

Student hopes to identify campus criminals

Cyndee Mady
CO EDITOR-IN-CHIEF

Vandal(s) victimized the same student twice in one week, revealing emotions of fear, heartbreak and anger from car owner Kayla Sisouphanh.

Sisouphanh attended class between the hours of 8:45 a.m. and 5:30 p.m. on Wednesday, Nov. 5. She headed out to the parking lot only to discover a long scratch down the passenger side of her blue Mercedes. As if that wasn't enough, two days later the offender(s) revisited her car to finish the job, leaving their signature on the driver's side of the car.

"I have a nice car, but I worked hard for it," said Sisouphanh. "If [the people that did this] want a nice car then they need to work hard for it."

Sisouphanh's job as an airport part assembler, working 12-hour days, seven days a week, afforded her little time for much else. However, Sisouphanh was forced to leave her job as a result of downsizing.

It was then that she decided to take an ESL (English as a Second Language) class to improve her English. Though Sisouphanh became a U.S. citizen in 1980, her native language is Laos. She originally hails from a small country of the same name in Southeast Asia, west of Vietnam.

"I just came here to learn English, not to hurt anyone. I keep

asking myself why me, why me? What did I do?" said Sisouphanh. "I want the people who did this to my car to get justice, so they can't do it to anyone else."

The incidents occurred in the Family Resource Center parking lot and were immediately reported to Public Safety, where Officer Patrick Duley responded quickly.

He recommended that Sisouphanh report the incident to her insurance agency and the sheriff's office. He also suggested she consider switching parking locations, though Sisouphanh has been too terrified to bring her car back to school.

"I don't know if they're going to hunt me down or not," she said.

The case remains open, but there are currently no suspects.

"In general, Public Safety follows up on all leads, but most of the time there is no place to start," said Duley. "As long as there are no suspects, the case is at a standstill unless somebody comes forward that saw something or knows something."

Duley recommends that students band together to watch out for each other and become more aware of their surroundings. He urges people to report any suspicious activities to Public Safety, preferably with descriptions, names and/or the license plate numbers of alleged suspects.

Sisouphanh offers her own plea for help.

"I would like whoever might have seen or knows who did this to my car to come forward," she said.



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Deep scratches found Nov. 5 and 7 on student Kayla Sisouphanh's Mercedes caused about \$2,000 in damage.

"With help, we can bring [the offenders] to justice. As for whoever likes damaging other people's property, you have to think that if anyone did something to the thing

that you have worked hard for... know you would be feeling the same way I am right now. I think [vandalizing another's car] is a very selfish, rude and sick thing to do."

Cafeteria changes appearance, prices, quality

Cyndee Mady
CO EDITOR-IN-CHIEF

The Cougar Café has adopted a fresh new look, courtesy of Aramark, the company contracted to operate the cafeteria in place of last term's Fine Host.

Aramark was one of three companies to submit their proposal to the college. New prices and menu structure was outlined in their proposal and accepted in its entirety by the college food committee.

Some students, however, are finding these changes to be less than appetizing.

"Going to college is expensive enough without having to pay for expensive lunches," said student Morgana Williams, in reference to the price increase. "If it weren't for the parking situation, I would leave [campus] everyday and go somewhere cheaper."

According to Tani Hooper, interim manager of the cafeteria, the

prices remain the same for any items still on the menu from last term. New items have new prices that reflect the quality of product they are using.

"We're getting our products from a different source; it's one of my favorite, trusted sources," said Hooper. "The quality is definitely better, especially the meats and cheeses."

Hooper has received a lot of feedback not only from cafeteria customers, but also from the food committee in regards to satisfying the needs and desires of students.

"Probably the biggest complaints have been the prices and for a while there it was lack of variety, but we've managed to let people know that there is more variety here than they realize," said Hooper.

"For the first two weeks we ran just basics, so we could get it down. [After] that period of time, we started adding more variety," added Hooper. "As far as the prices go, people just

need to realize that it's a better product and realistically, prices went up for us too."

Some students still have concerns when it comes to the variety of menu items.

While Williams wishes there were more meatless assortments for the vegetarians on campus, student RJ Whitten would like more low carbohydrate items as choices. Student Tanya Galloway would like to see more hot foods, whereas student Jason Thomas desires a healthier fare.

"There is too much emphasis on junk food," said Thomas. Wraps are [my] saving grace."

How does the service compare to previous terms?

"I like that you get the same friendly service we've always gotten," said student Mary Wilson.

Student Mike Schott does not quite agree.

"The cooks are not that friendly," Schott said. "They act like they're

doing us a favor when we're the customers; they're here to serve us. The cashiers, on the other hand are very nice."

One such cashier is Sheila Isaacson, who has been working in the college cafeteria for the past 17 years. She has seen all the faces of change, both those of the students and that of the cafeteria.

While change does not necessarily guarantee progress, Hooper is willing to do whatever she can to insure customer satisfaction.

"One of the things that I'd like to stress is if people don't see something that used to be on the menu regularly, they can ask for it," said Hooper. "If we have the ingredients, we're happy to make any item people might request. Like the grilled ham and cheese sandwiches—we have all that in stock, so we can make it by request."

Hooper also commented that the Cougar Café will have different specials in each station every day.

Prevent getting caught in the cold this season with anti-flu information

Heather Dolson
CONTRIBUTING WRITER

Flu season normally appears in Oregon during late November and early December, but this year it has been affecting Oregonians since early

October.

Many perceive the flu to be an illness that causes people to wrap themselves around the toilet and declare it to be their new best friend, but this is not always the case. Often people use the term "flu" to describe any mild sickness

with flu-like symptoms. But unlike the common cold or stomach virus, influenza is a distinct viral illness with specific symptoms, according to WebMD.com

"The flu causes fever, cough, shaking chills, body aches, headaches and fatigue. These symptoms usually last for three to four days, after which [sufferers] may have a dry cough, runny nose, and sore or scratchy throat for another week or so," according to this website. The illness usually goes away in seven to ten days.

However, having to endure this entire experience is sometimes unnecessary, if one knows how to prevent it. Getting a flu shot every year can be a very effective method of prevention.

According to WebMD.com, the vaccine can prevent illness in more than 70 percent of healthy children and adults under 65, although it may be less effective in older adults. Even if the vaccine doesn't prevent the illness, it can reduce the severity and duration of the symptoms and decrease the risk of complications.

The Food and Drug Administration (FDA) has now approved a new nasal vaccine called FluMist, which is the first flu vaccine available as a nasal spray approved in the United States. According to WebMD.com, the vaccine was 87 percent effective in clinical

trials at preventing the flu virus in children ages 5-17 and adults 18-49.

However, FluMist has not yet been proven safe for those over 50 years of age and should not be given to those suffering from asthma, immune deficiency diseases or allergies to eggs.

The most common side effects from FluMist are nasal congestion, runny nose, sore throat and cough, according to the website. The injected vaccine can also have side effects, the most common being redness or tenderness at the place of injection. Less common are general feelings of discomfort or illness, fever or aching muscles.

The fear of having such side effects is often an excuse for neglecting to receive a flu vaccine.

However, according to the FDA, less than one-third of those that receive a vaccine show any side effects, and only 5-10 percent exhibit mild headaches or low-grade fevers.

There are other precautions for flu prevention besides the vaccine. Such safety measures include frequent hand-washing, eating a balanced diet and dressing warm.

"Keeping your hands away from your nose and mouth is also a good idea since the virus is most likely to enter the body through those areas," stated an article on the WebMD website.

According to a local Rite-Aid phar-

macist, non-prescription medications help treat flu symptoms, but it can sometimes be difficult selecting the right one.

"Each person has different symptoms depending on the severity of the virus, so it's hard to recommend any one brand," he said. "But if I had to, I would recommend Robitussin DM or Echinacea, which is an immune system booster."

A good home remedy is usually all that is needed to get over this illness.

"Make sure you drink plenty of water," the Rite-Aid pharmacist said. "Hot tea with lemon or any kind of fruit juice is [also] a good substitute."

Taking precautions is always important but is especially recommended for students with finals just around the corner.

Flu shots are highly recommended for anyone younger than four years old or older than 65, as well as those with lung or heart diseases or other medical conditions that impair the immune system.

Health care agencies such as the Red Cross and Blue Cross Blue Shield give free flu shots to seniors and eligible members. At Clackamas, a flu shot clinic was held Monday in the Gregory Forum.

For more information about flu-shot clinics in the area, call 1-800-SAFE-NET.

Public Safety Logs



All reports are taken from CCC's Public Safety incident logs. Summaries are edited for clarity, not content.

11-03-03 8:15 p.m.

Saw Hispanic male adult looking into several vehicles in community center lot. Subject left in light-colored Ford Explorer. No sign of break-ins.

11-04-03 1 p.m.

Student reported theft of property from vehicle in Barlow lot.

11-04-03 5:40 p.m.

Received call of a white male adult "passed out in the bushes." Spoke with a person who was leaning against a tree. Seemed visibly upset, complaining of chronic leg pain. Refused medical care.

11-11-03 10:20 a.m.

Talked with white male adult from the community gardens. He wanted to make sure Public Safety knew about the tire tracks through the gardens.

11-15-03 9:35 a.m.

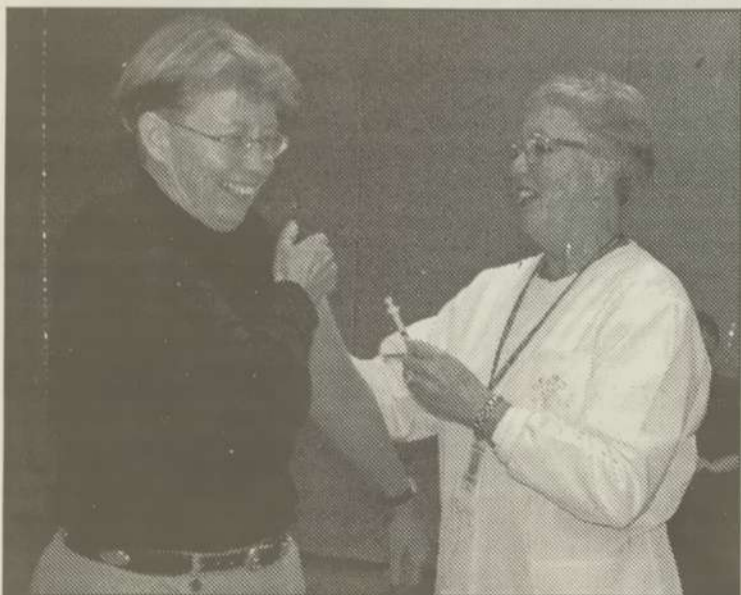
Call regarding trunk open. Arrived, then checked and secured vehicle. No apparent signs of forced entry to trunk or vehicle. Left card on window asking owner to call if missing anything.

11-15-03 6:45 p.m.

Near traffic crash at Molalla and Gaffney. White pickup pulled out of parking lot, peeling out and fishtailing into center turn lane, almost hitting Public Safety vehicle. Oregon City Police witnessed event and made traffic stop.

11-15-03 7:50 p.m.

Met with Oregon City police officer who made 6:45 p.m. traffic stop. Informed me that stop resulted in DUII. I would be listed as a witness.



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Associate Dean of Student Services, Jan Godfrey, receives a flu shot from Kris Casebeer, an RN at Willamette Falls Hospital.