

The prince says 'success lay in the attitude'

I would like to do two things: first tell the more than 2,000 readers that get vicarious thrills by reading my column thank you; and second, to tell you why I am so successful.

The majority of my princely success lay in the attitude. A positive attitude is essential in developing an attack plan for excellence. That is no cassette program that told me this, that is traditional family wisdom handed to me from my mother, my grandmother, and so on. If you believe every gloom-and-doom headline you ever read, you're going to live your life in constant fear and misery. You'd probably say "That's bad for you! That'll kill you if you eat that!" and so on. Life's too short for that.

What I say to all those headlines is "Get real!"

Rather, the whole idea is to look at life like it is a recreational activity in which you do not get bored with, one giant weekend. If you've seen those G.I. Joe's commercials, you know what I mean. I seize the weekend, like they do.

A positive attitude is essential to proper character development because if your attitude is negative, you have a tendency to bring down the attitudes of those around you. That is an observation I made from past experiences. If you have a positive attitude, vice versa is the case. Those around you find you to be a more cordial person to be around. And you tend to have more energy, better social skills, and just simply be better all around.

What a positive attitude will do to you can best be illustrated

by World Wrestling Federation Champion Hulk Hogan. Now there's a positive attitude at work. What has that guy done -- he's only won the championship five

times (a record in the WWF), appeared in two motion pictures,

positive attitude.

One of the things the Hulkster has done was come up with the "Four Demands of Hulkamania:" saying your prayers, eating your vitamins, training hard and believing in yourself. It is the fourth demand that is integral. The belief in yourself can parlay itself into the other three, to say nothing of what else it can do.

So to Hulk Hogan, I give the Handsome Prince's Award for The Most Positive Attitude I Have Ever Known.

And to the 2,000 readers that get vicarious thrills by reading my column, I give two things: the Handsome Prince's Award for Best Fan Club; and my most sincere and royal gratitude. In other words, thank you ... from the Handsome Prince.



The World Beat

by Eric St. Anthony's

times (a record in the WWF), appeared in two motion pictures,

ber of other things, all of which could only be made possible by a

Letters to the Editor

To The Editor:

How serious does an abuse have to become before the public will stand up and do something about it?

Everyday, human beings in our nation's nursing homes are being abused -- not by neglect or physical roughness but by unnecessary drugging. This drugging is condoned by many medical professionals and carried out by some well-meaning, but ignorant nursing home personnel.

Our senior citizens are not given a choice about taking these drugs. It is considered "necessary" treatment to keep them in the proper frame of mind and under control.

By 1985, the National Disease and Therapeutic Index reported that while adults 60 years and older made up only 11 percent of the population of the U.S., they used more than a third of all anti-psychotic drugs. These would be drugs like Hal-

dol, Thorazine, and Prozac which are administered to create maximum behavioral disruption and make the patient less violent and destructive.

A study of 2,000 pharmacies done in 1986 showed that 60.5 percent of prescriptions for nursing home residents over 65 years of age were for major tranquilizers and 17.1 percent were for minor tranquilizers.

A Harvard Medical School survey of 55 Boston-area rest homes published in the January 26, 1989 issue of the "New England Journal of Medicine" reported that 55 percent of the 1,201 nursing home residents surveyed took at least one psychiatric drug, with 39 percent being given anti-psychotic drugs. You can find that data in "Science News" of February 11, 1989.

Psychiatric drugs are dangerous, mind-altering drugs whose side effects include

memory loss, hallucinations, extreme agitation and body tremors. The abuse of America's elderly with potent mind-altering, dangerous psychiatric drugs is not occasional but continues to occur daily in nursing homes across the country. It is our society's ignorance which will allow this abuse to continue until you and I are elderly and become the victims of our own lack of action.

Information about the dangerous effects of psychiatric drugs can be obtained from the Citizens' Commission On Human Rights at 1-800-869-2247. CCHR was formed in 1969 by the Church of Scientology to investigate and expose psychiatric violations of human rights.

Sincerely,

Jane M. Williams
Concerned Oregonian

An Open Letter to the CCC Community

Political correctness or free speech? Are the two really in conflict? This subject should concern us especially because the college has always been a center of intellectual freedom and a place to explore new ideas. The first amendment's guarantee of free speech has only one restriction: "clear and present danger." That is, when the utterance could cause danger to the public.

I respect and encourage the diversity of viewpoints on this campus because open sharing encourages all people to examine their own beliefs. So I favor completely uncensored speech.

However, 1992's election and a graffiti experiment on a campus bulletin board have presented new, difficult problems. During Fall Term, T-shirts were worn, and signs

carried that used inflammatory language (f--- the OCA, kill all the faggots) that shocked with their anger and poor logic. Name calling filled the air and much of the language was powered with hate. Should we prohibit hate-driven, violent language? How would that kind of language affect us should we be in an attacked group?

Then, on a bulletin board, I put a small card that said "a woman without a man is like a fish without a bicycle." I thought it might grow some graffiti, and it did. Later, a small note tacked right below said something like "a bitch without a man is like a dying person without life support." A pretty crude response, but I figured we had to start somewhere, so I responded "fine for dogs, but what about women?" Later, it was all gone. Since it was unapproved in the first place, I wasn't sur-

prised. I was surprised to hear it had been taken down because of the hateful sentiment it expressed. Certainly, it was an ugly, hateful response, but I didn't fully understand the situation until I learned that the person who took it down had been a victim of hate mail -- on this campus. Hate mail doesn't seem like the same kind of free speech we usually talk about. Do we have a right to attack someone with words?

I would like to see a graffiti wall on this campus. Far more than just the run-of-the-mill obscenities and phone numbers, graffiti is a rich source of anonymous art -- drawings, poems and dialogues about important issues. A place to speak freely in ink. But what about all the anger out there? What about all those personal attacks on individuals in writing? What about slander? What about free speech? **Jan Roose**

Earth Day events you may get involved in

by Michelle Myers

Earth Day in the Portland area has become busier with each passing year as more ecologically-conscience people are doing their part for Mother Earth. Here are some Earth Day events from the Portland area and around the state where you may get involved. Plant a tree and don't forget to recycle!

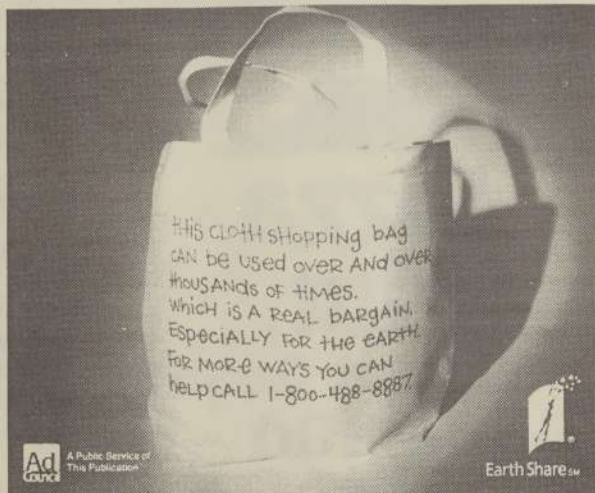
Oregon State University is participating in Earth Week '93 through April 24. Events include handing out condoms to combat global population increases, a day of mourning for the damage already done to the planet and on Friday and a Music for the Earth Festival where six different bands can be heard.

Oregon Fish and Wildlife and Friends and Neighbors of Sauvie Island will do an island clean up from 9 a.m. to 2 p.m. on Saturday. Just meet at Sauvie Island School off Reeder Rd. and Charlton Rd. at 8:45 a.m. For more information call 621-3587.

A forum on problems of global overpopulation will be held at Pioneer Courthouse Square on Saturday from 10 a.m. to 4 p.m. Call 591-0832 for more information.

Plant a tree for Mother Earth by heading down to Fort Stevens State Park where they have combined efforts with the Oregon Department of Forestry to give away Douglas Fir and pine seedlings. They will be given away Saturday from 11 a.m. to 3 p.m. at the Historic Area Museum Building and 2 to 4 p.m. at the Campground Information Booth. For more information call Oregon Parks and Recreation at 378-6378.

Celebrate Earth Day with a walk in the forest at Tryon Creek State Park, 11321 S.W. Terwilliger Blvd. on Sunday. Visit educational stations along the trail and learn things such as animal tracks, rolling a log and the life cycle and Indian uses of a cedar tree. Also, plant a tree!



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