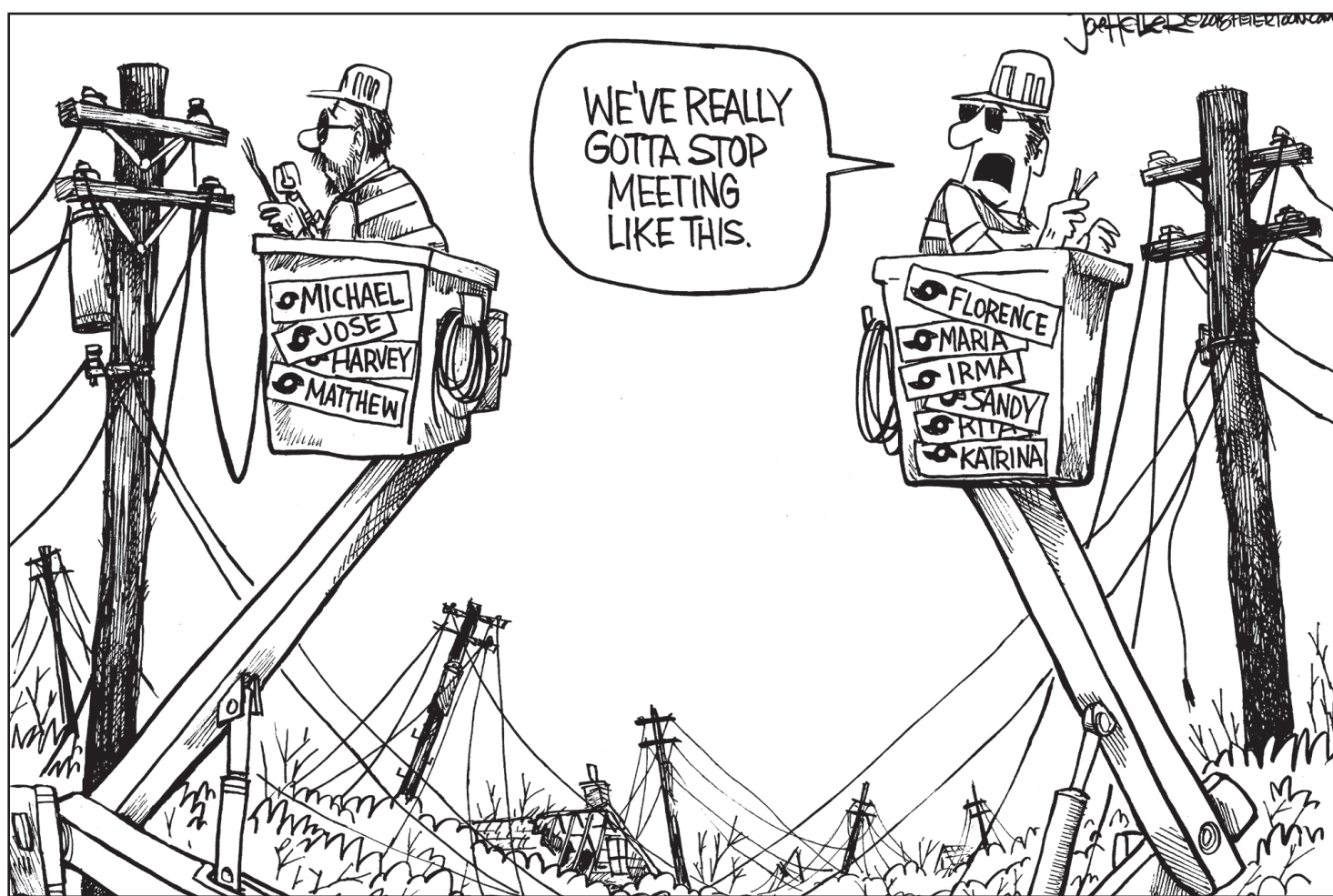


# OPINION

## 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 their Government for a redress of grievances.

"I never considered a difference of opinion in politics, in religion, in philosophy, as cause for withdrawing from a friend." —Thomas Jefferson (1800)



### Letters to the Editor Policy

The Sentinel welcomes letters to the editor as part of a community discussion of issues on the local, state and national level.

Emailed letters are preferred. Handwritten or typed letters must be signed. All letters need to include full name, address and phone number; only name and city will be printed. Letters should be limited to about 300 words. Letters are subject to editing for length, grammar and clarity. Publication of any letter is not guaranteed and depends on space available and the volume of letters received.

Letters that are anonymous, libelous, argumentative, sarcastic or contain accusations that are unsourced or without documentation will not be published.

Letters containing poetry or from outside The Sentinel readership area will only be published at the discretion of the editor.

### Political/Election Letters:

Election-related letters must address pertinent or timely issues of interest to our readers at-large.

Letters must 1) Not be a part of letter-writing campaigns on behalf of (or by) candidates; 2) Ensure any information about a candidate is accurate, fair and not from second-hand knowledge or hearsay; and 3) explain the reasons to support candidates based on personal experience and perspective rather than partisanship and campaign-style rhetoric.

Candidates themselves may not use the letters to the editor column to outline their views and platforms or to ask for votes; this constitutes paid political advertising.

As with all letters and advertising content, the newspaper, at the sole discretion of the publisher, general manager and editor, reserves the right to reject any letter that doesn't follow the above criteria.

### Send letters to:

nhickson@cgsentinel.com or cmay@cgsentinel.com

## Guest Viewpoint

### Why does your doctor recommend the flu shot?

By Thea Petersen, MD  
PeaceHealth Medical Group Provider

Flu season is here in Lane County and if you haven't gotten your flu shot yet, now is the time. The influenza vaccine is recommended for everyone age 6 months and older.

Each year, the vaccine is updated to try to best match the types of the influenza virus in circulation. This year the vaccine has four strains of the influenza virus and the high-dose flu shot is recommended for older adults — especially those with chronic health issues.

Influenza typically begins in September in the United States, peaks in December-February, and can last until May. The exact number of people who get the flu is hard to estimate since it's not a reportable disease and many people stay home and don't seek medical attention.

Estimated deaths from influenza have been rising over the past eight years, reaching a high of about 80,000 last year as reported by the CDC.

That's 2.5 deaths per 10,000 people. Although most people who contract influenza recover, it can cause serious

illness, including hospitalization and death. Older adults, children, pregnant women, and people of any age with certain chronic medical conditions are more likely to suffer serious consequences. About 80 percent of people who die from the flu did not get the flu shot.

The flu shot is a killed virus vaccine so it can't give you the flu. It takes about two weeks after vaccination to develop enough antibodies to protect you from the flu, so you can get sick during that time if you've been exposed before you have immunity. The flu shot does not protect you against all viral illnesses like the "stomach flu" or a cold.

The flu vaccine isn't 100 percent effective, but it will significantly reduce your chances of getting the flu and lowers the risk of complications if you do get sick.

You may be a very healthy person who eats well, exercises and doesn't have much contact with the public. That's great, but we still recommend you get the flu shot.

Why?  
It's a simple preventive measure you

can take to protect not only yourself from a terrible disease, but also those around you who may not have your perfect health. You can be contagious with influenza for 24 hours prior to even having symptoms and can pass a fatal disease to someone you love.

In addition to the flu shot, other steps you can take to protect yourself and others from the flu include staying away from people who are sick, staying home when you're sick, covering your cough and sneeze, and washing your hands frequently.

Local pharmacies offer flu vaccines and PeaceHealth is offering walk-in flu clinics at Cottage Grove Community Medical Center at 1515 Village Drive.

A clinic for kids 18 and under will be on Sat., Oct. 13 from 10 a.m. to 1 p.m., and a clinic for adults will be on Wed., Oct. 24 from 1 p.m. to 4 p.m. You can also call 541-767-5200 to make an appointment for a vaccine. Be wise, immunize.

All of our providers at Cottage Grove Community Medical Center encourage our community to get vaccinated against the flu.

### HOW TO CONTACT YOUR REPS

#### Oregon state representatives

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#### Oregon federal representatives

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• **Sen. Ron Wyden**  
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Phone: (541) 431-0229

• **Sen. Jeff Merkley**  
Email: merkley.senate.gov  
Phone: 541-465-6750

## LETTERS

### Why We Support the Pool Project

The Cottage Grove AquaLion Executive Board is excited about the plans for the modernization of Warren Daugherty Aquatic Center.

The project includes a new pool, renovated locker rooms, new office area and most importantly a pool that can be used by all members of our community. The mission of our school district and city in opening the pool has always been to save lives.

The renovated pool will do just that. Children and students will have sufficient space for swimming lessons. Adults will have space for lap swimming, exercise and water aerobics. Locker rooms will be renovated to provide privacy and allow clients to feel safe and clean after their swim.

As a swim club we are

most excited about a fast competition pool that will allow us to not only hold elite level meets, but also to showcase the talent and success of our swim program.

The Cottage Grove AquaLion swim club has a long history as a winning program. We look forward to holding state and regional swim meets and water polo games that will generate revenue for our local economy.

The modernization plans is close to including a multi-purpose warm water therapy pool in this project. This is, in part, because of a generous commitment by the City of Cottage Grove. The warm water recreational and therapy pool will have many benefits for our community. The pool will be used for swim lessons, families with young children, warm up and cool down during swim compe-

titions, water aerobics and exercise, and physical and medical therapy.

Fundraising for the warm water recreational and therapy pool continues.

We hope community members will consider donating any amount to the project; every donation received will be critical to securing the funding needed to complete this part of the pool project.

Donations can be sent to:  
South Lane School District  
455 Adams Avenue  
Cottage Grove, OR, 97424  
Memo: Warm Water Recreation & Therapy Pool

—The Cottage Grove AquaLion Executive Board:  
Bud Taylor, Bill Kuzmer, Heather Bridgens, Frankie Walter, Kathryn Womack and Tyson Pilling

### Voting for Williams

I served with Gary Wil-

liams for many years on the Cottage Grove City Council and I have great respect for him.

Gary and I are moderates from different sides of the fence but agree on most local issues. Gary regularly works with folks from all sides of issues to reach consensus whenever possible.

I believe he is the best choice for the County Commission because of his extensive experience, his diligence working on constituent concerns and for the fact that he has lived in rural Lane County all but a couple of years of his life.

We need a candidate who truly represents rural concerns at the county level.

I will be supporting rural lane county by voting for Gary Williams this November.

—Mike Fleck  
Cottage Grove

Cottage Grove  
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Call 942-3325 between 8:30 a.m. and 5 p.m.

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