

Fear of needles?

Giving blood won't hurt a bit

SUSAN ABE
Staff Writer

WANTED: RED-BLOODED HEROES

The Associated Student Government is seeking volunteers for the April 30 blood drive. Although the goal is for 65 people to sign up, ASG advisor Norm Berney wants to break the previous college record of 93 units donated.

Nicole Walsh, of Red Cross Donor Services, visited campus on April 5 to present ASG with a plaque in recognition of Clackamas' consistent past performance. She took the opportunity to explain the need for donated blood.

"You feel like crap, you get your transfusion, and it's like somebody turned the batteries on—until you need the next one," said Walsh, quoting a young bone marrow transplant recipient who's experienced the procedure often.

A single unit—one pint—8% to 10% of the blood in your body—can bring just that kind of miracle to as many as four people. A unit of donated whole blood can be divided into units of plasma, platelets, cryoprecipitate and red cells. Each one can save a life. Every blood type is needed.

Across America, 53,000 pints of blood are needed every day.

Walsh said, "The commonest

excuse people give for not donating is, 'I wasn't asked.'" Well, now you have.

"The second most common excuse," Walsh added, "is, 'I'm afraid of needles.'" Although there's no denying that a needle is involved, people should understand that the pain they remember from getting shots comes mostly from the fluid that the syringe forces into their body. The needle used for drawing blood is much less painful. All needles are perfectly sterile and safe.

If you're at least 17 years old and 105 pounds, if you're in generally good health, and if it's been 56 days since your last donation and at least a year since your last tattoo, you can be a hero. You don't even have to leave campus.

READY, SET, BLEED!

Donating blood is easy when you're prepared. Whether it's your first time or you've already earned your 10-gallon pin (for 80 units!), follow these steps:

1. Sign up. The list is in CC-140, the ASG office.
2. Drink and eat. On April 29, drink two quarts or more of water or juice. Avoid caffeine or alcohol, which are dehydrating—the opposite of what you want. On April 30, eat a good breakfast, the kind you have when you plan on physical activity. (If somebody gets woozy or faints after donating, it's almost always



TIMOTHY A. BELL / Clackamas Print

The bloodmobile will only take 8-10% of your life-providing fluid. Their next scheduled visit will be April 30 in the highly recognizable vehicle shown above.

somebody hungry or dehydrated.)

3. Show up. If you've given before, bring your blood donor's card.

4. Fill out a health history questionnaire. In addition to questions about your medical condition, this asks about places you've travelled and your sexual activities since 1977. It may be embarrassing, but it won't kill you.

5. Take a mini-physical. A nurse will check your temperature, blood pressure, and pulse, and review your questionnaire. One drop of your blood will be tested for iron content. You'll be given a cup of water to drink.

6. A Red Cross attendant will then cleanse the inside of your elbow and insert the needle into a vein. You will feel a slight pinch for a second. Then squeeze on a rubber ball for seven or

eight minutes, while your blood fills the donation bag. The attendant will shake up the blood and replace the needle with a bandage.

Eat cookies. Drink juice and tea. Chat with your friends—make new friends to chat with. Go out and feel good about yourself. Although you'll want to keep your elbow dry for several hours, you can do almost everything you usually do.

Gaines: Writing issues of race

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Gaines started his life on River Lake Plantation in Oscar, LA, and remembers working in the fields at the age of eight for fifty cents a day. His lifelong love affair with reading and books began when he moved to California with his parents after the ninth grade. In 1958, after graduating from the San Fran-

cisco State College in 1957, he won the coveted creative writing fellowship to Stanford University, where he studied under Walter Stegner and Malcom Cowley.

Of his eight books, *Catherine Carmier*, *Of Love and Dust*, *In My Father's House*, *The Autobiography of Miss Jane Pittman*, *A Gathering of Old Men* and *A Lesson Be-*

fore Dying are novels, *Bloodline* is a collection of short stories and *A Long Day in November* is a children's book.

Admission to the event is \$10 general, \$5 students and seniors. Tickets can be purchased at the college bookstore or at Looking Glass Bookstore, 318 SW Taylor, Portland. For further information, contact ext. 2230.

Short Fiction to be featured at Authors' Night

JEREMY STALLWOOD
Feature Editor

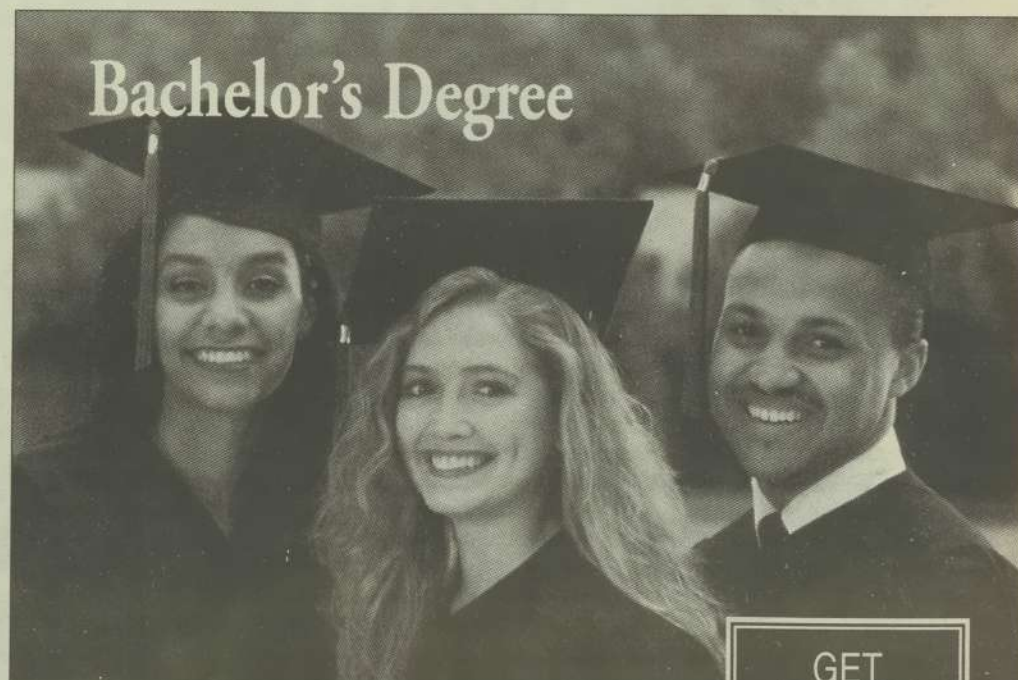
Short fiction authored by Ehud Havazelet and Alison Baker will be featured at this term's Authors' Night, Wednesday, April 21 at 7 p.m. in the Gregory Forum.

Havazelet teaches creative writing at Oregon State University and has published two collections of short stories, *What is it then Between Us* and *Like Never Before*.

Havazelet's subject matter leans toward the conflict between immigrant New York Jews who fled Nazism and their children, who were themselves in conflict between their new American culture and the culture of their parents. Havazelet will be reading from his newest book, *Like Never Before*, as well as other works.

Baker is a short story writer who lives near Jacksonville, Oregon. She won first prize in the 1994 O. Henry Awards for her story "Better Be Ready Bout Half Past Eight." Baker's collections include *How I Came West*, *Why I Stayed* and *Loving Wanda Beaver*. The latter title was reviewed by Kirkus Reviews, which says "Baker has a light touch that keeps her from easy answers or clichés as her characters muddle through life."

Admission is free, but a \$2 donation to the Friends of the Library will be accepted.



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