

## A lot of hot air



Amy Berreth, sophomore in human development and family studies, takes a ride with her mom, Diane, in a hot air balloon in the MU Quad on Saturday. The balloon rides were set up for Mom's Weekend.

## **Oregon Native Americans propose education office**

#### By DAVID SOKOLOWSKI

#### of the Daily Barometer

Oregon Native Americans met with faculty, staff and students Friday to discuss two proposals asking for the formation of an Indian Education Office (IEO) and a release time in planning for a Native American studies certificate program.

an IEO to counsel Indian students and ensure that scholarship and special program information is available to them.

The IEO program would "provide counseling services to all Indian student on campus; maintain and distribute academic information to students, campus, tribal and community groups; and facilitate in the preparation of grant and curricular proposals involving Native American issues," according to the proposal.

The proposal states that only one position at OSU has been staffed by a Native American even slightly dedicated to the needs of Indian students. That position, in the Educational Opportunities Program, is held by Sandy Manuelito-Kerkvliet and cannot direct full attention to the advising, teaching, counseling and recruiting needs of the students.

The proposal also states that the EOP does not have the resources to take care of all of the Indian students. Some cases given to Manuelito-Kerkvliet are not Indians and some Indians are assigned to another counselor. Also, some Indian students are not EOP students but still require its services.

The IEO would provide these services to Indian students and also serve as a liaison between local tribes, OSU, and state and national organizations. The IEO would "provide a personal contact through which more cooperative and efficient relationships with tribal organizations can be maintained.

The proposal for release time includes time with the IEO if it is funded, courses that ac- ses," Byrne said.

knowledge the validity of the Indian experience and teach a broader range of cultural diversity. It also seeks to set up cooperation between the University of Oregon and OSU

Many Native Americans at the meeting expressed feelings that educational opportunities for Indians were not great enough, both as students and staff.

'Indian kids need to see Indian faces,'' said The Native Americans are seeking to form John Woolliscroft, a Lincoln County middle school teacher and American Indian.

Although providing opportunities for students and faculty is important, the main concern for getting the IEO off the ground is money, Manuelito-Kerkvliet said. The proposed first-year total budget for IEO is \$59,859.90, and the budget for the release time is \$14,460.

Manuelito-Kerkvliet said she hopes to see funds come from private firms and tribes, because Measure 5 has dampened hopes of funding from OSU and the education system.

We're looking for money for our program, and people are losing their jobs and having their programs cut," she said.

Manuelito-Kerkvliet said that they have strong support from the OSU deans, but that the administration has not given them a strong backing

'The proposal will be taken very seriously,' but the funds are generally unavailable and the program will be difficult to organize, said Graham Spanier, provost and vice president for academic affairs.

Manuelito-Kerkvliet said the administration asked if the Native Americans would take anything less than what they asked for.

"We won't settle for less," she said. "So much has been taken from us historically that we can't back down.

OSU President John Byrne also attended the meeting and spoke of the cooperation that must be included in these projects.

"The university is not for giving, but for for academic faculty to plan, in conjunction sharing; and sharing is a process with no los-

## Hispanic speaker talks about historical racial injustice

By DANA DOMINEY of the Daily Barometer

iards even refused to walk short distances. They would ride the see it as a responsibility.

"The Spaniards grew more conceited every day about their energy in a positive sense by going out and educating people and control over the Indians," Osuna said. "It became so that Span- working with youth in different other programs," he said. "So, I

Asking the indigenous people of the Americas to celebrate Columbus Day is like asking the Jews to celebrate Hitler's birthday.'

So began a speech by Daniel Osuna, the international secretary and representative of El Partido Nacional de la Raza Unida (which translated is the national party of the united race). Osuna was on the OSU campus Friday as part of a twoyear tour to present his views concerning the historic plight of the native peoples of the Western hemisphere.

Because 1992 marks the 500th anniversary of the landing of Columbus on the Western hemisphere, there are quincentennial celebrations being organized by the governments of the United States, Canada and Europe.

According to literature from Osuna's group, "... these celebrations will not be in retrospect of the destructive effect it (the landing of Columbus) had and continues to have upon the indigenous people of this hemisphere.'

When the natives were told to collect gold for the Spaniards their fair share, the natives' hands and feet were often cut off by the Spaniards and they would bleed to death, Osuna said. He went on to give other examples of mistreatment.

backs of the Indians wherever they wanted to go.

Later on Friday, Osuna spoke about history and culture as they relate to identity.

Osuna said that popular history admits racial injustices were committed, but that the injustice was justified by a mindset that said, "Well, unfortunately that's the type of thing that happens in the development of progress.

Osuna said that in order for people to change conditions in the next 500 years, they must come to terms with the truth of what transpired at the beginning of those 500 years.

"As long as people aren't willing to admit that truth, and the reality of the brutality that took place, then we don't have a chance of solving the problem," Osuna said.

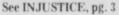
He said that when reading any history book it is important to read between the lines to interpret the history, to remember that history is often biased and that any book will be an interpretation of that history.

'Once a person starts to become conscious of another version and they didn't come back with what the Spaniards thought was of history, or another version of the truth, then they start to respond to it through anger at first," Osuna said. "What the end result is (depends on) how they deal with that anger.

'Anger is energy, and so in my case I decided to utilize this

Both of Osuna's presentations were sponsored by the Hispanic Student Union, the Hispanic Cultural Center and the Central American Project.

Amparo Mancillas, the coordinator of the Hispanic Cultural



#### Inside

#### Suzanne Wilkins remembered

Suzanne Wilkins was killed last spring as she crossed Highway 34. She will be remembered by a new pathway built in her memory and by her award-winning letter to her mother. Stories, page 3.

#### Quayle may captain the ship

Dan Quayle may take the powers of the presidency today as President Bush undergoes an electrical shock treatment for his heart. Story, page 6.

#### 2 - Monday May 6, 1991

#### The Daily Barometer

## Hispanic group celebrates Cinco de Mayo

#### By OSAMU UEDA

of the Daily Barometer

When the students of the Hispanic Student Union wound up their Cinco de Mayo festival with the song "Cielito Lindo," the audience applauded and cheered — not just for the traditional May 5 celebration of Hispanic independence, but also for the idea of Hispanic unity and interdependence.

As many as 400 people, from children to elders, attended the annual Cinco de Mayo celebration Saturday, which was hosted by the Hispanic Student Union.

Titled "A Celebration of Education," the event was held to teach and share the beauty of Mexican culture, said Jose Perfecto, Hispanic Student Union president.

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EXECUTIVE DIRECTOR OF TASK FORCES

Applications available at the Student Activities Center and are due by 5:00pm, Thursday, May 9th. For More Information, Please Call The Student Activities Center: 737-2101.



The keynote speaker was Francisco Garcia, the president of Pacific Staff Development and Research in Portland. He encouraged Hispanic students to challenge themselves and to deal positively with hardship.

"If you don't have a faith to challenge in your heart, you cannot make it," Garcia said.

Garcia said institutions have to make equal access for more students from different cultures. He said a large number of Mexican Americans dominate the high school-dropout rate, that has a major impact on the number of Hispanics in the universities.

"It's not easy to make a change," Garcia said, emphasizing that Hispanic students have to work together for future generations.

David LaFrance, OSU professor of Latin America History and Modern Mexican History, gave a brief summary of the history of the Cinco de Mayo celebration.

LaFrance said that all Hispanic students should be aware of three important goals: approval of a successful self-defense, creation of strong nationalism and the unity and organization of the society.

The event also showed the significance of internationalism.

OSU President John Byrne gave his opening speech entirely in Spanish. One of the Mexican songs was sung by a Japanese student, Ayumi Suzuki. Garcia's speech was given both in English and Spanish to share his ideas with all of the audience for better understanding of the meaning of Cinco de Mayo.

One of the highlights of the event was a fashion show choreographed by Irma Meza.

The traditional costumes for special occasions were represented with dresses from Monterrey, Veracruz, Jalisco, Mexico, Chiapas and Yucatan. Dresses were unique in style and colors according to the different states of Mexico. All of the dresses were handmade, and the audience was delighted with the beauty and craftsmanship of the garments.

Other highlights were traditional Mexican dances performed by the OSU Ballet Folklorico. Each dance was performed using different movements, costumes and songs. The dances also displayed the differences between various regions of Mexico. The celebration also included a traditional Mexican dinner.

"I want to make this event even bigger," Perfecto said. "I want to expand a broader meaning of diversity in cultures and share different ideas with different people."



DUII 3:25 a.m. May 3. A Buxton Hall resident was cited and released for driving under the influence of intoxicants after being contacted by a bicycle patrol officer in the Crop Science parking lot.

MIP 12:15 a.m. May 4. A bicycle patrol officer contacted a Corvallis man in a group of people near the north steps of the Memorial Union. The man dumped a beer behind some bushes as the officer rode up. When asked about the situation, the suspect became belligerent and uncooperative.

DISTURBANCE 12:30 a.m. May 4. A victim stated that a subject spit on his jacket and wiped ice cream on it while the jacket was left unattended in a room in Kerr Library.

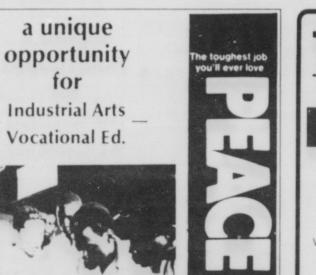
MIP 1:30 a.m. May 4. A resident assistant in Bloss Hall reported a loud party in the hall. A Bloss resident was cited for minor in possession.

FIRE 2:35 a.m. May 4. OSP received a report of a fire at Azalea House. The east porch was scorched, some cardboard boxes burned and some bicycles received minor melting damage. The Corvallis Fire Department responded and estimated the damage at \$500.

ASSAULT IV 3:45 a.m. May 4. A resident assistant on duty in Callahan Hall found a male subject in the fifth floor lounge after hours. When she asked him to leave, he hit her on the right cheek and ran out of the building by the fifth floor fire escape.

CRIMINAL MISCHIEF 9:43 a.m. May 4. A Bloss Hall RA found glue in her door handle and lock.

*Crime prevention tip:* To prevent bicycle theft, register your bicycle with a local police or bicycle registration agency and always lock your bike when it is unattended.



TOMORROW 4:00 p.m. M.U. 105 ANNUAL MEETING Oregon State University Book Stores, Inc. The purpose of the meeting is to receive nominations for two new student directors who will serve a two-year term. Nominations previously made by the Nomination Committee for the office are:





Ne re Located in the East End of the Memorial Union OSU Campus 737 1505 Mon-Fri 8:15-5:15 Sat 10:00-5:00



For you, and the world itself. As a Peace Corps volunteer, you can put your degree to work at a challenging, demanding and unique opportunity. You'll be meeting new people, learning a new language, experiencing a new culture and gaining a whole new outlook. And while you're building your future, you'll help people in developing countries learn a trade and improve their employment opportunities. The financial rewards may not be great, but as a Peace Corps volunteer, your opportunity for growth is certain.

Peace Corps recruiters will soon be on campus. Find out how you can suikily **be/ORMATION TABLE-Stop by and chait with a recruiter**. Ture & West, May 7.8.8.9 AM 3.PM, Memorial Union, Counter 8.

PRESENTATIONS-Returned Peace Corps volunteers tell their story Video Peace Corps Impressions "Tues, May 7, 7 PM, Memorial Union, RM 105

Vide: These Cirps Increasions And May 8, 12:30 HM (PM Memoria Union Rel 20 Search Programs in the Peace Corps' Wed, May 8, 7 PM 8 PM, Memoria Union, Rel 208 MTERVEWS on Camput

Tues & West, May 11 & 22, Garger Planning and Placement Office. For an appointment, call 121 (05)5. For more information, call: Placer Corgs 1400-426 1022 EXT, 678



**Brett Boyles** 

Chris Yahna

Brian Wineland Brandy DuBois

#### ALL BOOK STORE MEMBERS ARE ELIGIBLE TO ATTEND

<sup>5</sup>5.00 gift certificates redeemable at the Book Store will be presented to the first 50 people arriving at the meeting, and a drawing for a <sup>\$</sup>75.00 gift certificate will be held.

he Daily Barometer is published under the authority of the Oregon State University Student ledia Committee on behalt of the Associated Students of Oregon State University.

The Daily Barometer (USPS 411-460) is published Monday through Friday during the academic year, with exceptions of holidays and final exams week, and including Back-to-School issue in September, at MU East, OSU, Corvallis, OR 97331-1617.

Subscriptions are \$36 per year. Second class postage paid at Corvallis, OR 97333. POSTMASTER: Send address changes to Subscriptions, MU East 106 QSU Corvallis, OR 97331-1617 rometer



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The Daily Barometer

## Monday May 6, 1991 - 3

## Wilkins leaves letter as legacy

By BILL AND FLORENCE WILKINS special to the Barometer

We would like to thank our beautiful daughter, Suzanne, for the joys, challenges and love she gave to us during her lifetime. We cherish the memories and treasure the

legacy she left for us. The following letter, written by Suzanne shortly before her death, earned her mother the title of "1990 OSU Mom of the Year." It is but one example of what a wonderful, loving daughter she was.

It is the hope of her family that the Suzanne Wilkins Way will be used by all bicyclists going to and from the crew grounds and golf course. It is our prayer that its existence will prevent any further tragedies.

#### Dear Mom,

I'm sitting here contemplating the future. So many decisions: Will I work this summer or go to school? Will I graduate in December and travel in the winter? Where will I go to graduate school? What about the guy back home? Will I compromise my goals or will I lose my dreams? Can I make it in the "real" world?

I have all of these questions and as I look at them I realize how important you have been in helping me to become the person I am. Remember that little girl who always insisted "me do it, me do it?" Remember my dream to climb Mt. Shasta, to fight forest fires, and to bum around Europe? Re-member how I swore I'd never be a teacher and how many times I changed my major, and my mind?

Well, Mom, I'm almost at a turning point.

#### **INJUSTICE**, from page 1

done through these types of workshops.

"I learned a lot," Mancillas said. "It's amazing what you can learn in a couple of hours from what Daniel Osuna has to say.'

Rigoberto Hernandez, a student involved with the Hispanic Student Union and the Hispanic Cultural Center, was one of eight OSU students who attended a Chicano National Conference where Osuna spoke last May.

Hernandez expressed his concern that he has good way.

Soon I will graduate with a degree in Human Development and then return to get a teaching certificate in Home Economics. I've climbed Mt. Shasta. I've fought fire. And as I look back you always let "me do it." The thing is, you never went away, or gave up, or stopped loving me. That constant in my life was you.

Mom, I've watched you make some changes in your life too. You went from teaching Home Ec. yourself, to starting a business that didn't work. Then you went back to school to get a Special Education credential and now you make a difference everyday in people's lives. You've shown me that goals can change but that there is always another road.

Mom, between you and Dad, I've learned that life isn't always easy, or always fair, but it is always worth it. You've taught me, by example, how to take chances, to stand on my own and to persevere. You've shown me that your love was unconditional.

I remember when your opinion could make or break my day. Having your approval was very important to me and letting you down was something I didn't like to do. I still do not like to let you down, but I've realized that as an individual I will not always do things the way you would. There is a different perspective now. We're friends as well as mother and daughter and I respect you more than you'll ever know.

Henry David Thoreau once said, "If you have built castles in the air, that is where they should be. Now put foundations under them." Mom, you taught me how to build those foundations. Thank you. I love you,

Suzanne

Center, said members of the center decided not found a class at OSU concerning Chicanos there is a need to educate students and the pub- or Mexican Americans. In contrast, many of lic about their heritage. They feel it can be the universities in the Southwest even offer

majors in Mexican-American studies, he said. Hernandez said he was pleased to see juniorhigh students from Woodburn attending the presentations

'These people that came here today from the junior high really want to learn their background and learn to be proud of who they are,' he said. "These kids need to learn about their culture to make them more confident, so they can be successful and contribute to society in a

### Wilkins Way is dedicated By JOHN HENDERER

of the Daily Barometer

Suzanne Wilkins will not pass this way again, but many OSU crew members will pass along Suzanne Wilkins Way as they run or bike to the crew docks.

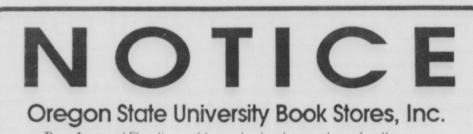
On Saturday, the Corvallis Lions Club formally dedicated Suzanne Wilkins Way, a pathway that runs under the east end of the Highway 34 bridges, linking the crew docks to the Van Buren bridge bike route. Wilkins, an OSU crew member, was killed last spring as she tried to lady and I know that right now as she looks cross the highway from the crew docks on a bi- down on this event she's not only saying 'Thank cycle.

The Lions Club, a long-time friend of the crew teams, played a key role in having the pathway built.

During the ceremony Saturday, Lions Club leaders unveiled a large wood-carved sign which reads, "Suzanne Wilkins Way," and now faces the highway at the path's head. A facsimile of a cast-metal plaque in memory of Wilkins was also displayed; the plaque will be mounted on a large rock near the end of the pathway.

Wilkins put in her journal: "I shall pass this other tragedy from ever happening again." way but once - any good I can do, any kindness I can show, let me do it now, for I shall not pass this way again.

The dedication was attended by Wilkins'



The Annual Election of two student members for the Board of Directors will be held Monday, May 20, 1991 between the hours of 8:15 a.m. and 5:00 p.m., East entrance on the Merchandise Floor of the Oregon State University Book Stores, Inc., Memorial Union Building, Oregon State University, Corvallis, Oregon

Dated April 8, 1991

Mark Sissel, Secretary

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parents, Bill and Florence Wilkins, of Yreka, Calif.; her two brothers Barry and Brad, who are OSU students; a number of yellow-vested Lions Club members; and OSU crew members and friends - in all, a crowd of about 125.

Speaking to the group, Bill Wilkins thanked members of the crew, the Lions Club, the university and the community for "rallying behind" the family.

'It's been a very difficult year for us and we would not have made it without the support of all you people. ... She was an incredible young you,' but she's saying 'All right!

Asked whether the construction of the pathway helped the family through their grief, he said, "(It) was probably the biggest boost that we had during that period of time. Just the knowledge that this was going to eventually be done was really a source of strength for us.

'She was such an active person that having something like this that promotes physical activity as well as safety is just a perfect tribute to her.

Lions Club President W. Thomas Adams said The plaque bears an inscription of a poem the club hoped the path would "prevent an-

Craig Bartlett, vice president of the Lions Club, credited former rowers around the community in key positions with making the project possible.

The Daily Barometer

## Editorial

## Video poker is a bad hand

Making money out of nothing is a the state's track record on promising good thing. Making money out of money to certain areas is laced with nothing and using it for nothing is a lies. Whatever happened to the idea of bad thing, at least for the Legislature. all proceeds from Sports Action being When considering video poker in Ore- put aside to fund schools and intergon, students and athletes should get collegiate athletics? After the money deja vu. Do the words Sports Action poured in, the state rescinded that mean anything?

poker issue up again, despite their 1989 attempt that was slammed by ci- We are being asked/forced by the legties and counties who refused to in- islature to adopt gambling on the stall the machines. They said video premise/lie that the \$54 million will poker would increase crime and pro- be used to relieve state financial mote gambling in a state that outlaws woes. Get real, the only things this it. But now, the Legislature wants to money will relieve are fat bureauforce cities and counties to take the crats and needless social programs machines regardless of their opin- that were rightfully cut in the first ions.

Oregon Lottery Director Jim Davey says over 10,000 machines in Legislature. Keep cutting the fat and some 2,600 locations statewide would reallocate it in the right places. Stop raise \$54 million a year to help offset trying to make Oregon into a sleazy the effects of Ballot Measure 5. But crime haven. (KH)

plan and put it in the state's "general The Legislature has brought the fund." Schools haven't seen any of it.

Who's to say this is any different? place.

Take the message the right way,



## Know what political correctness entails before liking it

Is there no longer room for conservative views on this campus? Is our overconcern for racial insensitivity blocking alleyways of public debate? Are we breeding liberalism and amputating the RIGHT half of students' political minds by pursuing political correctness at OSU and abroad?

#### Ken Hile

From what I've seen this year, the answer is yes to all three. But we are not alone. There is a growing movement at American universities that suppresses right wing, conservative views and favors blatant liberalism. We are being sucked up in the whirlwind of equality, to the point of denouncing both individual thought and differing political beliefs. The space age obviously has us playing the robots.

Professors on some college campus have complained of pressures from within to alter their curriculum to a more leftist thought pattern. More than 130 universities have adopted codes barring free discussion on myriads of topics. OSU just came out with a somewhat milder version, called a harassment policy.

What is scary about political correctness is the snowball effect it brings to humanity. By disallowing free political and social thought now, we are encouraging society to act, look and think alike in the futureworld these political correcters call perfect. That process entails stripping everyone of their individuality, or their culture. In doing this, we seem only to reinforce the minority's status as a victim, and at the same time delineate every unique, humanitarian freedom that citizens of this country, and only this country, enjoy.

could not restrain their free thought did not belong in the academic, hence professional, community. In today's world of racial insensitivity and stereotype bashing, the issue has come to life again. And since more of society is willing to drop racism than before, the effort could be permanent. It's sad that society is being led to think this is the only way to accomplish equality, but it's true

The path toward equality we WERE on was a good one, I thought. Acceptance of minority culture is evident today more than ever. You can't transform bigots overnight, or in ten years or twenty years. But by God it is working, is it not? Why? Because people have decided they WANT to adopt equality, certainly not because they HAVE to. One step toward forcing the issue down bigot throats serves only to swell the problem, not solve it. It's like trying to catch a wild rabbit. Do you run at it, or do you try to make friends with it - then catch it? Anyone who knows how timid and fast rabbits are picked the latter. Bigots are the same way

But now political correctness comes our way again, and by its current definition, we should eliminate everything that is stereotypical of the minority, right now. So let's see here, that means eliminating such socially unacceptable things as: Porky Pig, because he stutters and that is stereotypical of people who stutter; Yosemite Sam, because he stereotypes the stupid pre-Civil War southerner; Tie-dye shirts, because they stereotype drug use; The Lone Ranger, because Tonto is a stereotypical Indian who doesn't experience equality; Cowboy boots, because they stereotype cowboys of old; Benny and Bernice Beaver, be-

and since academia required this higher civility, anyone who stereotype the old newspaper printing press worker; All comedians, because imitations are stereotypical; Political cartoons, because caricatures are stereotypical. You get the point.

Even President George Bush sees what's happening. At a commencement speech at the University of Michigan on Saturday, he said that political correctness, which began as a crusade for civility, has soured into a cause of conflict and even censorship.

'Ironically, on the 200th anniversary of our Bill of Rights, we find free speech under assault throughout the United States, including some college campuses. ... Although the movement (political correctness) arises from the laudable desire to sweep the debris of racism and hatred, it replaces old prejudices with new ones. It declares certain topics off-limits, certain expression offlimits, even certain gestures off-limits." Bad heart or not, Bush is right

Do you actually like the assumptions and implications this theory makes? Should every person wear the same clothes, watch and listen to the same thing, use the same verbiage in all the same contexts and meanings, feel the same way, think the same way and want the same things? Certainly not. But if that's the way the new political correctness generation wants it, then maybe we can arrange sort of a leper colony where these people can reside in their new-found peace, because this land they desire surely isn't the United States. People here can solve racist problems without infringing upon their rights to life, liberty, justice and BEING HUMAN.

Oh, and if you think I'm a racist because of the views I present, then you are being stereotypical, and hence, politically incorrect. Shame on you. Ken Hile is editorial-page editor of the Daily Barometer.

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The roots of political correctness grew in the 1970s, when academic conservatives insisted on acceptance of other viewpoints,

cause do all living beavers support OSU? Besides, their costumes are stereotypical of beavers; Sun visors, because they

## Pageantry degrades women and OSU

lished in the Barometer on May 1 regarding the President's Commission on the Status of Women and our investigation into. campus life and others) the "Miss OSU" pageant. We would like to take this opportunity to clarify some of these points.

#### Op-Ed

First of all, the President's Commission on the Status of Women does not "consist of four members." Rather, we are a group of 29 female and male faculty, staff and student members who report directly to President John Byrne and Provost Graham Spanier regarding issues relevant to the status of women. We investigate issues in the campus community that are a) discriminatory toward women, or b) perpetuate the oppression of

There is some misinformation presented in the op-ed pub- women. We are working on a variety of issues (pay equity, graduate student issues, women studies, staff development,

Just because some of us have not attended the Miss OSU pageant does not mean we are not entitled to an opinion. (A few of the PCOSW members have attended). Some of us don't want to attend because beauty pageants offend us. We view the Miss OSU contest as an event that perpetuates sexist stereotypes of women. The bathing suit part of this event is the worst (but not the only) aspect of this event that we find objectionable. Let me outline some of our reasons.

1) The bathing-suit section implies that a woman needs to be scantily clad to be "seen." Let's face it, young women in bath-

See OP-ED, pg. 5

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## Aerobic exercise is the right way

It won't be long until (even in the Willamette Valley) good weather will be upon us. Nice weather has a way of creating an emergency out of the need to shed excess baggage acquired during the holidays and monsoons.

Whether you need to lose five pounds or 105, your weightloss mission will be most successful and least frustrating if you pursue it with a healthy dose of aerobic exercise

Diet alone may get you into smaller clothing, but your weight loss will be in the form of water and lean tissue, not fat. Weight loss accomplished through diet alone actually makes yoù fatter.

If you've been sedentary for a long time, this may not seem like great news. But there is a good side: you don't have to run eight-minute miles to burn fat.

That's because "aerobic" is actually a relative term and is different from person to person. An exercise intensity that is aerobic for you may be too intense to be aerobic for me. If it's unbearable, it's too intense to be aerobic.

The body burns fat most efficiently at an exercise intensity of between 65 and 75 percent of your maximum heart rate. Your maximum heart rate can be figured by subtracting your age from 220. Take 65 percent and 75 percent of that number to compute your exercise heart range. There is a more complicated formula that is more precise; it takes your resting heart rate into account, but this simplified formula is probably precise enough for most people.

When you exercise within this heart range, you supply sufficient oxygen to burn fat. And as long as you don't exceed the upper limit of the range, the intensity should be comfortable enough that you can exercise for 30 minutes.

If you can't exercise within this range for 30 minutes, start with whatever amount of time you can do and gradually add additional minutes until you achieve 30 minutes per session.

It is critical to understand that exceeding the upper limit of the range is counterproductive. Not only is it too intense for

#### **OP-ED**, from page 4

ing suits on stage during Dad's weekend are perceived as "sex objects." Let's not deny that the exposure of female flesh is the point of the bathing suit contest.

2) Beauty pageants perpetuate the myth that a woman's body is supposed to look a certain way as defined by current fashions, glamour, the media and the "objective" judges of the pageants. Research shows that one of the primary causes of eating disorders is dissatisfaction of one's body shape and size. Continuing the societal message that a woman's shape determines her acceptability serves to damage the lives of vulnerable young women who internalize this message.

3) An institution of higher education supports learning, thinking and the advance of civilization. We cannot simply copy what society does. Arguments that the pageant is "professionally done" miss the point that a beauty pageant in itself is objectionable.

4) Women have made great strides in the last century to be recognized and accepted as human beings with qualities such as

most people to do comfortably, it is actually anaerobic.

When you exercise above this level, you breathe too heavily to oxygenate your blood adequately. Without oxygen, your body burns glucose for fuel instead of fat. Burning glucose instead of fat will maintain that spare tire, and you'll end up hungry and tired after your workout.

True aerobic exercise controls appetite and therefore facilitates your weight-loss goal. If you're famished after exercise, consider the possibility that you worked out too inten-

The best way to insure that you exercise aerobically is to monitor your pulse every five to 10 minutes using the carotid artery in your neck (don't press too hard or you'll slow your pulse and get an inaccurate result). If your form of exercise requires a lot of jumping around, you'll have to stop to take a pulse

Stopping will cause your pulse rate to begin declining immediately, so for the most accurate result, take a six-second pulse and multiply by 10.

Exercise at least four days per week for the best weight loss and fitness results. Six days is even better. Some people exercise seven days per week, but there is wisdom in giving yourself a day of rest - especially if your activity requires your muscles and joints to absorb a great deal of shock (e.g., jogging)

After several weeks of regular aerobic exercise, you may discover that you have to exercise more intensely to get your heart rate into the target zone. This is a sign of improved fitness, but remember that the target zone will remain the same at your current age.

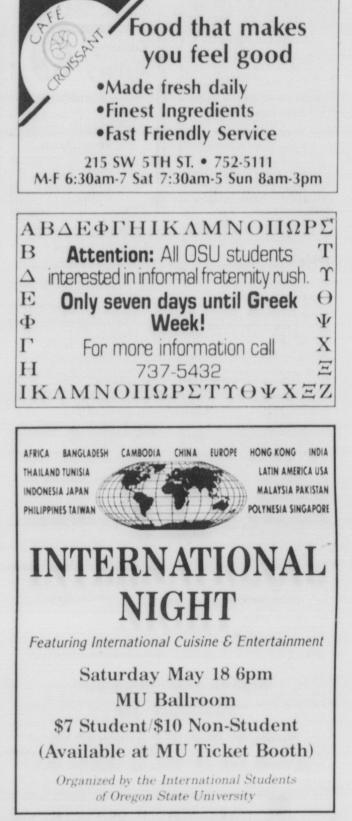
Weight control is only one benefit of regular aerobic exercise. Next week I'll discuss many other benefits that will keep you motivated to continue exercising.

Cheryl Graham is a certified health education specialist at the OSU Student Health Center

5) We object to using the name "Miss OSU," because this implies that the winner represents the ideal woman of OSU. There are many women from different organizations, cultural groups and with different value systems who are in no way represented. The name also implies that OSU condones beauty pageants which is not true for all of the reasons we have outlined

We are not trying to pick on SAE or the greek system. I personally have seen many of the sororities and fraternities raise money for philanthropy in creative and successful ways. I admire this spirit and have often supported these efforts financial ly. However, just because an event raises money doesn't mean it is acceptable. To give an extreme example, if prostitution raises money for a good cause, this does not make prostitution okay

Just for the record, we are as confused as you are about how this issue made it to the front page of the Barometer. We did not contact the Barometer nor initiate any publicity. We have confidence that this issue can continue to be discussed in a mature community to converse.





Monday May 6, 1991 - 5

#### 6 - Monday May 6, 1991

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## **Classifieds**

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Applications for student positions at DIXON RECREATION CENTER for 1991-92 accepted May 6-7. Deadline 5 p.m., May 7th 737-3736

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Supervise two children (10 and 11 years old) for the summer Light housekeeping Must have car and good driving record Non-smoker. References: 35-40 hrs./wk 54.50/br. Call evenings 757-7375

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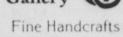
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Oulet, spacious house student environment, 2 blocks from OSU 750-2324, days/754-9126, eves/967-0095 AXΩ Heather Kroening Congratulations for being tapped Key! We're so proud of you! • your sisters Roommates for summer and year, \$190.

## Women's Attairs Task Force thanks the

Personals

tollowing living groups for participatio in Women's Awarenees Woek. Buston Hall, Sacket Hall, Apha Chi Omega, Alpha Delta Pi, Kappa Kappa Gamma, Alpha Xi Delta, Kappa Alpha Theta, Delta Delta Delta, Theta Chi, Pi Kappa Phi, and Lambda Chi Alpha

 $X\Omega$  Sherne Karpen A 12 Sherne Karpen Outstanding job as Fashion Show Retail Coordinator!! You're the greatest and We hope to see more of you. You'r sisters and your Dupies Love You

KAPPA KAPPA GAMMA AIMEE WATKINS congratulations for making Black Squad You'll do an awesome job!

Alcoholics Anonymous, 12:30-1:30, Wo-men's Center. ASOSU Appropriations Budget Commit-tee, 8-10 p.m., MU council room. Circle K International, 8 p.m. MU 210. DECA, 7:30 p.m., MU 212.

OSU Athletic Dept., 3:30, Gill. OSU Mas-

Miscellaneous

#### Meetings

Christian Science Organization, 7 p.m., MU 207.

Crop Science, 5 p.m., Crop Science Bldg.

Fencing Club, 6-8 p.m., McAlexander

OSU Amateur Radio Club, 7:30 p.m. Snell Hall 229. All welcome.

Women's Affairs Task Force, 6 p.m.

Classes Leslie Glassmoire-Community Activist.

#### Miscellaneous

## Quayle may take presidency today By TERENCE HUNT

The Daily Barometer

#### Associated Press

BETHESDA, Md. - President Bush continued to experience an irregular heartbeat Sunday and his spokesman said doctors may administer an electrical shock treatment on Monday that would briefly shift the powers of the presidency to Vice President Dan Quayle.

Marlin Fitzwater said that if Bush did not respond adequately to medication overnight, doctors at Bethesda Naval Hospital could use the shock treatment. He called the procedure routine and said it carried minimal risk.

The shock will "erase the heart's rhythm and let it restart, hopefully with a normal rhythm," said cardiologist Jonathan Halperin of Mt. Sinai Medical Center in New York.

The 66-year-old Bush was evacuated from Camp David after suffering fatigue and shortness of breath while jogging on Saturday. He was diagnosed as having an atrial fibrillation, a fast, irregular heart rhythm.

'We want to assure the American people that the president is in a healthy condition. He has not suffered a heart attack. He has not suffered heart muscle damage," Fitzwater said Sunday evening in a nationally televised briefing.

Trying to curtail any alarm about Bush's condition, the White House projected an air of business as usual. Brent Scowcroft, the president's national security adviser, went to the hospital to brief Bush on global developments. "The world hasn't stopped," Scowcroft told reporters, holding aloft a satchel of briefing papers.

Fitzwater said doctors hoped Bush's heartbeat would return to normal under medication during the night. If not, they will decide early Monday whether to try the shock procedure, known as electrical cardioversion.

Fitzwater described it as "a single application of direct electrical current to the heart -- "one very quick jolt."

He said Bush would have to be under a general anesthesia during the treatment but might be sedated only a few minutes. During that period, Quayle would be acting president under provisions of the 25th Amendment.

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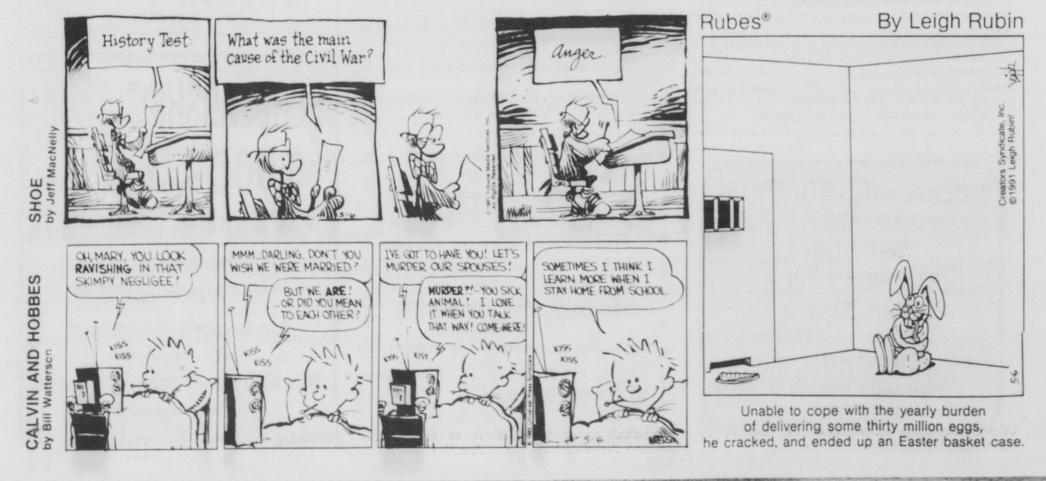
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'The risk is minimal particularly in a patient such as the president who has no demonstrable heart disease," Fitzwater said. "During the short time that the president would be under anesthesia, the vice president would be acting president under the 25th Amendment."

Bush, who turns 67 next month, had his last annual physical checkup March 27 and was proclaimed "in excellent health" by his personal White House physician, Dr. Burton Lee. Lee is supervising a team of physicians treating Bush.



HOW? Apply for the Student Foundation Scholarships GALA, 7 p.m., Women's center. Sundae Where? Student Activities Center cot Tryouts. Speakers DUE TODAY AT 5p.m. OSU Student HP user group, 6:30-8:30 ON THE SAC-SP Desk p.m., Kidder 364.

Intramural Sports, Langton 125. Entries due for the Par 3 golf tournament.

TUESDAY

Central America Project, 5 p.m., His-

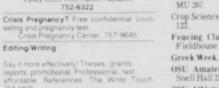
Greek Week, 7:30 p.m., MU Boardroom

OSU Athletic Dept., 3:30 p.m., Gill 132. OSU Mascot Tryout practice.

Women's Center

7 p.m., Westminster House.

Lutheran Campus Ministry, 5:30 p.m. 211 NW 23rd Table Talk



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LAST CHANCE MONDAY Meetings **Can Be Yours!** 

## Calendar

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The Daily Barometer

Monday May 6, 1991 = 7



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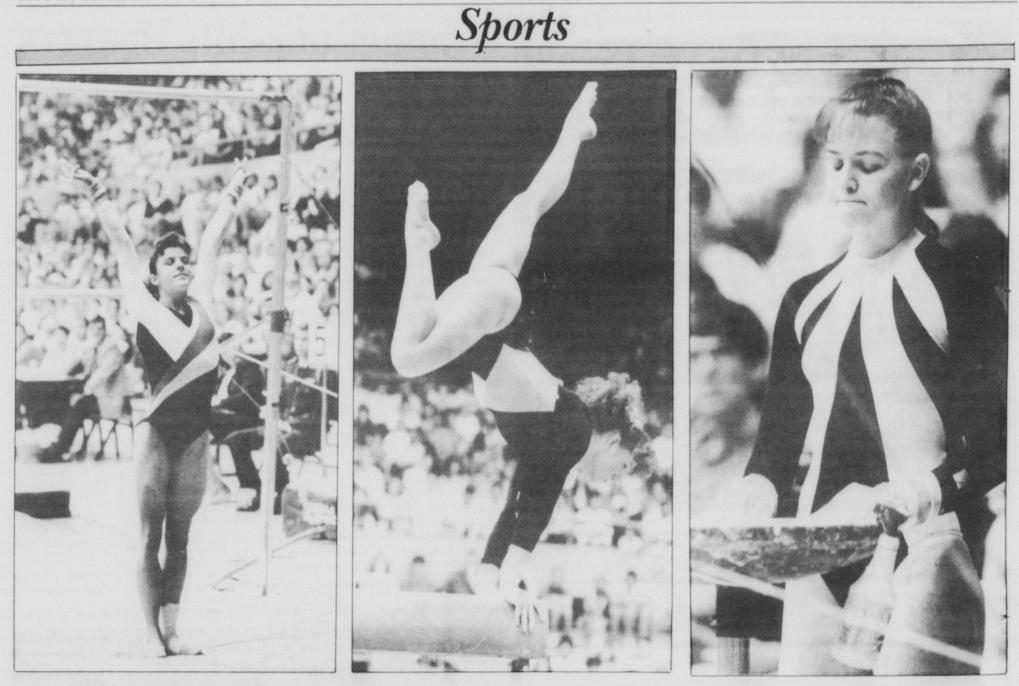
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Chari Knight, left, Joy Selig, middle, and Amy Durham, right, all made the U.S. team for the World University Games. Selig will compete for sure, while Knight and Durham are alternates. A Mom's Weekend crowd of 5,245 turned out to watch the meet.

## Three OSU gymnasts earn trip to World U. Games

#### By DOUG BINDER

of the Daily Barometer

Oregon State will be well represented at the World University Games in Sheffield, England, on July 15-18.

Beaver gymnasts make up half of the U.S. squad Spurred on by a Gill Coliseum crowd of 5,245, senior Joy Selig, freshman Chari Knight and sophomore Amy Durham all finished in the top six at the University Games Team Trials, as the field was pared down from 14.

Selig made the team with a second place finish, while Knight and Durham will travel with the team as first and second alternates. They will only get to compete if one of the first four can't compete for some reason. In addition, OSU head coach Jim Turpin will serve as the delegation leader for the team.

Things went south on the floor exercise mat, as Knight stumbled on two of her tumbling passes. Her score of 8.65 yanked her down to fifth place with 37.875, still good enough for first alternate at the Games in England.

Durham, who was considered a longshot going into the meet, performed steady throughout. She spent most of the meet on the bubble, hovering between fifth and seventh place. The simple fact that she didn't fall was a key to her surprising sixth-place finish

Durham, like Selig, will be experiencing international gymnastics competition for the first time.

fifth before the beam - I wish I'd never heard that. It made it a games in July.

lot tougher.

Following Kenoyer and Selig were Tammy Marshall of Massachusetts-Amherst and Aimee Trepanier, who is bound for Utah next fall.

The World University Games are an 11-sport event featuring teams from 120 countries. They are similar to the Olympics, but on a university level. All participants must be at least 17 years of age and either a current college athlete, or a high school senior enrolled in college.

Selig, Knight and Durham will finally get some rest this week following their five-month-long season. They'll go back into the "I'm excited," Durham said. "When they announced I was gym next week to begin conditioning and preparing for the

The meet was marked by strict judging, and a surprising number of falls by the athletes. In fact, eight of the competitors By BRAD MEYER had to count a score below 9.0. One by one they seemed to eliminate themselves.

Selig, who competed for the last time in Gill Coliseum, received a standing ovation on three separate occasions. Her performance seemed flawless to the untrained eye, but her scores disappointed the crowd. Her scores were booed several times, but they were good enough to earn second place overall. She earned a berth on the U.S. team with a score of 38.45, right behind Kristen Kenoyer of Utah, who was first with 38.475.

'This is icing on the cake for Joy,'' Turpin said. "You couldn't ask for any more. She's ending up her career with her first international competition.'

tion. She started on the vault with a 9.775, the highest score that mitsu played the role of the unlikely hero. Yonemitsu's two-run would be given all night. It also was her highest vault score of the season.

She followed up with a 9.7 on uneven bars and another 9.775 on at one point in the game. balance beam. Knight cruised into the final event with the highest score of the night on vault, bars and beam.

## Beavers beat Portland twice over weekend

#### of the Daily Barometer

Twelve seemed to be the Oregon State baseball team's lucky number this weekend as the Beavers swept two games from Portland over the weekend to move into second place in the Pacific-10 Northern Division.

Friday the Beavers beat the Pilots 12-11 at Coleman Field and they topped that with a 12-8 road victory at Portland on Saturday. The wins move OSU to 9-7 in the division. Just one game separates the Beavers and the 8-8 Pilots.

In the weekend's first contest, OSU staged a two-out ninth in-For Knight, a place on the team never seemed to be in ques- ning rally to overcome an 11-9 deficit, as shortstop John Yonehomer in the ninth tied the game and catcher Paul Sanders's RBI single notched the victory for the Beavers, who trailed 8-1

> Yonemitsu's ninth-inning heroics were followed by singles from Kevin Hooker and Stacey Ayers. Then, Dave Schoppe was

intentionally walked to load the bases for Sanders, who lined a single up the middle to score Hooker.

Yonemitsu paced OSU with three hits and four RBIs, while Schoppe and David Anderson each had three hits. Schoppe had two RBIs while Anderson scored twice for the Beavers. Freshman lefthander Scott Christman came in to hold Portland to just one run in five innings after the Pilots shelled starter Jeff Post and reliever Jason Carroll for seven runs in the first three innings

Sanders was also a key factor in Saturday's contest as the senior catcher went 3-4 with three RBIs and three runs scored. One of these hits came in the midst of the six-run burst that put the Beavers on top for good in the top of the fourth inning. Eight OSU batters reached base in the inning, and six scored, to give the Beavers a 12-5 edge.

OSU will have its next league contest Friday as the Beavers host Washington in a doubleheader at Coleman Field. OSU will wrap up league play on Saturday when Portland State will visit Corvallis in the Beavers' home finale. Meanwhile, OSU will host the Canadian Institute for games on Tuesday and Wednesday.

#### The Daily Barometer



## **Granger one-hits Beavers**

#### By SCOTT OLSON

#### of the Daily Barometer

The Oregon State softball team collected only three hits and never scored a run Friday as the No. 3-ranked California Bears clobbered them, 7-0 and 4-0.

Sunday in Eugene, OSU dropped two more to the Ducks, 10-0 and 4-0. OSU's overall record is now 9-41, and 0-18 in Pacific-10 Conference play.

Cal's All-American pitcher Michelle Granger struck out 17 Beavers in the opener, and allowed only one hit. Granger was the NCAA strikeout champion last year.

'She's just an excellent pitcher, that's all there is to it," said OSU head coach Vickie Dugan. "We didn't get many hits, but not many people hit Granger.

Christy Stippey was the only OSU batter to record a hit off Granger. It came as single to right field in the first inning.

Granger recovered quickly though, and header beginning at 1 p.m.

struck out the next nine batters before getting Andrea Talcott to ground out to second base in the sixth inning.

Cheryl Reeder, 6-18, pitched well for OSU until giving up a solo home run in the fourth inning. Cal also got hot at the plate in the sixth inning when they used five hits and a Beaver error to score five more runs.

Beth Howard, 3-18, started the second game for the Beavers but was quickly relieved after giving up two runs in the first inning. Reeder .e back in the second inning of the second

ae and pitched well until running into trou-: in the fourth inning, when she gave up two nore runs

OSU didn't have a hit in the second game unil Andrea Harris hit a single in the third inning. Stippey got another single in the fifth inning for the only other Beaver hit.

'We didn't get a lot of hits, but I felt we had some good swings today," Dugan said.

The Beavs will try to turn it around today at Ropes Field as they host Oregon in a double-

## Arizona wins Pac-10 golf title

#### **Associated Press**

STANFORD, Calif. - Manny Zerman of Ariover Washington's O.D. Vincent, and led the Arizona Wildcats to the team title Sunday at

after three sub-par rounds, gave the 21-yearold from South Africa a 72-hole total of 278. Vincent finished at 279 after a 73, and Christian Pena of Arizona was third.

Team scores were: Arizona, 1430; Arizona

