

# Education

## Sleep critical for study

Students of all ages may be missing a key ingredient to good grades—adequate sleep.

"Sleep is probably the most important period of the day for processing new information," said Dr. Bruce D. Perry, a child psychiatrist at Baylor College of Medicine in Houston.

Missing sleep, Perry says, causes most of the day's experiences to be stored inefficiently in the brain. Lectures heard, chapters read, interactions with teachers are harder to remember if the brain is sleep deprived.

"Rather than cramming informa-

tion for a test, students are better off studying in smaller chunks and getting enough rest to process the information properly," he said. "Otherwise, you end up storing the information in short-term memory and forgetting it in a few weeks."

Sleep is critical for young students as well. "Children have many new concepts to learn in school," he said. "A good night's sleep not only lets them process what they learned but also helps them be alert in class."

Students who are sleep deprived tend to be more irritable and have difficulty concentrating.

Perry feels that parents often underestimate the importance of sleep.

"Children are kept so busy with after-school and evening activities that sleep gets short-changed," he said. "This lack of adequate sleep robs children of some of their learning potential."

Perry recommends at least eight hours of sleep for adults and 10 or more hours of sleep for children.

"Sleep helps the brain organize new information, so literally, in the morning you wake up smarter than you were when you went to bed," he said.

## OSU lecture plans

Julian Bond, who rose to prominence during the 1968 Democratic Convention, will deliver a major lecture on civil rights next spring at Oregon State University, OSU officials announced today.

Since leading college student sit-in demonstrations in 1960, Bond has been an active, vocal and well-recognized figure in civil rights movements.

He will deliver a free public lecture at OSU's Lasells Stewart Center on the evening of March 11. Tentative title is "Civil Rights: Now and

Then."

"This is an opportunity to involve the community in the national dialogue on the importance of civil rights," said Jon "Joe" Hendricks, director of University Honors College. "Julian Bond played a pivotal role in bringing civil rights to the national agenda, and he now has the advantage of a long-term perspective in viewing civil rights."

Bond was elected to the Georgia House of Representatives in 1965 and again in 1966, but the house voted not to seat him, ostensibly for

his opposition to the war in Vietnam. In 1968, he was nominated for Vice President of the United States, the first African-American to be so honored by a major political party. Bond withdrew his name from consideration because he was too young.

Still active in civil rights, Bond is on the faculty of the University of Virginia.

His appearance in Corvallis will be sponsored by OSU's University Honors College, which also hosted law professor Anita Hill for a lecture earlier this year.

## Buckman Art Sale

Opening Night at the first fall ART SALE benefiting Buckman & Da Vinci Schools will be marked by a very special event. Famed local watercolorist, Rene Rickabaugh will be hand to sign the first set of internationally released posters depicting his exquisite watercolors. These remarkably vivid reproductions will be available unframed or buyers can order a special artist-selected framing treatment by Joanne Rollins Designs. There is a \$5.00 admission fee for the opening which takes place Friday, November 15th from 5-8 pm. The sale continues Saturday from noon-6:00 pm. There is no admission fee on Saturday.

Paintings, ceramics, prints, jewel-

ry, clothes, photography, and glass are among the art works presented by over 75 professional area artists. The show features the work of both established and emerging talent including Claudia Hollister, Michelle Merkin, Vicky DeKrey, Geoffrey Pagen, Allan Bruce Zee and Angelita Surmon. Many artists will donate piece of work to the sale, but most are selling on consignment, forming a unique partnership between the school and the arts community. Also available at the sale will be holiday & all occasion produced by CASA, the children's court advocacy group.

The casual, yet high-quality sale will be held in Buckman School's cafeteria at 320 SE 16th Ave., Port-

land. This fall sale is an expansion launched after six successful spring sales that benefitted Buckman. The spring 1996 sale raised nearly \$10,000 for the school.

Proceeds from the sale will be used to support the arts programs at Buckman Elementary School and Da Vinci Arts Middle School. Buckman is a public school arts magnet. Each of its 500+ K-5th grade students receive instruction in dance, drama, visual arts and music. Da Vinci, also a public school, opened this fall. Its 140 6th and 7th grade students receive an arts infused academic curriculum and specialized arts instruction. The school will grow to serve 300 6th, 7th & 8th graders by fall 1998.

## Urban league afterschool program

### Free tutoring and parent enrichment program

The Urban League of Portland's Whitney Young Education and Cultural Center offers free tutorial assistance is provided by professional and volunteer tutors in all subject categories Monday through Thursday from 3-8 pm.

The center is located in the Urban League Building at 10 North Russell St. Facilities and activities include a multicultural reference library, computers, guest speakers, and films. Students have access to other Urban League programs, such as counseling, leadership training and employment services.

Students in grades 6-12 must be

accompanied by a parent or guardian on their first visit to the center. Parents also are encouraged to register for the Parent Enrichment Program which helps parents become more involved in their children's education.

The Whitney Young Center also seeks adult volunteers with educational experience to serve as tutorial assistants. Interested individuals should contact Daphne Bethel at the Urban League from 1961-71.

The Urban League of Portland is a non-profit, community-based human service, economic and social justice agency serving youth and families,

students, job seekers, and seniors in the metro area.

The League is one of 115 local affiliates of the National Urban League whose motto is "Our Children = Our Destiny."

## Milwaukie student captures Heisman

Sadie Woolsey of Milwaukie named Wendy's High School Heisman state winner

Milwaukie High School senior Sadie Woolsey was named a state winner in the 1996 Wendy's High School Heisman Award Program. Sadie joins Justin Duncan as the state winners from Oregon.

The Wendy's High School Heisman Award—through a partnership between the National Association of Secondary School Principals (NASSP: the nation's largest school leadership or-

ganization), the Downtown Athletic Club (creators of the college Heisman Trophy) and Wendy's International—recognizes male and female high school seniors for academic excellence, community service and athletic achievements. Woolsey's Heisman success is based on outstanding performances in these three areas.

"It's tremendously gratifying to see such fine young adults excel both in the classroom and on the athletic field," said Dr. Timothy J. Dyer, NASSP executive director. "Every

student nominated for this award should be proud of his or her accomplishments."

Principals at more than 20,000 high schools were invited to nominate one male and one female senior scholar-citizen-athlete for the awards competition. A distinguished panel of judges, including past Heisman Memorial Trophy recipients and education, business and community leaders, will review the State Award Winners and name 12 National Finalists in mid-November.

## Mt. Hood offers Tourism Conference

On November 5, 1996, the Hospitality and Tourism Department of Mt. Hood Community College will be hosting the 8th annual Oregon Tourism Economic Outlook Conference. The focus of this year's conference is "Oregon Recreation—A Balance Between Growth and Conservation."

The conference for this year will be held at the Benson Hotel in Downtown Portland from 8 am to 12 noon, registration begins at 7:30 am. Guest speakers will be Mr.

Craig Tutor, Public Service Marketing Manager from Oregon Visitors Association, as well as Mr. Joe D'Alessandro, Executive Director of Portland Oregon Visitors Association, as well Mr. Lyle Laverty, Director of Recreation for the United States Forest Service. A trade show/job fair of 15-20 industry professionals will also be on hand.

The costs for the conference will be as follows:

- Students (High school, Colleges, Universities and/or Trade

Schools) \$7.50.

- Industry Professionals \$20.00
- To participate in the trade show/job fair, a \$25.00 booth fee is added.

These costs include a continental breakfast and a mid-morning coffee break.

This conference is used as an informative tool for the students and professionals in the hospitality industry. It also serves as a fundraiser for the Mt. Hood Community College Hospitality and Tourism Department scholarship fund.

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