

**Cottage Grove Sentinel**  
 116 N. Sixth St.  
 Cottage Grove, Ore. 97424

# 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 the 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)



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anonymous, libelous, argumentative, sarcastic or contain accusations that are unsourced or without documentation will not be published.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

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## Life from the lighter side...



it's literally killing us," said one researcher who now travels long distance only by Segway. "I used to take the metro but people kept offering me a seat. I honestly think they were trying to kill me."

What researchers found most disturbing is

it, "Let's just say, if you ever sat in a high chair or let someone pull you around in a wagon as a child, you're lucky to still be alive."

The study has drawn plenty of fire, including from Furniture Manufacturers Union leader

family vehicle with room for as many as 11 standing passengers, our new Chariot is the healthy choice," said a Ford executive, who then plugged the company's new slogan: *Your Chariot awaits.*

Though Surgeon General Jerome Adams has yet to weigh in on the report's findings, rumors of a mandatory warning label informing consumers of the health risk associated with sitting have already begun to circulate.

Being referred to as the "Let's Not Stand for Sitting" labeling initiative, insiders say the warning would be required on anything that promotes the unhealthy habit of sitting.

While no official statement has been released by Dr. Adams, he did open a recent press conference by saying, "Everyone please have a seat. NO! WAIT!"

What kind of repercussions the report could have on the future remains unclear as lawmakers, health officials and human rights groups wrestle over the implications of a standing-only society.

In a recent poll, most people would prefer to just sit this one out.

**From the Managing Editor's Desk**

Ned Hickson

that the amount of sitting people do during a typical day even outweighs the benefits of regular exercise.

For example, if you use the rowing machine or stationary bicycle at the gym, "Go ahead and have a chili dog and cheesy fries while you're at it," the report concluded. "Because if you're sitting while exercising, you're basically canceling out any benefit — so you might as well enjoy what could be your last meal."

Though the study was unable to determine exactly how much a person's life span is shortened by sitting, statistics suggest the earlier in our lives that we begin sitting, the quicker our demise.

As one researcher put

Chaise Ottoman, who said a lawsuit has already been filed by a man who says his La-Z-Boy has probably taken years off of his life since getting a DIRECTV sports bundle.

"What's next? A national recall on chairs and couches?" Ottoman said. "Obviously, we don't plan on taking this sitting down. Not that we're afraid of sitting down..."

Even the automobile industry, anticipating a dramatic drop in luxury car sales, has begun re-designing its vehicles to allow occupants to stand rather than sit. The first of these new vehicles, the Ford Chariot, is expected to roll into dealerships this spring.

"Whether buyers prefer something sporty or a

