

**45¢
OFF**

Any Yogurt*

(*Except small cones and tinsies. Expires 6/23/97)

**Campus
SUBSHOP**

Mon.-Fri. 10am-11pm
Sat. 11am-9pm
Sun. 12pm-9pm

**1225 Alder
345-2434**

Not valid with any other discounts or coupons. One coupon per customer.

HONEY HILL FARMS

United Airlines

**Eugene to
Mexico City
\$386.00***

*Tax not included. Other rules and restrictions apply.

**Stop by and visit your
Student travel experts
at 1200 High St.**

**We are in the process of
creating an E-mail
newsletter. If you would
like to receive it, please
E-mail us at:**

uo@allwaystravel.com

**All Ways Travel
338-4199**

Oregon Travel Sellers Registration # 300

SILVER DOLLAR CLUB

The return of

Tyler Day



June 12, 13, 14

**\$2 off admission
with college I.D.**



**12 Draft Beers
Over 30 Micro &
Domestic Beers**

Mon.-Sat. 11 am - 2:30 am
Sun. 6 pm - 2:30 am

2620 W. 10th Ave.
(Behind Bliss Steak Ranch)

Oregon daily emerald
worldwide

[http://darkwing.
uoregon.edu/~ode](http://darkwing.uoregon.edu/~ode)

CAMPUS VIEW

MONDAY'S TOPIC: Health & Science

Three leaves can signal poison oak risk

■ **ITCH:** Poison oak is very common around Eugene, but there are some ways to treat the burning sensation

By Amy Palanuk
Higher Education Reporter

It's green, waxy and can be found in clusters of three.

It's the leaves of an itchy plant commonly known as poison oak.

Scratching aside, this common perennial belongs to the genus *Rhus*. A genus that includes other fiends such as poison ivy and poison sumac.

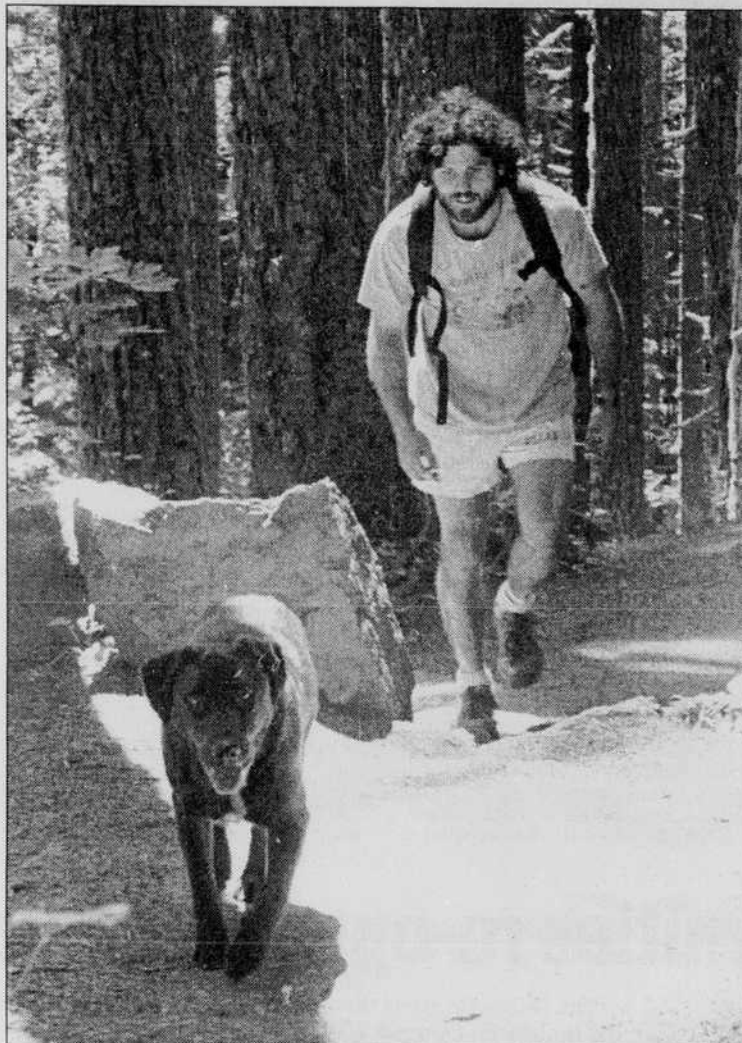
Experts say all of these can cause severe skin reactions, so it's important to be able to identify the plant and treat the symptoms if you should come in contact.

The plant is in full bloom this time of year and can be found in the filtered sunlight as a dense, leafy shrub, or in the shade as a tall, climbing vine. Its leaves are divided in three leaflets, one-and-a-half to four inches long, with scalloped, toothed or lobed edges.

This native of California, Oregon and Washington is easy to spot in the fall with its bright orange or scarlet leaves, but in the spring and summer, its leaves are green and waxy, making it easy to miss amongst other foliage.

An allergic reaction to the oils in the roots, stems, leaves, flowers or berries of the poison oak plant can cause a rash to develop. Called "contact dermatitis" by doctors, this rash begins with a swelling or inflammation of the skin, followed by blistering, oozing and scab formation.

It can show as early as 24 hours after exposure, or worsen 7-10 days after exposure, but



Matt Cowles and his dog, Dakota, hike up the trail at Spencer Butte park Sunday afternoon. Poison oak grows abundantly on the butte.

there are some precautions you can take to prevent a violent reaction, said doctors.

Shower and wash the body and hair with warm water and mild soap immediately after contact. Avoid hot water and soaps, they can irritate the skin. Wear rubber gloves when handling contaminated clothing, tools or

pets, and clean all contaminated things with soapy water.

For itching relief, cortisone creams and antihistamines will help keep the itch under control. There's also a high-dose oral corticosteroid available by prescription, but doctors say its a potent drug that carries heavy side effects. Health food stores carry a

POISON OAK

It's estimated that two thirds of the population in the Western states is sensitive to the oils of Poison Oak. Properly identified, the miserable skin irritations caused by Poison Oak can be avoided.

WATCH FOR:

- leaves divided into three leaflets, shaped similar to an oak leaf
- waxy leaves with scalloped, toothed or lobed edges
- foliage that turns bright orange or scarlet in the fall
- dense, leafy shrubs out in the open or filtered sun
- or tall climbing vines in shady areas

A rash can develop through direct contact or the transmission of oils from animal fur, garden tools, sporting equipment, or other items. Smoke from a burning plant can also cause irritations.

naturopathic therapy called "Oak Away" that uses the juice of a jewelweed (a plant often found growing near poison oak) to take the itch away.

Albany-based Tecnu can also aid in skin relief. Now found in most drug stores, this line of cleansers and creams fights poison oak by cleansing the skin of oils and helping create a barrier to prevent oils from penetrating the skin. Most bottles sell for less than \$10 and, if used immediately after exposure, can eliminate the itching burden.

Common sense and a little identification can help prevent hours of miserable itching, say doctors.

And as the saying goes, "leaves of three, let it be." Enjoy the summer, itch-free.

State fighting Scotch broom war with weevils

■ **FLOWER:** Not only does the shrub cause allergies, but it is taking space needed by many native plant species

The Associated Press

SALEM — For 14 years, helicopters have been blitzing stubborn and expanding Scotch

broom with weevils to try to stop the bright-yellow bushes from taking over Western Oregon.

The weevil's offspring eat the seeds of the Scotch broom.

But the battle by the Oregon Department of Agriculture is being lost. The weed is spread-

ing unchecked. Some parts of Clatsop and Columbia counties are overrun, and state officials say much of Western Oregon is at risk.

It is infesting rights of way, taking over pastures and crowding out tree seedlings. It oc-

Turn to FLOWER, Page 9A

NEED MONEY?

Here's your chance to earn money and help the growing need for plasma.

**A plasma donation earns
up to \$130 every month.
\$20 on your first donation!**

Bring in this ad for an additional \$2.00



J-Mar Biologicals
a Seramed BioCenter

**1 Block east of 8th and Garfield
1901 West 8th Ave., Eugene
683-9430**



"Among mortals,
second thoughts are
wisest." -Erasmus

SECOND THOUGHTS

New & Resale Clothing for Men & Women • 98 E. 11th (at Oak) • 683-6501
Open Mon-Sat 10-6, Sun 12-5 • Free Parking • Paying Cash for Clothes