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## The calm before the phlegm

As grass pollen season draws near, University students are looking into different regimens to ease common allergy symptoms

By Brad Schmidt  
Oregon Daily Emerald

The allergy season is under way, and physicians say students who haven't yet been affected aren't out of the polliniferous woods just yet.

With a mild spring season featuring both sun and rain, doctors and nurses agree that a busy tree pollen season could soon be overtaken by an even busier grass pollen season.

Allergies usually hit the hardest in the spring and summer months. But this year, students are showing allergy symptoms earlier than normal.

"We've seen more than last year, but not as many as some years," said Sharon Harbert, a registered nurse at the University Health Center. "It's fairly early. We're just getting into the season."

The deciding factor in the allergy season isn't just "the weather" in general — it's particularly the rain, which halts airborne allergens so they cannot take flight and wreak havoc on students' sinuses, she said.

"It's unpredictable," said Dr. John Minor, a local physician at the Allergy & Asthma Center. "If I could predict the weather everyday, I could give you a pretty good estimate of what the pollen season will be like."

Typically, he said, the tree season lasts from spring break through mid-May. After a short lull, Minor said, the grass season emerges about Memorial Day and lasts until about the Fourth of July.

Students could see a severe grass season if the weather continues its sporadic behavior, Minor said.

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Brad Schmidt Emerald

University Health Center nurse Sharon Harbert injects junior James VanderZanden with one of his weekly immunotherapy allergy shots. These shots can help patients build up a natural immunity to common allergens.

## Campus combats sexual assault

Sexual Assault Awareness Week aims to end sexual violence and will feature the University's annual Take Back the Night march and rally

By Kara Cogswell  
Oregon Daily Emerald

Sexual Assault Support Services responds to an average of 12 victims per day, but agency staff estimate they only hear about 25 to 30 percent of all the assaults that occur in the community.

Assaults that are reported are often attacks by strangers, like the recent attacks by an unknown man on female students on campus. More common — and less publicized — are assaults by someone the victim knows.

"In about 85 percent of the assaults, the perpetrator is known to the victim," said Michelle Edwards of Sexual Assault Support Services.

Student groups will work to end sexual violence, both seen and unseen, this week as part of University Sexual Assault Awareness Week.

"It's not OK that rape and other forms of sexual violence continue to persist," Edwards said. "And until (sexual

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### Frohnmayr waits to weigh in on team mascot resolution

University President Dave Frohnmayr hasn't yet decided whether to endorse a resolution protesting the use of American Indian names or images as team mascots, and a University spokesman said Friday that Frohnmayr will probably wait until the NCAA takes action.

Members of the University School of Law's Sports and Entertainment Law Forum delivered the resolution to Frohnmayr on Wednesday, University spokesman John Crosiar said. But with the possibility of a national policy, Frohnmayr will wait, Crosiar said.

"He didn't want to steal their thunder," Crosiar said. "He didn't want to preclude what they're doing."

Crosiar added that the NCAA has been discussing the issue, but he didn't know when its governing body will propose a resolution. Frohnmayr was out of town Friday attending events promoting the University's 125th anniversary.

If Frohnmayr supports the resolution, it still needs University Senate approval before the Athletic Department can decide whether to implement it.

— Jeremy Lang

## MediaDetox fights 'toxicity' of Internet addiction

Research supports a campus program's claim that Internet dependency leads to withdrawal from school and social activities

By John Liebhardt  
Oregon Daily Emerald

Ted Lewis is on a mission.

That mission is to warn people that countless hours in front of computer leads to a detached and empty life. To counter these effects, Lewis started the MediaDetox project in September as a solution to what he calls the media's "toxicity of our mental and cultural environment."

The MediaDetox project is part weekly discussion group and part self-help group for students who think they are addicted to the Internet. MediaDetox is a part-time commitment for Lewis, who is also the manager of restorative justice programs at Community Mediation Services, a group that brings together crime

victims and offenders.

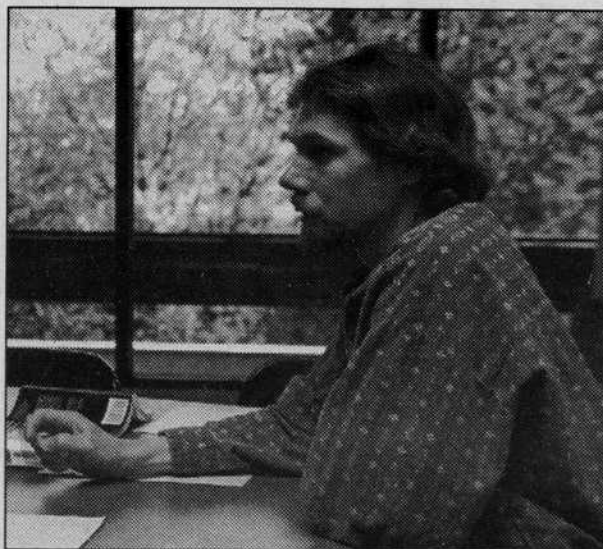
Admittedly, the process has been slow-going. His discussions at noon Wednesdays in the EMU are sparsely attended, and the self-help group has yet to get off the ground.

"I feel like it's a big issue, but no one wants to talk about it," he said. "I sometimes feel that I am a voice alone in the wilderness."

Lewis is a minimal user of the Internet with a master's degree in religious studies, but he's been fleshing out his ideas on the media for the past 10 years. Lewis' message is a combination of media criticism and his own spiritual quest. He feels that the media now fill the niche of religion — the glue that ties together our rituals and beliefs.

"Everything is geared like a magnet in the marketplace of attention," he said. "This is bound to diminish our attention to real things: friends, nature, creativity,

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Jonathan House Emerald

MediaDetox project founder Ted Lewis heads a weekly group that discusses how heavy Internet use affects mental well-being. Lewis sees his work as a combination of media criticism and personal spirituality.