

**Suicide prevention week . . .**

## Myths dispelled

by Stephani Veff  
Opinion/Copy Editor

The coming week, May 1-7, has been proclaimed Suicide Prevention Week by Mayor Bud Clark and Governor Neil Goldschmidt and the public is being asked to take a look at this very serious problem that is plaguing the nation.

The importance of having such a week set aside this year to bring awareness is evident in suicide currently being ranked eighth in the leading causes of death in this country. Suicide takes the lives of some 30,000 people each year.

Suicide is not a problem of any one particular group of people - it affects both men and women at any age, of any race, creed, culture, and economic position. There are differences though in the statistics of attempts and completed suicides. Women are more likely to attempt suicide and are most likely to use drugs or poison rather than violent means to kill themselves. Men, on the other hand, are most likely to use a quick, violent means of suicide such as a gun or hanging and are thus more successful in their attempts.

There are many myths and misconceptions about suicide and it is important to get the facts straight. Some people think that suicidal persons are mentally ill, when in fact the person is extremely unhappy and upset, but not necessarily mentally ill. It's also often thought that if the person is already having suicidal thoughts (and/or attempts) that it is too late to save him/her from destruction. Both of these myths are untrue and believing them could cost someone's life.

There are many danger signals to look for when someone is considering suicide as a way out of his/her depression and overwhelming problems:

1. A previous attempt at suicide puts the person at high risk to try again.
2. Extreme depression, sadness, anxiety, decline in interest in work and other people.
3. Changes in personality and behavior, such as sleeplessness; lost weight, appetite, or sexual drive; tendency to withdraw.
4. Preparations for death, such

as making a will, putting affairs in order, giving away personal possessions, acquiring means to commit suicide (gun, rope, etc.)

5. A sudden lift in spirits can mean the person is relieved because the problem will "soon be ended."

If you notice any of these signals don't assume that the problem will take care of itself, the person needs help and support. You can help the person by giving active emotional support and showing that you take the person's feelings seriously and want to help. Listen to the person and ask concerned questions. Explain that with help and support the person can recover and feel good again. Also encourage the person to take positive action and try to relieve the unhappy and troublesome situations. Have the person keep active in his/her job and other activities such as physical exercise. Most importantly have the person seek professional help from any of the following:

1. A crisis or suicide prevention center.
2. A mental health center.
3. A physician.
4. The clergy.
5. State and local mental health associations.
6. School counselors.

Suicide is preventable if the right steps are taken. One of the best steps a person contemplating suicide can take is to call the Metro Crisis Intervention Service in Portland. The services of the center are provided to the public free of cost with all calls being confidential and can remain anonymous.

The basic approach of the center is to deal with the problems, stresses, and traumas of the callers on a short term basis. The center also provides information and referrals to over 3,000 community resources for its callers. The service is open 24 hours per day, seven days a week, 365 days a year.

If you are having difficulty coping with the stresses and strains of every day life or if you know someone who may be feeling this way, give the Metro Crisis Intervention Service a call at 223-6161.

## Burrows gains new position

by Michelle K. Taylor  
Assistant Opinions Editor

Jim Burrows has recently begun working as the department chair person of the Employment Management Division.

He will soon begin work as a staff development officer.

Burrows old job was as project coordinator at the EMD. Jim came to his new position when Marcia Coker was promoted to assistant dean.

Burrows has been working at CCC for seven and a half years. He started out as a machine shop instructor.

As the department chairperson of the EMD, Burrows helps with going out into the local business and industry making contacts and assessing what types of training that people need. After that a curriculum is set up and instructors are found. "We do a lot of public classes," Burrows said.

Burrows came over to the United States from Scotland 26 years ago. He received his vocational training while he was living in Scotland.

I worked in the trade here in Portland for almost 18 years.

Burrows said his job was "to establish rapport with business and industry and bring it back to campus." He also said that this was the most challenging thing he has done since he began working

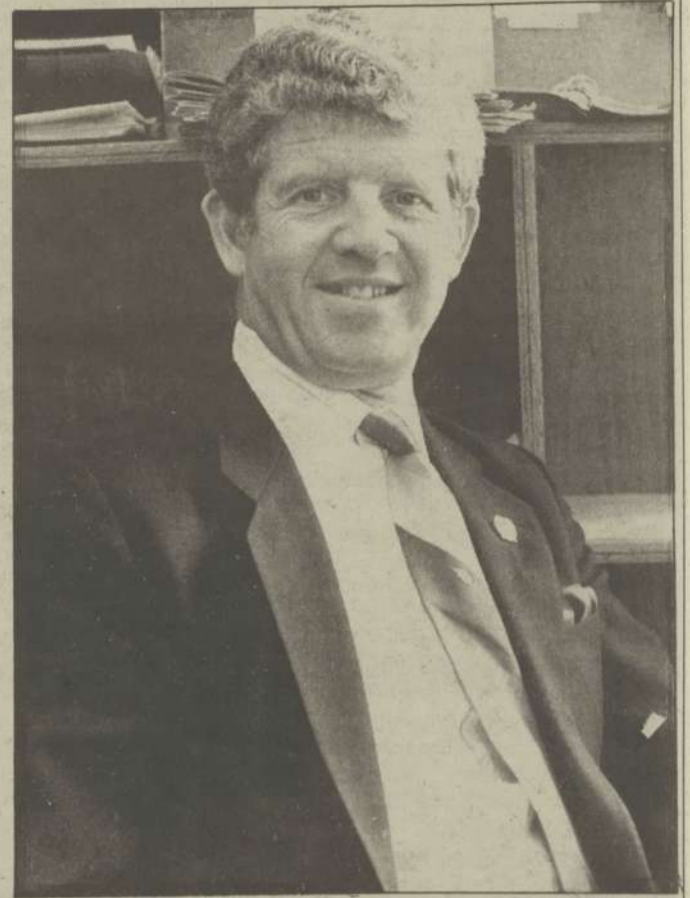


Photo by Julie Church  
**Jim Burrows, hailing from Scotland, is now the department chairperson of the Employment Management Division.**

at Clackamas.

"I think we have a fantastic faculty, a really diverse faculty

and I really enjoy working with them."

## Oregon, N.W. rivers at risk

by Lisa Graham  
Co-News Editor

The Oregon River Initiative is asking voters to support the State protection of 11 Oregon rivers. The rivers protected by the initiative would be the John Day, Klamath, McKensie, Metrolius, Nestucca, Rogue, Umpqua, Wallowa-Grande Ronde, Deschutes, Elk, and the Clackamas.

Some, such as the Deschutes and the Clackamas, have segments that are currently protected. The initiative would extend the protected areas of

these rivers. Petition Coordinator Kate Crockett explained the initiative, "The Oregon River Initiative seeks to include more river miles into the State Scenic Water Ways System. It would just about double the current existing miles protected."

If protected the rivers would be protected from the destruction of their natural state. "On the State level, the initiative would protect against the building of hydroelectric-dam," said Crockett. "Right now that would protect Walker creek that has been proposed by the city of McMinnville for a dam. This would also prohibit the building of the Salt Caves Dam in Klamath that would disrupt a critical segment of ecological importance." If the initiative is passed, it would also prohibit placer mining or heavy dredge mining, logging, water withdrawals, and restrict development.

The Oregon River Initiative will require the signatures of 63,578 registered voters by June 8, 1988 in order to make it onto the 1988 fall ballot. Currently, only 10,000 signatures have been collected.

The passing of the State Initiative is critical, said Crockett, not only for the protection of rivers on the State level but also for the passing of four federal river protection bills. The federal bills are basically the same and are patterned after Mark

Hatfield's Omnibus Oregon Wild and Scenic Rivers Act.

The Federal proposals, however, do not protect the Clackamas, portions of the Deschutes, the Middle Fork John Day, all of the South Fork McKensie, and portions of the Walk Umpqua, Wallowa, Walker Creek and McKensie. "The Federal acts do not prohibit mining, only dams," said Crockett. "The most threatened rivers are excluded. These are included at the State level."

Also, Crockett added, if the State Initiative does not pass it sends a message to Washington D.C. that this is an issue we, as a State, do not care about. "The most important aspect is that these areas deserve protection," she said. "Some of these rivers are definitely at risk. On the

McKensie, the Forest Service is planning to clear cut down to the banks. This will affect shade, insect population, temperature control - these in turn effect the food supply of native trout. Elimination of the trees would damage the population of our native trout in the McKensie."

On campus some petitions for the initiative have surfaced. For more information about the initiative concerning issues or petition forms, Kate Crockett, Petition Coordinator, can be reached at 231-0934



## NORM'S CAFE

**SERVED**  
**7 AM- 10:30 AM MON-FRI**

**#1. TWO EGGS, HASH BROWNS, ONE SLICE OF TOAST,  
YOUR CHOICE OF 2 STRIPS BACON, 2 LINK  
SAUSAGES, OR HAM \$2.00**

**#2. TWO EGGS, HASH BROWNS, TOAST \$1.50**

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**EGG VON MUFFIN \$1.00**  
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**PLEASE NOTE;**  
**.....SIDE ORDERS ARE AVAILABLE.....**

