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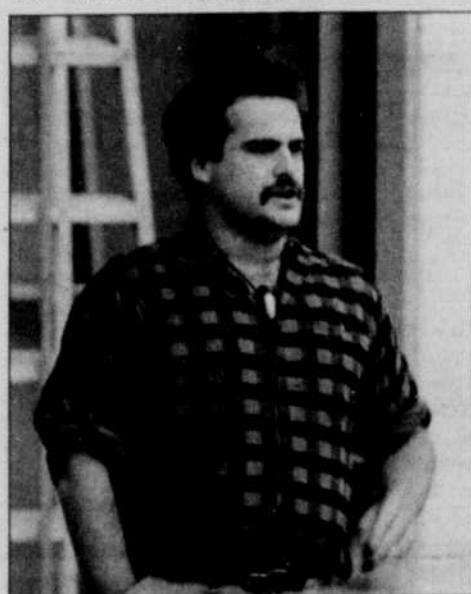
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Grad student plans to seek House seat for District 38

By Ingrid Petersen
Emerald Reporter

State Rep. Cedric Hayden, R-Fall Creek, has not sufficiently dealt with the environmental issues of House District 38, said Kevin-Paul Craig Vang, a second-year University Law School student who is seeking the Democratic nomination for the district.



Kevin-Paul Craig Vang

"My opponent, who is a dentist, has very little environmental background, and most of the problems in the district

are environmentally based," said Vang, who claims his environmental education and experiences are some of the strongest assets he can offer the district.

Vang, who received his master's and bachelor's degrees in geology, has lived in Fall Creek since 1985.

Many families who have lived in rural areas of District 38 for several generations are at odds with the logging industry because companies have come in and disrupted their homes and the surrounding scenery, Vang said. District 38 has within its boundaries portions of Clackamas, Lane, Linn and Marion counties and includes the Mount Jefferson, Mount Washington and Three Sisters wilderness areas.

If elected, however, Vang hopes to improve grassroots communication within his district through town meetings where his constituents can voice their concerns and attempt to resolve such problems.

In addition, Vang hopes to use these meetings to educate his constituents on federal and state legislation that will have an impact on the district's environment.

Education is also a top priority with Vang. "I have a strong educational background. I stand behind traditional educational ideals. Geography, foreign languages and the sciences need more focus."

Vang said he would also like to see dogsled, snowshoe and cross-country ski

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Recent attack points out danger

Pizza drivers face hazards

By Cami Swanson
Emerald Reporter

Delivering pizza can be an interesting way to meet a variety of people, but it is not without its risks. A recent attack on a pizza delivery driver points out the hazards of the occupation.

An 18-year-old pizza delivery driver recently was dropping off an order on East Onyx Street at about 10 p.m. when he was surrounded by five or six teenagers. Wearing ski masks to hide their faces, the teenagers demanded that he give them his money and the pizza.

After the driver emptied his pockets of the \$75 he was carrying, one of the teenagers struck him on the back with a pipe. They then grabbed the pizza and ran.

Fortunately, the driver was not injured.

One cause of the mugging, the store's manager said, was that the store didn't call the phone number given when the pizza was ordered to see if it was legitimate, their usual policy with unfamiliar customers.

They also require drivers not to carry over \$30 in cash when they leave for a delivery, which was overlooked in this case.

However, such attacks are unusual, according to area pizza managers.

"We haven't had that happen here," said Dan McRill, a manager of The Pizza Answer, 1432 Orchard St.

"There have been stories of guys standing there in the dark...saying, 'What would you do if you were robbed.' But that's all," he said.

J. Shoop, a manager of Domino's Pizza at 1856 E. 13th Ave., agreed that such attacks were out of the ordinary.

"I've been here for over a year, and we haven't had (any muggings)," he said. However, they have had some pizzas stolen from an unattended delivery car.

Even the drivers themselves say that they don't really think of themselves as being at risk when they go out alone on a delivery.

"The only thing I've ever had happen...I was walking out the store and I didn't even get to my car and (two people) stole my pizza," said Ed Cramer, who works at Domino's Pizza on West 18th Avenue.

Cramer said he went back inside the store to report the theft to his manager, who called the police. The two people responsible were caught, but without the pizza.

"We got the bag back," Cramer said.

Despite the infrequency of threats and attacks, female delivery drivers are hard to recruit.

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Increase in demands and loss of friends lead to depression

Professionals dispute notion that depressed people live in gloomy world of illusions.

By Janean Chun
Emerald Contributor

Freshman year. For different people, the words evoke different memories of "first time" experiences. Self-reliance. Bills to pay. Mass-produced food three times a day. Class sizes of three hundred plus.

Some freshmen thrive on the changes introduced by college life. Others feel suffocated, and this is when the possibility of clinical depression creeps in.

"People are susceptible to physical and mental health problems at key points in their lives when there is much change. Even if the change is positive, adjusting to the increase of demands placed on them by the situation might lead to depression or other problems," says Dr. Greg Clarke, an assistant professor of child psychiatry at the Oregon Health Sciences University in Portland. Clarke obtained his doctorate in clinical psychology from the University.

Clarke disputes the myth that depressed people live in a gloomy world of illusions. Rather, he says, "Normal" people often look at things too optimistically and overestimate how good a job they're doing in life. Depressed people look at the world accurately, too realistically. They're more likely to examine themselves critically. And their first year in college, in providing more opportunity for them to do so, may contribute to a greater than normal risk for depression."

In 1984, Dr. Peter Lewinsohn, a University psychology professor and Oregon Research Institute staff member, conducted a "self report depression inventory" at the University dorms. Participating students answered a series of yes-or-no questions devised to measure risk for depression.

Lewinsohn found that freshmen scored significantly higher on the test than the normative mean set by adult populations. In other words, the freshmen displayed a greater-than-average chance of becoming

depressed.

Speculations as to why freshmen might be more at risk for depression are numerous.

"The grading is tougher in college, and college students get more frequent feedback on how they're doing and on themselves. This was easier for them to overlook in high school, where the grading was maybe not as hard or not taken as seriously. And they, as seniors, were big fish in a little pond. Now the opposite is true: they're little fish in a big pond," Clarke says.

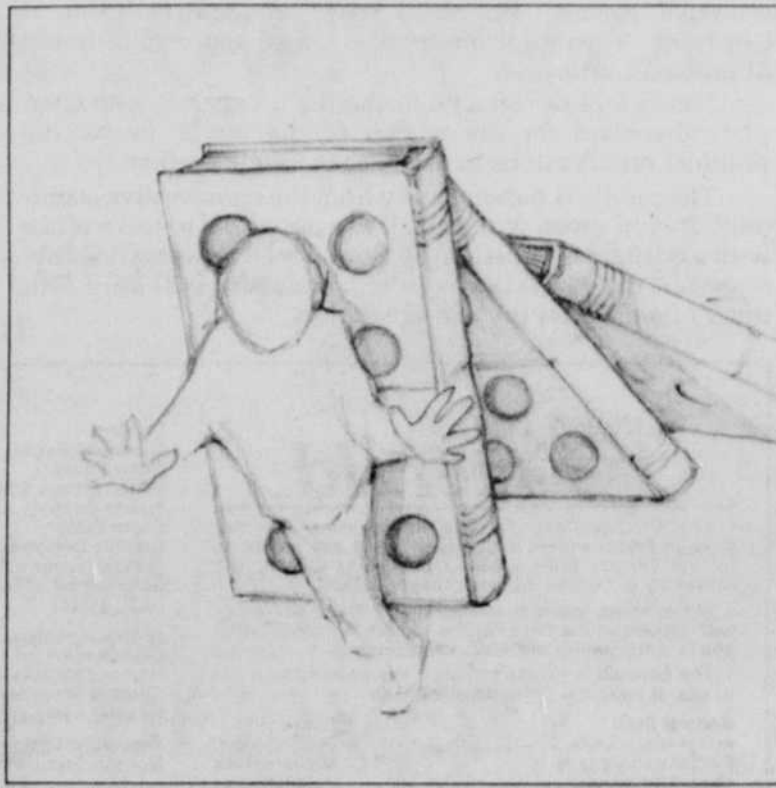
Many freshmen also must deal with what Clarke calls "loss events."

"People become disconnected and lose contact with people who are important to them. Their social support — family, high school and neighborhood friends — are left behind," he says.

Considering the theory of "loss events" in conjunction with other factors, some psychologists believe that freshmen from foreign countries or minority groups may face an even higher possibility of becoming depressed.

"Studies suggest that if you are a member of a minority group, and you are in a situation where there are very few people of your group around, then that becomes especially difficult. So I'm not sure that (depression is) more of a problem for minority students, but it becomes a problem to the extent that there aren't that many people who have the same kind of background," Lewinsohn says.

Dr. Andrew Thompson of the University Counseling Center adds that a minority student who "doesn't get along with the other students of that same minority, and who doesn't establish contacts with people in the more dominant culture" is more apt to be susceptible to



Graphic by Lorraine Rath

mental disorders.

Yet Thompson says that while freshmen as a whole do have more changes to adjust to in a relatively short period of time, "they anticipate that, and if you anticipate something, you don't internalize the disruption so much. The people who have a problem with the disruption can't accept it as being due to an environmental change, but they see it as being something wrong with themselves."

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