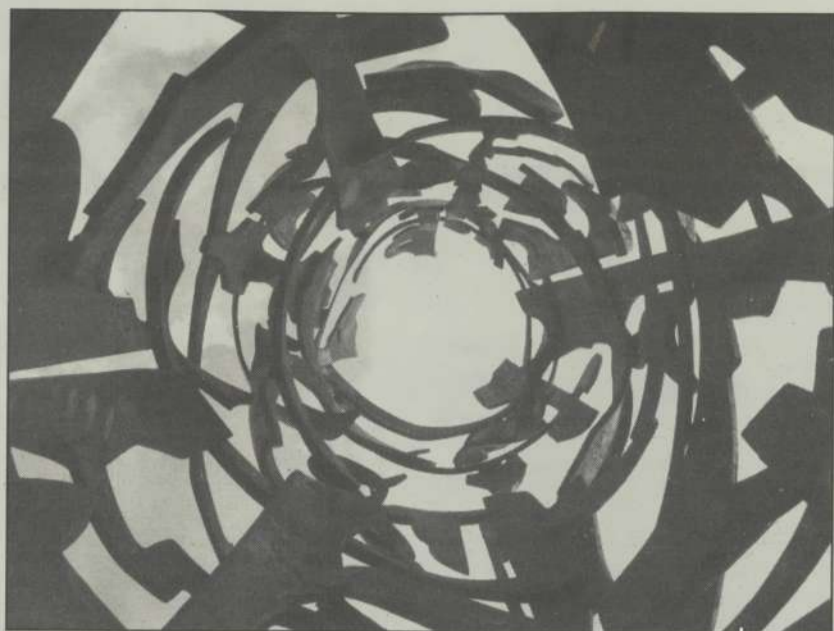
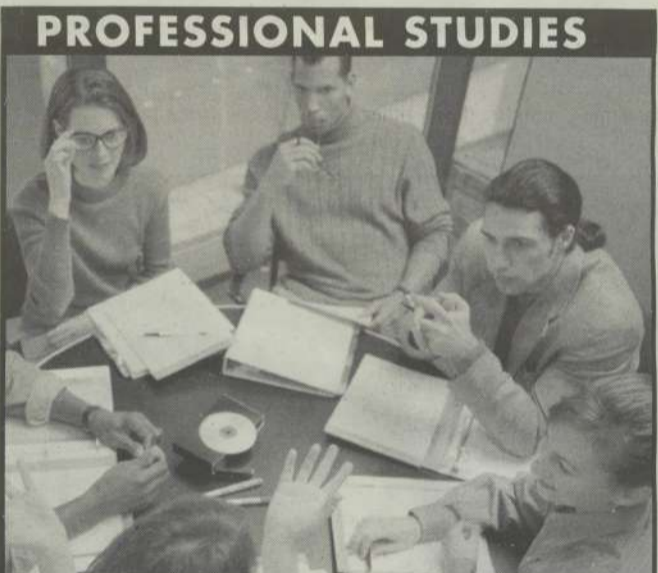
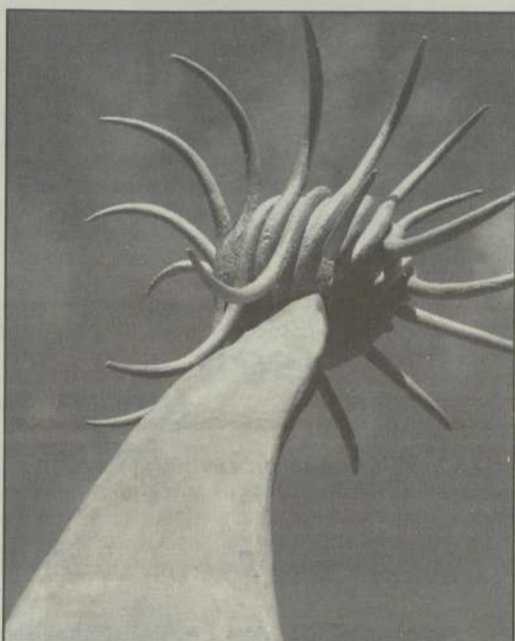
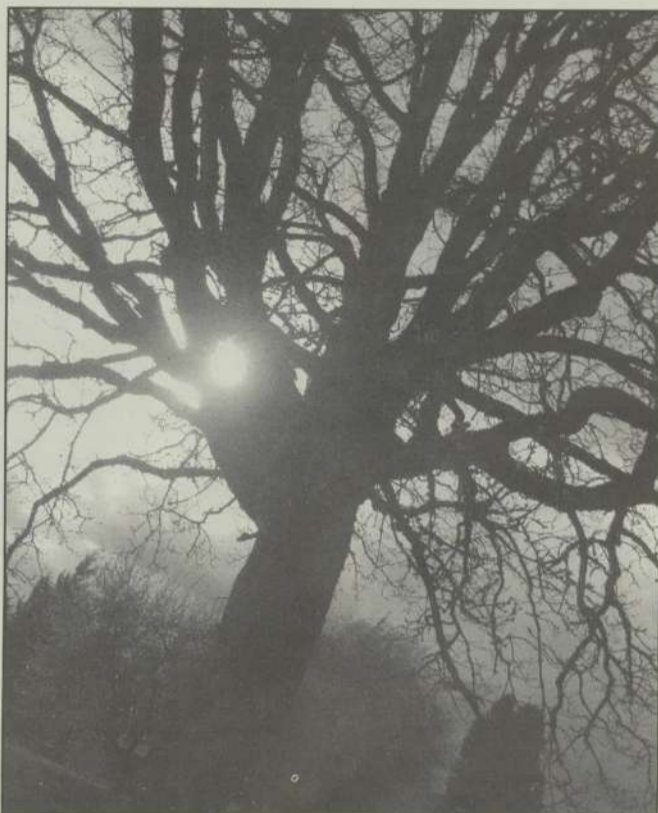


Students capture campus



Photos from around the campus taken by Photojournalism Instructor Max Gutierrez's students.

LEFT: A different look at a sculpture on campus by Chris Young. BELOW LEFT: Students in stormy weather by Nicholas Baker. BELOW: Tree in sunlight by Brandy-Marie Faulhaber. BELOW RIGHT: Rick True's sculpture, "Audrey II," by Chris Young.



PROFESSIONAL STUDIES

Bleed for the benefit of humanity

WHAT: The Associated Student Government (ASG) is sponsoring an American Red Cross blood drive ... siphoning blood for the good of humanity.

WHEN: The blood drive will take place TODAY from 10 a.m. to 3 p.m.

WHERE: It will take place in the Fireside Lounge (in the Community Center).

WHO: Anyone who is reasonably healthy, at least 16 years old and weighs more than 110 pounds can donate blood. According to the Red Cross, "healthy" is defined as: feeling well and able to perform normal activities. It also means that if anyone has diabetes or high blood pressure, they are being treated and the condition is under control.

WHY? Blood is needed in emergency situations for people who have cancer, blood disorders, sickle cell, anemia, etc. Hospitals always need more blood. They're kind of like vampires in that way.

REDADE: The Red Cross gives these tips for a good blood donation experience:

Before donating

- Get a good night's sleep.
- Have a good breakfast or lunch.
- Drink extra water and fluids, but avoid tea, coffee, or other beverages containing caffeine.
- Eat iron-rich foods, such as red meat, fish, poultry, liver, beans, iron-fortified cereals, raisins and prunes.
- Avoid fatty foods, such as hamburgers, fries, or ice cream before donating. Eating fatty foods may screw up tests done on donated blood.

During the donation:

- Wear clothing with sleeves that can be raised above the elbow.
- Show the staff any "good veins" that have been used successfully in the past to draw blood.
- Relax.
- Take the time to enjoy a snack and a drink immediately after donating.

After donation:

- Rehydrate by drinking plenty of fluids over the next 24 to 48 hours.
- Avoid strenuous physical activity or heavy lifting for about five hours after donating.
- If feeling lightheaded, lie down - preferably with feet elevated - until the feeling passes.

Compiled by Katie Wilson, *The Clackamas Print*
Source: *The American Red Cross*



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