

Spring time is allergy time for many students

■ **FLOWERS:** Eugene has one of the highest pollen counts in the nation, and many people suffer for it

By Amy Palanuk
Higher Education Reporter

As the breeze brushes by and the sun beams down, the scents of spring glide through the air almost like a frisbee over 13th Avenue. It's innate. People know. It's Frisbee time.

But that's when the trouble starts.

Fresh whiffs of pollen hit the nose of allergy sufferers and the sneezing and wheezing begins. The once beautiful Frisbee weather becomes a season of Kleenex and sniffles, and people are reminded that they live in one of the most pollen-infested regions of the world.

But relief is only a phone call

away. The Student Health Center provides assistance and guidance for those plagued with runny noses and itchy eyes.

On a daily basis, nurses at the clinic see students suffering from the sneeze-infested season. They provide insight and guidance on how to avoid the worst allergic reactions.

The best advice? Stay inside when the pollen flies. Experts say avoiding the pollen-laden air is the best way to keep the irritating reactions away.

The highest pollen levels right now are from the blossoming trees and fresh-cut grass. But the next few months hold even more pollen possibilities in the sprouting buds.

When the worst pollen counts hit the Willamette Valley late spring term, the health center holds clinics for allergy sufferers.

SEASONAL ALLERGIES

SYMPTOMS

- Sneezing
- Watery/itchy eyes
- Cold symptoms that won't go away
- Skin rashes
- Some types of asthma
- Headaches
- Persistent cough
- Vomiting
- Recurring ear infections

PREVENTION

- Wear sunglasses or eye glasses, it provides a barrier to pollen in the air
- Shower at night to remove pollen collected from throughout the day
- Wash bed linens regularly
- Don't use a feather duster, damp dust with a wet cloth
- Don't let your pets sleep with you, they can carry high counts of pollen in their fur
- Limit outdoor activity on windy, dry days
- Avoid lying in the grass

Students meet with a nurse practitioner and 19 other students to discuss symptoms and ways to avoid hay fever. After a half-hour discussion about allergies, the students are then given needed prescriptions.

Gerald Fleischli, health center director, finds these large meetings better than a ten minute appointment where a student would only receive six minutes of education.

"It increases volume and im-

proves the quality," Fleischli said.

For students new to the area, sometimes unfamiliar symptoms will occur in the spring. Many times these are the first signs of hay fever striking. Most will notice itchy eyes, irritated skin and a constant runny nose.

Over-the-counter antihistamines are sometimes adequate for relief, but these can cause drowsy side-effects, Sharon Harbert, health center registered nurse, said. Eye drops and inhalers can also provide relief, but for the most effective kinds, it's best to get a prescription.

Harbert encourages students to talk to pharmacists in the health center to get the best advice for hay fever relief, or to make an appointment with a nurse or allergist on staff. The number for the student health center is 346-2770.

Range director for Pacific Northwest's largest forest retires

■ **TIMBER:** Bob Richmond faced tough decisions on logging and conservation of the 2.3 million-acre forest

The Associated Press

BAKER CITY — U.S. Forest Service trucks are still green.

But that's about the only thing that hasn't changed since Bob Richmond joined the agency as a range conservationist in 1961 in North Dakota.

Richmond was an oddity when he joined the Forest Service as a range conservationist; of the 71 new employees in the agency's Northern Region that year, he was the only one who wasn't either a forester who prepared timber sales or an engineer who designed the logging roads.

Today the Forest Service employs hundreds of wildlife biologists, geologists, archaeologists and other specialists whose chief duty isn't to sell timber but to predict how logging, grazing and other activities will affect forests and the animals that live

in them.

Richmond, 59, retired last week, 36 years after beginning that first job in North Dakota, and a decade after moving to Baker City to supervise the largest national forest in the Pacific Northwest: the 2.3-million-acre Wallowa-Whitman.

Like most career Forest Service employees, Richmond rarely had time to become accustomed to a job before he had a new one.

In his first 27 years with the agency, he moved nine times. In 1980 he moved to Portland, where he became director of range management for the Forest Service's Pacific Northwest region.

During his tenure in Portland, Richmond visited the Wallowa-Whitman several times and in the process "fell in love with North-east Oregon."

Richmond said the region reminded him of his native Wyoming, where he grew up on a ranch about 20 miles from Cody. But when he left Portland in 1984, his destination was not the rural West, but the urban East Coast and a job at Forest Service head-

quarters in Washington, D.C.

Richmond worked there for three years. It didn't take him that long to decide he wasn't interested in "climbing the ladder" to a higher job.

"I was less than taken with the interagency politics," Richmond said. "I wanted to get back to the field."

He started work in Baker City on Sept. 14, 1987.

On that September day, the Wallowa-Whitman was two weeks from the end of its 1987 fiscal year, during which the forest offered for sale 205 million board-feet of timber. The majority — 141 million feet — consisted of live trees.

Much of that volume was in the form of old growth ponderosa pines, the staple of Eastern Oregon's timber industry since the 19th century.

The statistics for that year were typical, but even before Richmond arrived in Baker City there were signs of change, particularly in the amount of ponderosa pine the forest would sell.

Wallowa-Whitman officials were work-

ing on a plan that would guide activity on the forest for the next 10 to 15 years, including the amount of logging the Forest Service would allow. That proved to be a contentious issue, one that would complicate Richmond's entire tenure.

"When I got here, the debate had started about the forest plan," Richmond said. "The timber industry felt the [logging] projects were too low."

Environmentalists began to appeal most timber sales on the Wallowa-Whitman, forcing the forest to postpone, or in a few cases cancel, logging.

In 1991 the Wallowa-Whitman offered for sale 26 million feet of green timber. That plummeted to a million in 1993. The annual average from 1991-96 was 13.8 million.

"It was frustrating to be on the one hand cursed by the timber industry and to be cursed on the other side by environmental groups who said forest supervisors like Richmond are just wood butchers who are only interested in getting a timber sale out," Richmond said. "I just couldn't understand why we couldn't meet our targets."

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