

Do you remember your life?

Slow down and observe

A big part of being a college student is the ability to hurry. In these trying days of "got to read chapter 14, got to write a report, got to get to work," it's difficult to find time to do anything except study.

One solution to this problem is to extend the days to at least 30 hours. Unfortunately, surviving 24 hours is bad enough. If you've taken the time to read this article then ask yourself these questions.

Column as we see 'em



by Caree Hussey
Feature Editor

are you feeling these days? How are your classes going this term?"

2. listen to a problem? Be careful on this one. Listening and hearing can be easily confused. Listening is where you actually sit down with a person and keep your mind on what they're saying. Hearing, on the other hand, means to sit with a person and worry about how you did on your last test.

3. hug a child, pet an animal, stop to notice the scenery? If you are a parent it is especially important to show some affection. A squeeze on the shoulder and a quick "Bye honey. Mommy's got to study" just won't do the trick. Petting an animal can be a relaxing and much needed temporary distraction. In case you haven't noticed lately, we live in one of the most beautiful states in the U.S. Although looking at flowers and trees won't do a lot for your grades, it may help save your sanity.

4. tell someone you love him/her? Whether it's Mom, Dad, spouse or lover, everyone needs to feel wanted.

5. eat a decent meal? One sure sign that you are overdoing the fast food run is when you know all the people in Burger King's drive-thru by their first names.

Think about the four points above. If you see yourself in any of them, then maybe it's time to re-evaluate your schedule. Remember, no high GPA is worth losing friends and family over.

Just another of those days

Today was one of those days that make a person wonder if there are any real rewards to parenting. My daughter dawdled over her breakfast, making it too late for her to go to the babysitter's. So I ended up toting her and her cabbage patch doll all over campus with me. The highlight of her day was being allowed to eat lunch in the school cafeteria. By the time she had made up her mind about what she was going to eat my nerves were frayed. It also didn't help my state of mind when she only ate two bites of her lunch.

When I finally got her home this afternoon, she was a little bear. Tired and exhausted, nothing suited her quite right. I finally sent her outside to play. I had just shut the door behind me when she set up an awful wail. Running outside I discovered she had fallen on the cement stairs and skinned her knee. Back in the house we went to wash the wound and, of course, I had to apply a bandage to stop the flow of tears. Then she decided she no longer wanted to play outside.

At wit's end, I sent her to her bedroom to rest. She laid there almost an hour and still hadn't fallen asleep. It seemed to my frayed nerves that she was purposely trying to stay awake. In all reality it was too hot in our apartment to get even the least bit of sleep. So I let her get up.

By now all I had accomplished was getting the laundry started and here it was, time to fix dinner. It didn't look like I was going to get much studying done tonight. After dinner I

decided that she must go outside to play. But, oh my, now she wanted to watch TV. Now she really was being perverse. I think she could tell that Mommy's resistance to her demands was wearing quite thin. But this was the final straw. She knows she is not allowed to watch TV unless there's something very special on. (In the last ten weeks that has amounted to exactly one hour of television.) Now here she was demanding to watch TV for no apparent reason other than to try my patience. Having settled the matter with a firm "no," I took her to the laundry room with me to help me fold the clothes.

tripped over a crack in the sidewalk. As she was falling she grabbed the laundry basket to steady herself. Down she went with my clean laundry strung all around her. Fighting back the tears, I picked her up and tried to comfort her. I wasn't angry, just very discouraged.

"Mommy," she cried, "I was just going to show you this pretty rock." And she held up a little stone all covered with mud.

"It's okay, Shelly," I said tiredly. "That is a beautiful rock. Now run and play and do try to be more careful."

"Mommy, I'll help you pick up the clothes," she said repentantly. And before I could stop her she'd grabbed a pile of fresh linen in her muddy little hands and threw it into the basket. Inwardly praying for strength, I gathered up my soiled laundry. Through tear-dimmed eyes, I watched her trip off to play.

I stole about twenty minutes to gather myself together before I called her into bed. Now as I sit alone in the silence of my living room, the house seems to be too still; almost lonely in fact. I get up and steal to my daughter's bedside. Her eyes are closed in sleep. As I stoop to kiss her tiny mouth, the soft smell of Care Bears bubble bath reaches out to embrace me. Sensing my presence, her eyelids flutter open sleepily. "I love you, Mama," she says. Then rolling over she drifts back to dreamland. Once again my eyes fill with tears, but this time it's tears of love. It suddenly dawns on me that this is the reward of parenting.

Domestic Issues



by Tammy Swartzendruber

She usually loves to fold the wash cloths, but not today. She suddenly decided she wanted to play outside. Okay, fine! Anything to get her out of my hair. I was making my way back to my apartment with my basket of folded laundry, when I saw my daughter running toward me. Just as she got to me, she

All I ever needed to know

My good friend Jack handed me an article he had cut out of the Kansas City Times, written by Robert Fulghum. It occurred to me that it would help get life into a proper perspective by sharing this piece of wisdom with the students of Clackamas Community college.

The title is, "All I Ever Needed to know, I Learned in Kindergarten."

"Most of what I really need to know about how to live, and what to do, and how to be, I learned in Kindergarten."

"Wisdom was not at the top of graduate school mountain, but there in the sandbox at the nursery."

"These are the things I learned..."

"Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours."

"Say you're sorry when you hurt someone. Wash your hands before you eat."

"Flush."

"Warm cookies and cold milk are good for you. Live a balanced life. Learn some and think some and draw and paint and sing and dance and play and work every day some."

"Be aware of wonder, remember the little seed in the plastic cup. The roots go down and the plant goes up and nobody really knows how or why, but we are all like that."

"Goldfish and hamsters and white mice and even the little seed in the plastic cup...they all die."

"So do we."

"And then remember the book about Dick and Jane and the first word you learned, the biggest word of all: LOOK."

"Think of what a better world it would be if we all, the whole world, had cookies and milk about 3 o'clock every afternoon and then lay down with our blankets for a nap."

"Or if we had a basic policy in our nation and other nations to always put things back where we found them and clean up our own messes."

"And it is still true, no matter how old you are, when you go out into the world it is best to hold hands and stick together."

"Take a nap every afternoon."

"When you go out into the world, watch for traffic, hold hands and stick together."

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The laugh clinic

by Joe Lee
Columnist

Heart disease can put you in a grave situation.

Heart disease, stroke and related disorders pose a very grave threat. In fact, they kill nearly as many Americans as all other causes combined. At the American Heart Association, we have some simple suggestions that could reduce your risk of cardiovascular disease. Don't smoke. Reduce the fat and cholesterol in your diet. And keep high blood pressure under control. To do otherwise could be a very grave mistake.

American Heart Association
 call our Oregon office at 1-800-452-9445

FOREVER YOUNG.

Most of us don't think about dying. It seems like we'll stay young forever. And some of us do: drinking and driving is the number one killer of people under 25.

But if the thought of dying doesn't stop you from drinking and driving, think about losing your license instead. Because you will. Oregon has tough drinking and driving laws. And they just keep getting tougher. You'll lose your license for at least 90 days. Automatically. Immediately. It will seem like forever.

If you drink and drive, the least you'll lose is your license. Guaranteed.

Oregon Traffic Safety Commission

