"I have a dream...

At the forefront of the nonviolent civil rights movement was Martin Luther King Jr., heading his battle with dedication and determination, commitment and courage, justice and equality, and inspiring many to follow. The following is an excerpt from his speech, delivered Aug. 28, 1963, in Washington, D.C.:

"... I say to you today, my friends, so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American

I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident; that all men are created equal.'

I have a dream that one day, on the red hills of Georgia, sons of former slaves and the sons of former slaveowners will be able to sit down together at the table of brotherhood.

I have a dream that one day even the state of Mississippi, a state sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice.

I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character ...

I have a dream that one day 'every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plains, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together.'

This is our hope. This is the faith that I go back to the South with. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith we will be able to work together, to stand up for freedom together, knowing that we will be free one

And this will be the day. This will be the day when all of God's children will be able to sing with new meaning 'My country 'tis of thee, sweet land of liberty, of thee I sing. Land where my father died, land of the pilgrim's pride, from every mountainside, let freedom ring.

And if America is to be a great nation this must become true. So let freedom ring from the prodigious hilltops of New Hampshire. Let freedom ring from the mighty mountains of New York. Let freedom ring from the heightening Alleghenies of Pennsylvania!

Let freedom ring from the snowcapped Rockies of Colorado! Let freedom ring from the curvaceous slopes of California! But not only that; let freedom ring from the Stone Mountain of Georgia! Let freedom ring from Lookout Mountain of Tennessee.

Let freedom ring from every hill and molehill of Mississippi. From every mountainside, let freedom ring.

And when this happens, and when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of that old Negro spiritual, 'Free at last! Free at last! Thank God almighty, we are free at last!'"

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COMMENTARY

Sex and the search for truth

By Kevin Hornbuckle

ollege is a time when people in their late teens and twenties try out all sorts of things. From clothing styles, philosophies, sex partners, political ideas and peer groups, variety spices the lives of many who are eager to set a course different than their parents'. Some people get burned by spicing things too much, but most negotiate this stage of development with their physical and emo-tional health better for the effort. Indeed, personal social experimentation can be fun and decent - if you observe some basic principles while in pursuit of change

Moreover, basic principles such as honesty and compassion can deliver a qualitative advancement beyond "fun" and friends, which are the usual sorts of payoffs moral lecturers dangle forth. Take love, for instance. Many young people don't know why they want it or even how it feels. Cultural (consumerist) tradition has it that you experience a few different (heterosexual) love relationships before settling into one that will produce children and a long. happy life. Romantically speaking, this is an ideal that is very much worth thinking through aloud with prospective partners. However, avoid being formalistic in checking out someone's values. Remembering that behavior speaks louder than words in presenting a "real life" view of what potential friends stand for.

By communicating more or less openly with prospective love mates, you can give the impression that your feelings matter, and so do those of the person you're attracted to. For example, a man who wants to start things out on the right foot with a woman should be direct. Try saying "I'm attracted to you" or "You interest me?" "I like you" is so simple it can strike a waiting chord in a woman who feels the same. And maybe even in one who doesn't. Women should be as direct. Assertiveness like this is very attractive to men who reject sexist stereotypes of waiting women. Don't let embarrassment stop you from being strategically honest.

Similar honesty can make a possible sexual relationship ripe for growth, learning and fun. Suppose you're attracted to a person but aren't interested in a girlfriend-boyfriend type relationship. Are you willing to speak up or will you leave yourself to ruminate for a long time about a lost opportunity? Tell her or him. "I like you as a friend, but I am not interested in a relationship," or "I want to be intimate with you. Maybe make love. How do you feel?" This communicates courage and sensitivity, qualities that make for decency and passion in bed as well as out.

Don't be discouraged if you don't get the answer you want. Knowing the bounds of a relationship are necessary for enjoying it for what it is worth to you. Don't be discouraged either if you don't think you can bring yourself to be direct. If you're inhibited by the risk of embarrassment, just practice! These aren't pick-up lines but rather sincere expressions. People are generally unable to talk like this because they hold nutty beliefs and follow traditions consumerist society imposes on imperfect humanity. After some mistakes and awkward moments, eventually you'll get in touch with your feelings and integrity will become your guide.

By being in touch with your own feelings and thoughts, you'll develop compassion for other people and their experiences. Clearly, deepening your humanity has consequences far beyond love relationships. Honesty and decency have a way of

generalizing to social values and political commitments, which give meaning to lives other than your own.

Such meaning works dialectically, increasing your attraction to struggle and therefore your attractiveness to others who admire principled commitment to something enduring and universal - most importantly,

This also applies to your collective experience with a love mate. Neither can be the other's project. Rather, shared principles and the struggle to uphold them is the substance of relating, the warmest kind to be sure. Two examples: a man observes a classmate speak up in class, asking questions that demonstrate her interest in the subject and a remarkable lack of fear to reveal her ignorance of some aspect. He admires her commitment to learning

Another example of love developing through shared struggle is the mother who watches her child's father console their son, who is very upset about getting mistreated by neighborhood kids. She remembers her father advising his children to settle such disputes with fists. Her partner's love and acceptance of their child and his feelings give her hope that their boy will learn how to make reasonable judgments about the type of friends he chooses and, in any event, that he believes he can turn to his father for support and kindness.

Creating meaningful interpersonal possibilities requires being sensitive and responsive to the basic philosophical struggles all humans share - first among them being the struggle for truth.

Kevin Hornbuckle is a mental health counselor at the Clinic for Rational Behavior Change in Eugene. He also sits on the Eugene City Council.