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Spring increases allergy problems

Ben Moebius
Oregon Daily Emerald

Most people think of spring as longer days, warmer weather, swimming and lazy outdoor barbecues. Ill-fated hay fever victims also think of spring as runny noses, sneezing and itchy, red, watery eyes.

According to Sharon Harbert, a nurse at the Student Health Center, allergy sufferers can fight the pollen onslaught in a few ways.

First, wear pollen masks. "I know they are not popular," said Harbert, "but if you have bad allergies they really can filter out a lot of the dust and pollen."

Second, sufferers should wear sunglasses. "This puts a physical barrier between you and the pollen and less blows into your eyes," she said. "Also, if you normally wear contacts try to wear glasses instead for a while."

Third, shower and shampoo hair at night. "This gets those pollens off your hair and skin so you don't go to bed and roll around in them," Harbert said.

Fourth, wash bed linens often, especially pillow cases. Fifth, damp-dust your room. According to Harbert, pollen can build up in your home and cause problems for allergy sufferers. "If you take a wet cloth and wipe around the

room, it can make a big difference," she said.

Students should also try to keep windows closed in the home, limit outdoor activity on windy, dry days and avoid lying in the grass.

If these preventative measures do not work, some good over-the-counter medications are available, Harbert said.

The health center also offers a nurse-run allergy clinic where students, who do not have serious allergy symptoms, can ask for advice. Harbert said the most serious sufferers can arrange an appointment with an allergist, who stops by the center three times a week.

Immunotherapy is also an option, but Harbert said it is time-consuming and somewhat expensive. "It requires skin tests, which usually take two hours," she said.

The tests are taken to discover exactly to which allergens a person has a reaction. Then the patient receives a series of injections composed of a mixture of those allergens. This allows the body to build up protective antibodies.

Hay fever is clinically known as allergic rhinitis. According to a paper published by Doctors Richard and Virginia Buck, it is a common illness, which affects an estimated 20 to 40 million Amer-

ALLERGIES

A five step look at what happens when you encounter allergen particles you're allergic to:

- 1 Allergens from trees, grasses, spores, flowers, etc. encounter bodily plasma cells.
 - 2 Antibodies are produced by the body to counter the allergens.
 - 3 Antibodies stick to the surface of the cells and the basophils.
 - 4 Allergens enter again and bind with the antibodies.
 - 5 Histamines and other mediators are released by the body's cells.
- Reactions to Histamine include: sneezing, itching, watery eyes, inflamed or irritated throat, runny nose, nasal congestion and loss of smell.

EMERALD

icans.

Harbert said more than 1,000 people visit the health center every year for treatment of allergy symptoms. "There are a lot more people out there who do not see us," she said.

OSPIRG subject of debate at fee committee meeting

Patrick Minford
Oregon Daily Emerald

The first confrontation between the Oregon Student Public Interest Research Group and an organization that is trying to get OSPIRG's goal statement rejected took place Tuesday night before the ASUO Programs Finance Committee.

"OSPIRG is primarily an off campus organization," Students for Legal Government President Friederich von Carp said. "We want this committee to reject OSPIRG's goal statement and send it to the [Student] Senate."

Nearly 20 OSPIRG members came to the hearing to present their side of the issue.

"The agenda of OSPIRG is set specifically and entirely by the students who choose to be involved in it," said Michael Talbott, leader of the group's hunger and homelessness campaign.

OSPIRG University Chapter Chair Katy Anthes was frustrated that her group was not notified that von Carp was going to speak.

"We're very concerned that this surprise meeting came up and glad that we could present the other side," Anthes said.

Students for Legal Government, which is not recognized by the ASUO, has interpreted the 1985 Oregon Attorney General's opinion concerning the use of student fees to support its movement. A senior English major, and former employee of both the Emerald and Oregon Commentator, von Carp claims that the Attorney General's opinion proves OSPIRG is illegal.

WHERE YOUR MONEY GOES

The 7-member ASUO Programs Finance Committee, which includes three student senators, will recommend how incidental fees are allocated to student groups next year.

ORGANIZATION	AMOUNT	PERCENT CHANGE FROM LAST YEAR
Legal Services	\$80,687	+ 8.8%
Lesbian, Gay, Bisexual Alliance	8,667	+ 2.3%
M.E.C.h.A	14,180	0%
University Crisis Center	15,831	+ 1.7%
Native American Student Union	14,272	- 1.6%
Office of Student Advocacy	68,685	+ 7.3%
Money given this week:	\$202,322	
Money given to date:	1,028,954	

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However, many students defended OSPIRG's legality.

"OSPIRG has been deemed legal a number of times," Anthes said. "OSPIRG does not lobby. We are not partisan."

OSPIRG's budget hearing will be Mar. 2, and both sides expect a large turn-out and a spirited debate. The group currently receives \$137,775 in student incidental fees.

Before the two groups voiced their concerns, the finance committee heard budget requests from the Native American Student Union and the Office of Student Advocacy.

NASU, which requested a 5.8 percent budget increase, received a budget reduction. The committee gave NASU \$14,272, a 1.6 percent decrease. The entire committee, except Lyons, voted to approve the reduced budget.

NASU wanted a budget increase to help support the growing number of Native-American students at the University.

"We've added a lot of new people this year," NASU Co-Director Mitch Wilkinson told the committee.

The Office of Student Advocacy, a professional legal services for University students involved in adverse relationships with the school, got a 7.3 percent budget increase. The new \$68,685 budget was approved unanimously by the committee.

Students for Choice, which recently had its revised goal statement approved by the student senate, was scheduled to have its budget hearing Tuesday. However, a last minute motion made by Student Senator Martin Fisher has delayed the group's budget request.

Arguments for and against Fisher's motion to prevent Students for Choice from receiving incidental fees will be heard by the ASUO Constitutional Court on Mar. 7. If Fisher's motion is granted, Student's for Choice may not get funding from student fees.

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PANEL DISCUSSION
**Choice and Women's
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Sally Sheklow, of Feminist Women's Health Center; Rose Hope, of Catholics for a Free Choice; Kate Barry, Director of the Women's Program at LCC; and the audience will discuss this timely topic.

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