

Get ready for flu season

PORTLAND, Ore. (AP)— The bone-numbing chills, the achy muscles, the nausea and exasperating cough. They're back — almost.

The influenza season is just around the corner and health officials say the time to get vaccinated is at hand.

Oregon and the rest of the United States are due for a mild to moderate flu season, said Fred Hoesly, epidemiologist for the state Health Division.

But with three different strains of the virus expected to make an appearance, Oregonians may want to take an ounce of prevention.

The best time to get a vaccination is October or by mid-November, since it takes up to four weeks for the immunization to become effective.

"Historically, influenza activity in Oregon usually begins about mid-December and proceeds through about March ... with the peak activity in late

January and early February," Hoesly said.

Immunization injections can be received at private doctors' offices, health clinics and some county health departments. Some supermarkets offer special days when a health care worker is available in the store.

There are three influenza viruses: types A, B, and C. Of these, types A and B cause epidemics, with type A being more severe in terms of illness and associated deaths, according to the state Health Division.

The virus can cause pneumonia or so weaken a person that other viruses or bacteria may cause pneumonia or other complications.

Together, pneumonia and influenza are ranked as the sixth leading cause of death in the U.S. and Oregon. Among people 65 years of age or older, they are the fifth leading cause of death.

In 1994, 862 Oregonians died of pneumonia and influenza.

• The Newport Microbrewery and Arts Festival will be held Oct. 6-8 at the Newport Marina Exhibition Hall in South Beach.

The three-day event showcases Northwest brewers, artisans and food vendors and provides live entertainment. Proceeds from the festival benefit Lincoln County Food Share, a non-profit organization assisting those in need.

Festival hours are Friday from 2 to 10 p.m., Saturday from 11 a.m. to 10 p.m., and Sunday from 11 a.m. to 4 p.m. Admission is \$6 per person or \$5 with a donation of two cans of food. Children younger than 12 are admitted free when accompanied by an adult. Parking in the marina parking lot is \$2 per vehicle. Advance tickets and three-day passes are available for purchase at the Lincoln County Food Share offices, the Greater Newport Chamber of Commerce or at any Bank of Newport branch in Lincoln County.

COMMUNITY CALENDAR

• The Friends of the Eugene Public Library will have another Used Magazine Sale on Saturday, Oct. 7, from 10 a.m. to 5 p.m. and on Sunday, Oct. 8, from 10 a.m. to 4 p.m. in the upstairs lecture room of the Eugene Public Library at 100 W. 13th Ave. Used magazines will be 25 cents or five for \$1. "Collectors Corner" items are 50 cents or more. All proceeds from the sale will be used to update and expand the Library's materials and services.

• Understanding, Accepting and Building. People with Multiple Sclerosis (MS), their families and friends are invited to the 17th Annual Symposium, Saturday, Oct. 7. It is sponsored by the National Multiple Sclerosis Society's Oregon Chapter. The conference will run from 9 a.m. to 3

p.m. at the Holiday Inn in Wilsonville. The cost is \$15 per person for the conference and lunch. For more information call the Oregon Chapter of the National Multiple Sclerosis Society at 1-800-422-3042 or (503) 223-9511.

• Citizens interested in serving on the Lane County Intergovernmental Housing Policy Board may pick up an application at the Board of Commissioners' Office, located on the plaza level of the Public Service Building at 125 E. 8th Ave. or at the Housing Authority and Community Services Agency at 177 Day Island Rd., Eugene. To get additional information or to request an application, please call Jim McCoy at 687-3755.

The Intergovernmental Housing Policy Board acts as a forum for public input into the community issues of homelessness and affordable housing. Applications must be submitted to the Board of Commissioners' Office by 5 p.m. on Oct. 27.

Kaplan offers free advice on applying to schools

By Mara Stine
Higher Education Reporter

Students who are interested in applying to graduate schools but are worried about the process will have a free seminar available to them this weekend.

Kaplan Educational Center is sponsoring a free, informational seminar on Sunday, Oct. 8, to help students organize the process of applying to graduate schools.

"It is important for students to be able to market themselves effectively and to distinguish themselves from the other students applying for the school," said Dave Favreault, manager of Kaplan Educational Center.

Information such as when and how to get advisor recommendations, when and how to prepare for standardized tests and how to turn in applications will be presented, Favreault said.

The seminar is designed to help students organize the steps taken to get into a graduate school, said Heather Stillha, assistant manager of Kaplan Educational Center.

"Most students don't quite grasp how important and complicated applying to grad school is, and this seminar gives them all the information they need," she said.

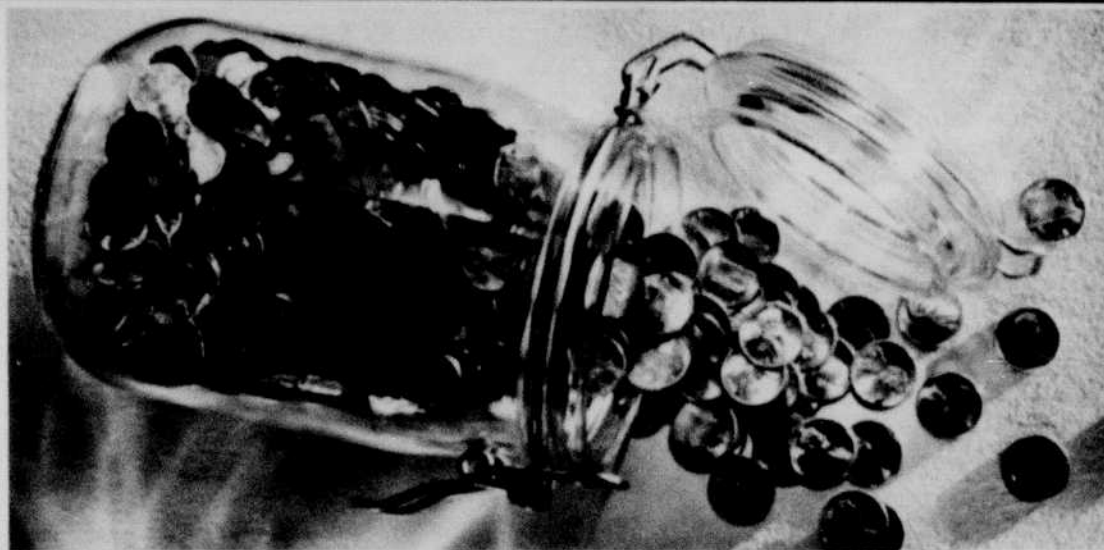
Favreault said the seminar will help people get organized and may help students get into competitive programs.

"The better prepared you are for the admissions process the higher your chances of getting admitted into competitive programs and even getting scholarships," he said.

The seminar, which will be held in 107 Gilbert Hall, is divided into four sessions: law at 10 a.m., general studies at noon, business at 2 p.m. and medicine at 4 p.m.

To reserve a space at the seminar, call 1-800-KAP-TEST. Walk-ins are welcome but attendees should arrive 15 minutes early to sign up, Favreault said.

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