

EDITORIALS

Athletes teach life lessons

Central junior Bethanie Altamirano finished first in the 400-meter run at the OSAA Track and Field State Championships in Eugene on Saturday, and while she did it, though she may not realize it, she set an example for all of us.

She said she cried because she was scared — and felt like she carried the weight of the world on her shoulders.

We've all felt that way — or will — at one point or another. And when the feeling comes, we need to remember Altamirano. We need to step on the track and run our hearts out. We need to not take it slow and expect we'll catch up, but go full speed ahead and come out on top.

Altamirano was just one of many student-athletes from Polk County who performed at a top level at the state championships.

In total, athletes from Central, Dallas, Falls City and Perrydale high schools placed in 24 events in Eugene. Some were there for the first time. Others were making a return trip, but each one of their stories can teach us all important lessons about what it takes to succeed in life.

Their successes did not come quickly or out of nowhere. Their successes came from weeks, months and years of training and dedication. Their successes came from working hard in the wind and rain during the winter. It came from making sure each practice had a purpose — even if no one was there to watch them. It came from being disciplined and not veering from the course set before them. It came from finding something they love doing and have a willingness to go above and beyond the normal person to improve.

Success did not come quickly nor easily, but each athlete persevered. They never let doubt overcome them, and they proved that true hard work can pay off in big ways — and that short-term sacrifices can lead to long-term gains.

Their ability to perform at state also teaches us a lesson that when the time comes and all the chips are down, don't let the moment overwhelm you. Trust in your preparation. Be confident in your abilities and be proud of what you've accomplished. It's true, sports are fun and entertaining. But sometimes, sports can be so much more.

PUBLIC AGENDA

Public Agenda is a listing of upcoming meetings for governmental and nongovernmental agencies in Polk County. To submit a meeting, send it at least two weeks before the actual meeting date to the *Itemizer-ObsERVER* via email (ionews@polkio.com).

WEDNESDAY, MAY 24

• Polk County Board of Commissioners — 9 a.m., Polk County Courthouse, first floor conference room, 850 Main St., Dallas. 503-623-8173.

THURSDAY, MAY 25

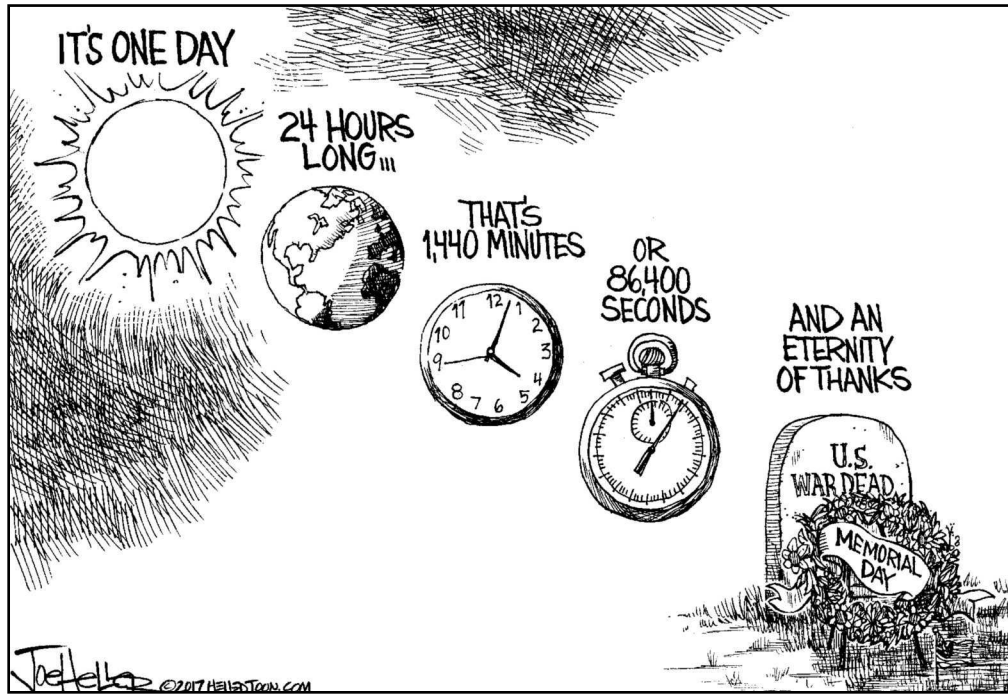
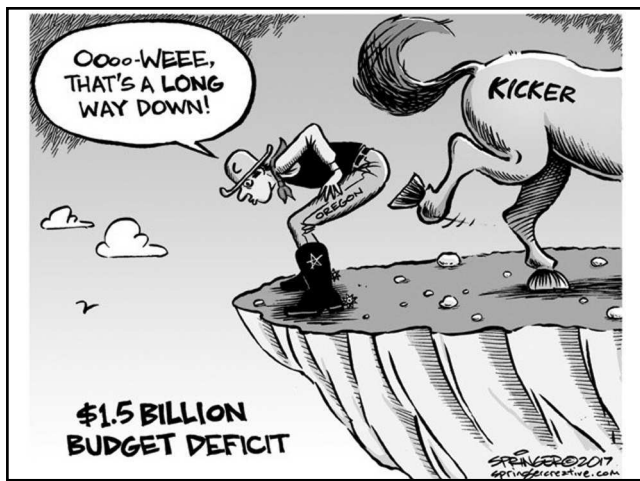
• Monmouth-Independence Networks Board of Directors — 7:30 a.m., Henry Hill Education Support Center, 750 S. Fifth St., Independence. 503-837-0700.

TUESDAY, MAY 30

• Polk County Board of Commission work session — 9 a.m., Polk County Courthouse, BOC office, 850 Main St., Dallas. 503-623-8173.

WEDNESDAY, MAY 31

• Polk County Board of Commissioners — 9 a.m., Polk County Courthouse, first floor conference room, 850 Main St., Dallas. 503-623-8173.



LETTERS TO THE EDITOR

Public safety worth cost of roundabout

In response to Michael Welsh's April 26 editorial letter to support a roundabout, "We are not Europe," nor are we Australia, where roundabouts are common and work well. Australia even has a maneuver where you pull far to the left to make a right turn.

It works well there, so let's do that here too, eh?

It's just that I remember concerted efforts decades ago to teach Americans the metric system of measurement. Drivers and cyclists already struggle with following our current rules of the road, so I'm skeptical how we'll acclimate to a roundabout.

However, one reason that makes sense to me in sup-

port of a roundabout is that lower speeds may save lives. That would be worth every penny.

*Nannette Willis
Monmouth*

Avenue of Flags set for Monday

The Avenue of Flags was started in 1991 by our Dallas veterans organizations. It turned out to be a tremendous project and one with great emotional impact.

They started with about 65 flags. It kept growing until last year, 2016, they put up well over 700 flags. On Memorial Day, they flew proudly in the breeze on the hill of our Dallas Cemetery.

The veterans' volunteer

work to set up the display took some physical doing and planning by a group of men and women who gave our community a gift that expresses the feelings of the whole community toward those who have given so much. If you know any of them, tell them how much you appreciate their efforts. They include members of the Dallas American Legion Post 20, the post's auxiliary, the Veterans of Foreign Wars Post 3203 and its auxiliary, and we also had some citizens step forward and volunteer.

EDITOR'S NOTE: The Avenue of Flags will take place at Dallas Cemetery

*Dennis Johnson
Dallas*

Avenue of Flags program coordinator

WANT TO WRITE A LETTER?

Letters to the editor are limited to 300 words. Longer letters will be edited.

Election-related letters of all types are limited to 100 words. Writers are limited to one election-related letter per election season. Election letters from writers outside of Polk County are not accepted.

Each writer is restricted to one letter per 30-day period.

Letters that are libelous, obscene or in bad taste will not be printed. Attacks by name on businesses or individuals will not be printed.

Letters to the editor that are obvious promotions for a business, products or services will not be printed.

The *Itemizer-ObsERVER* does not guarantee the accuracy of facts presented by letter writers; dissenters are welcome to respond. Letter writers who disagree with other published letter writers should maintain a civil discourse and address the subject, not the author.

Letters, like all editorial material submitted to the newspaper, are edited for length, grammar and content.

Letters must include the author's name, address and telephone number. This includes letters submitted via the *I-O's* website. Names and cities of residence are published; street addresses and telephone numbers are used for verification pur-

poses only.

Letters must be submitted from individuals, not organizations, and must be original submissions to the *I-O*, not copies of letters sent to other media.

Letters of thanks to businesses, individuals and organizations are limited to 10 names.

The deadline for letters to the editor is 10 a.m. Monday. Letters submitted may not be retractable after this deadline.

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