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Post-traumatic election disorder

Counseling may be an option for those who are struggling with post-election depression

BY PARKER HOWELL
SENIOR NEWS REPORTER

Students and community members feeling blue about the results of the Nov. 2 election are not alone — many experts agree that elections can cause emotional distress, especially when a favored candidate or issue is defeated.

Sometimes known as "post-election depression," this short-term phenomenon usually lasts a few weeks, Daniel Gilbert, a Harvard psychologist who has studied voters' emotional responses to results, told MSNBC.com. But for people in Lane County, 58 percent of whom voted for defeated presidential candidate John Kerry, feelings of disappointment may linger.

Counseling and Testing Center Director Robin Holmes said the center, which offers counseling services to students, has not seen an increase in students asking to meet with counselors since the election. But Holmes said many existing student patients were affected by the passage of Measure 36, which limits marriage to one man and one woman.

Holmes said it is common for counseling patients to discuss disappointment due to an election as part of their therapy.

"I think it would actually be something that is very common because it is an intimate relationship and talking about something that affects people during everyday life — it makes sense they would bring it up," she said.

Holmes said students who feel frustrated with the outcome of the election could see a counselor, but can probably effectively work through their feelings by sharing them with others.

"I do think that it would make sense to come in and see someone at the Counseling Center," she said. "But more importantly, people need to take care of themselves by talking to others. All those common sense things would be really important.

"Keeping it in or taking it out on yourself, all those things are not going to be as helpful."

Local licensed clinical social worker Gary Reiss, Ph.D., said no new patients solicited his services because of the election, but a "broad spectrum" of his ongoing clients have discussed the issue. He said many people experience anxiety before elections and depression after if their candidate loses.

"I think people get their hopes up and minds set on political change in a political area they are concerned about," he said.



PARKER HOWELL
SENIOR NEWS REPORTER

Reiss said people's responses vary widely, but many people have a "fight or flight" response to losing an election — they either "fight" by becoming "super activist" or trying to move somewhere else, or exhibit a "flight" response by trying not to think about what they are upset about.

"I've probably seen more people who are depressed than hopeless at this point," Reiss said, noting that some of his patients were motivated by the results of the election or even happy with the results.

Although the disciplines of psychology and politics have traditionally been separated, they are actually intertwined, Reiss said.

"How people feel about their world has a huge effect on their psychology," he said, adding that feeling hopeless about political change can amplify peoples' other negative feelings.

He added that campaigns often use psychological means, such as scare tactics, to influence voters.

"People are often manipulated by political parties ... and psychology can help bring that into perspective," he said.

Reiss said modern therapy isn't designed to get rid of the feelings that spur people to be politically active, but "helps people to channel their feelings into social change."

ELECTION, page 8

UO to expand wireless service around campus

Students are avidly using wireless technology; 75 percent of campus is WiFi accessible

BY ANTHONY LUCERO
NEWS REPORTER

As wireless coverage expands around campus, wireless technology is making gains with students using the technology in and outside the classroom.

Dale Smith, director of University Network Services, said about 75 percent of the University campus is accessible for students to utilize wireless service. The wireless service relies on three different WiFi or 802.11 systems — called a, b and g — which is the standard for most wireless cards on the market today, Smith said.

"We are unrolling a five-year plan, and it's going along well," said Smith, adding that he wants more wireless coverage in the Knight Library.

For most students, the increased wireless coverage at the University has prompted many to forgo desktop computers for the more mobile laptop set-up, which gives students access to information and files anywhere from the EMU to certain classrooms at the University.

Chris Mueller, an employee at the University Bookstore's Digital Duck, said students who purchase laptops are almost always interested in how they can get a wireless set-up.

"Students don't just want the wireless just for school, but they want wireless at home too," Mueller said.

"It's a major convenience because you don't have cables all over the house, or you don't have to carry cables around with you."

Mueller said the wireless card selection at the Digital Duck is compatible with the University wireless system and that most PC systems should be able to handle the PC-compatible wireless cards offered, provided the operating system is Windows 98 Second Generation or later.

Daniel Albrich, the Microcomputer Network Specialist at the University's Computing Center said the main criterion for choosing a wireless card is sticking with a name brand wireless card so that device drivers are available for it. "If I were in the market for wireless, I would buy a 802.11g card," Albrich said.

The 802.11g card offers a faster speed than its more popular cousin, 802.11b.

A specific wireless card that caused a problem with University students, Albrich said, is the Microsoft MN-520 because it needed to have a broadcast name, or SS identity, to log on to a network and the University's system doesn't support the use of an identity to access its networks. Albrich also cited concerns with wireless technology, saying new wireless standards claim to be much faster but exaggerate speed, and these new standards are unsupported by the University, meaning a user cannot log on using these wireless cards.

"Hardware vendors want money, period," Albrich said. "There's no standard for many of these new technologies and many hardware

WIRELESS, page 8

IN BRIEF

DPS increases enforcement of bike laws on campus

The Department of Public Safety's campaign to increase enforcement of Oregon's bike rules moved into full swing on Friday, as officers issued a handful of citations to students who failed to dismount their bicycles in regulated areas of campus.

DPS issued seven tickets for \$20 each around the EMU Breezeway during the first 30-minute enforcement shift last week, DPS Lt. Herb Horner said.

As officers began a second enforcement shift, Horner said the ASUO stationed people in the area to warn bicyclists to

dismount to avoid a ticket — a practice he was happy with, so long as it encouraged bicyclists to dismount and not risk injuring pedestrians.

Now students who fail to yield to pedestrians or fail to dismount in areas such as the EMU Breezeway and the path from the residence halls to the EMU face fines of up to \$25, according to DPS. In addition, at least one Eugene Police Department officer works the campus area on a daily basis issuing tickets to bicyclists who run stop signs or don't obey traffic signals.

DPS began amping up bike enforcement this fall after receiving more complaints last year from pedestrians who were hit or nearly hit by bikes on campus, Horner said in an interview earlier this fall.

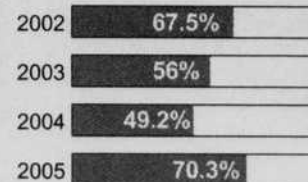
The department posted sandwich signs, handed out information on bike laws and issued warnings for several weeks before launching full-scale enforcement.

— Kara Hansen

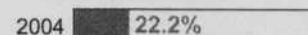
Rosier outlook for some undergrads

A survey found that employers expect to increase their college hiring, particularly in some fields, and expect to increase starting salaries for bachelor's degree graduates.

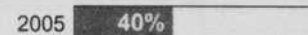
Those planning to increase starting salaries



Intending to hire foreign students



Planning to visit college campuses



Top 10 bachelor's level degrees in demand, according to employers

1. Accounting
2. Electrical engineering
3. Mechanical engineering
4. Business administration, management
5. Economics, finance
6. Computer science
7. Computer engineering
8. Marketing, marketing management
9. Chemical engineering
10. Information sciences and systems

SOURCE: National Association of Colleges and Employers

AP

College graduates are actively being recruited into the job market this fall, thanks to the recovering economy and retiring baby boomers. College hiring is expected to increase by 13 percent this season. See Page 3 for the complete story.