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Portland State University. Student Publications Board

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**We will all be burnt to a crisp.**  
Seriously.

# the portland Spectator

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# MISSION STATEMENT

The purpose of the Portland Spectator is to show that a conservative philosophy is the proper way to approach issues of common concern. Our viewpoint originates from the following principles:

Individual Liberty

The Importance of Values and Customs

Free Market Economy and Free Trade

The Rule of Law

The Portland Spectator is published by the Portland State University Publication Board; and is staffed solely by volunteer writers. The Portland Spectator is funded through incidental student fees, advertisement revenue, and private donations. In general the staff of the Portland Spectator share beliefs in the following:

-We believe that the academic environment should become again an open forum, where there is a chance for rational and prudent arguments to be heard. The current environment of political correctness, political fundamentalism and mob mentality stifle genuine political debate.

-We support high academic standards.

-We believe that each student should be judged solely on his/her merits.

-We oppose the special or preferential treatment of any one person or group.

-We believe in an open, fair and small student government. .

-We oppose all efforts toward an equality of condition, for this violates any principle of justice that can maintain a free and civilized society.

-We oppose the welfare state that either benefits individuals, groups or corporations. The welfare state in the long run creates more poverty, dependency, and social and economic decline.

-We believe in the Free Market, and that the sole role of government in economic matters is to provide the institutional arrangements that allow the Free Market to flourish.

-We do not hate the rich; we do not idolize the poor.

-We believe in an activist U.S. foreign policy that seeks to promote and establish freedom, political and economic, all around the world.

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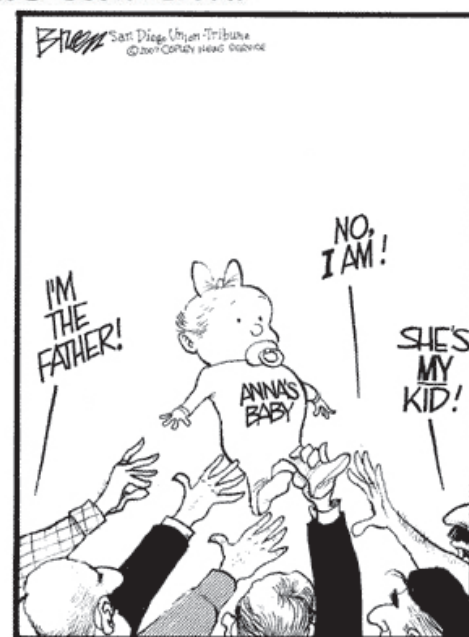
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— 'AND IN THIS CORNER ...'







## Red Light

A place where you meet the fellow that passed you going 80 mph a little ways up the road.

Photography courtesy of Bryan Glenn

## When Robbers Forget Chains in the Snow

One downfall for thieves in Canada is that there is snow. A man unsuccessfully attempted to rob a building located directly next door to a police dog training facility in Calgary, Alberta. When the alarm sounded, officials raced next door to investigate. They were met by a car driving through a garage door and speeding down the street only to be stopped short of an escape by a snow drift. The man attempted to flee the scene on foot but was met by police dogs from the facility. It gets better - the car was stolen. Not his best day.

## Entrance to the Female Only Island

Theran, the northwest province of Iran, is planning a female-only island aimed at boosting tourism in the area. Iran forbids men and women to occupy the same public area, a measure they claim protects women. Due to this national law, women are forced out of many public areas and are confined to small segments reserved for women only. This would stand as the first location that is open exclusively to women.

## Cocaine and Chocolate Chip Cookies

Drug smugglers are now using chocolate chip cookies to smuggle their illegal substances. In Chile, Alicia Arce from Argentina was arrested for her attempt to bring cocaine into the country through the use of the popular desert. 17.6 pounds of the controlled substance was placed in the foil wrappings of chocolate-coated alfajores, which are the South American version of the cookies.

## Internet Dating

Advice for single men: post a plea online. From the desolate location of Hoyocasero in Spain, a plea was placed online from men tired of being alone. In response to the plea arrived 150 women. The "caravan" idea has existed for over twenty years as the selection available for a potential partner in the small community is minute. Under the conditions above, men receive a mate and women obtain the opportunity to reside in a rustic area and begin life over again.

# Campus Update

## VOTE RUDY SOTO



## Exercise is NOT Needed to Lose Weight

No longer is exercise a component of weight loss. A study conducted in New York City released a statement that the widely held belief that a combination of exercise and healthy eating is not what actually promotes weight loss. The dieting aspect of the formula, researchers say, is just as effective as the combination of the two in the quest for a smaller waist. Bottom line is that weight loss spawns from a calorie deficit; where that calorie deficit comes from is not important. For this reason, a reduced calorie diet promotes as much weight loss as the combination of diet and exercise.

## American Tourists

Apparently, American tourists do not take a liking to muggings. In Costa Rica, a group of American tourists broke the neck of a thief when he attempted to mug them on the Caribbean coast. Met upon de-boarding a cruise ship, the group was faced with a .38 caliber revolver and the threat to shoot if the tourists did not hand over their valuables. The mugger was not expecting to meet resistance and his two friends fled the scene upon contact. No charges were filed due to the incident being viewed as self defense.

## New York City Pillow Fight

New York now hosts pillow fights. February 26, 2007 housed a giant pillow fight in the middle of downtown New York. For no particular reason other than allowing adults to once again act like children, hundreds gathered to pummel one another with pillows. With feathers flying and crowds laughing, participants claimed that the event enabled them to forget about the career driven tendencies of the city and release their inner child.

Student elections will conclude the first week of March with a student vote. While less than ten percent of the student body at PSU traditionally casts a vote, there is much at stake when voting for your student representatives. Student government is responsible for issues that impact you as a student on a daily basis. Government controls issues ranging from where your student fees go to what courses are available. When selecting student government, students should seek unbiased representatives who are fiscally responsible and promote the growth of PSU campus. When you cast your ballot this year, I recommend the following students:

President: Rudy Soto  
Vice-President: Brad Vehafric  
SFC Chair: Amanda Marie Newberg

I believe that this slate will act in the best interest of all students due to its diversity and experience. Members of this slate have proven to be unbiased voices that act in the best interest of all groups on campus. From multiple years logged in active duty on PSU's campus through student government involvement to Washington DC internships, this slate by far has the superior tools necessary to enrich Viking campus life. For more information regarding the candidates I believe will best serve you as a student body, log onto [votepsu.com](http://votepsu.com).

-Crystal Joele Rea

Compiled by Crystal Joele Rea  
Information has been derived from various media sources.



# Taking Global Warming Seriously

**I**t's the new consensus. Global warming is real. And it's coming fast. Things are so bad in fact, unless we engage in immediate corrective action the future of our planet is at stake... literally.

Soaring temperatures will cause sea levels to rise, displacing millions and changing the face of the world we now know. Drier land and greater humidity will result in flooding on a biblical scale. Temperature shifts will ravage economies, food supplies and landscapes. Humanity itself may not even survive the dramatic and horrible effects these shifts portend. Indeed, the sky itself may actually ignite... unless we act now.

What needs to be done then, to stem this crisis... to save our world and the future of our children? The primary cause of global warming has been CO2 emissions that result from human activity. The answer is simple then: we need to stop polluting the planet with fossil fuel emissions immediately.

Sure, we benefit in the short term from our destructive actions, but are those benefits, weighed against the future of our planet, worth it? Any sane person can give the answer: an emphatic no.

And in America, things will be relatively easy for us here. We will be only looking at economic collapse, and a return to 20's style depression America. The emissions that imperil our planet form the base of our industrial activity, and of our economy. They must be the first to go. This does mean that we will pay an economic price, but we will do so only for building our economic prosperity on such a globally destructive practice.

Sure, even businesses that do not produce any emissions will go under, as they are part of the same economy. And yes, their employees will lose their jobs; and yes, it will be harder for them to feed their families. But it's a small price to pay weighed against the future of our planet, isn't it?

Things will be easy for us here in America. The ramifications of economic catastrophe can at least be quantified here. The economies that depend upon us in the developing world will not be so lucky. We are talking about a return to stone/bronze age conditions. The return of tribalism in much of the world will herald a bright future for women and minorities no doubt... And the catastrophic warring over the limited resources that remain? It will not even make it to our American newspapers, if we have any left.

And Europe, with their already unsustainable welfare state... forget about it. At least America will be

going bankrupt with a positive balance. Europe will be dealing with a kind of compound bankruptcy. You see, the environmentally unfriendly economies they run are carefully holding together a social welfare system that many depend upon.

So we are faced with an apocalyptic scenario and... an apocalyptic scenario. And both are grounded in the truth of hard science. Economically, it is a fact what will happen to people, their lives, their cultures, and the world. Scientifically it is also an undisputed fact what will happen to our climate, the planet, and the environment.

Well, the last statement is true... for the most part. We have done a bunch of scientific research that has yielded tremendous and startling results. We have political parties in Europe and America to thank for the funding and the call to do this research.

It is also true that a number of scientists have had the audacity, in the face of this scientific/political movement, to disagree. We have dealt with them by removing grant funds for researchers who produce results we do not like. We have attacked their personal and professional reputations. We have called for their decertification and compared them to holocaust deniers. We have tried to keep the scientific climate honest and open, in the spirit of real research. After all, we would want to advocate such drastic actions and scenarios if we were not sure of our results would we?



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# *A Generation of Spoiled Brats*

by **Keith Bjella**

So about a month ago I was reading Newsweek,  
And I read something so amazing, I really couldn't speak;  
You see there was this poll that took America's opinion,  
On what they thought of the direction of this great nation.

You see it turns out 70 percent are just unhappy,  
They think this nation, is turning out crappy,  
But it makes me wonder, who these people are,  
These 70 percent who think America's some scar.

Maybe it's the fact that running water comes 24 hours a day,  
That they can turn on a faucet and sanitized water is on the  
way.

Or maybe it's because 96% of them have jobs,  
Maybe that's the reason they turn to Newsweek to sob.

Could it be that a lot of those 70 percent own homes?  
"Hey look, a fire!" and they get on the phone.  
Trained firefighters show up night or day,  
And risk their OWN lives for modest pay.

Maybe it's the ability to drive from ocean to ocean,  
No need for state to state passports,  
No slowing down your motion.

Maybe they're upset that if you get in a wreck,  
Medicals workers show up to check everyone's neck.  
No matter your wealth, everyone gets helped real proper,  
And if your injuries are so bad, they even call in a chopper.

Walk down the street to the  
nearest grocery store,  
Take one look inside and you'll see food galore.  
You could walk right in and see more food in that place,  
Than Kenya and Darfur could ever dream to even taste.

Complete freedom of religious, social, and political views,  
Maybe that's what makes these 70 percent so un-amused.  
They sit on their rears and complain complain complain,  
They say the world thinks of America as just some nasty stain.

Well I'll tell you what the world must see,  
A nation of spoiled brats,  
That's what they think we must be.

Just look around, we have so much!  
But we focus on what we don't have,  
And we use it as a crutch.

We find our excuses and say we don't like our direction,  
Well we should open our eyes, because it's like an infection.

We're a far cry from the Americans of the past,  
How would they look at us?  
What kind of opinion of us would they cast?

Even with their problems they were called the "Greatest Gen-  
eration"  
I'd hate to go down as the "Spoiled Brat Generation".

So take a look around and reassess the situation,  
We might have a few problems,  
But don't continue the degradation.



# STUDENT ELECTIONS 2007

## *Who's Runnin' Anyway?* Interview by Tessie Lopez

Enjoyably, forming a part of the community at Portland State University requires student awareness with present issues and events. I am excited to announce that student elections have arrived, and I highly recommend that people take part in voting. I've had the pleasure of interviewing two bright young gentlemen who are running for office and here's what they have to say...

### **About Rudy:**

Rudy Soto is a junior at PSU. Like many freshmen, his first year was spent adapting to the University's atmosphere. He immediately started taking part in events on campus, and by his second year, he was nominated to be the coordinator of UISHE (United Indian Students of Higher Education). With the Native American Student and Community Center, Rudy created events such as the Roots Festival which celebrates the importance and beauty of diversity. Additionally, Rudy has had the opportunity of working with multicultural leaders and has interned in Student Government and currently sits on the SFC (Student Fee Committee) for the current school year. Rudy is working toward a major in Liberal Sciences with a minor in Political Science. He also desires to continue his education with the intent of helping the Native American community.

**Tessie:** What would you say are the objectives in student Government?

**Rudy:** Sustainability and Affordability- demanding that the school use energy wisely. I read somewhere that state buildings in Portland are already using renewable energy. Also, focus must be shifted to lowering student tuition.

**Tessie:** What would you do as the Student Body President?

**Rudy:** As the student Body President I would focus on three things: Accessibility, Awareness, and Accountability. Accessibility- having the availability of resources. I would demand a decrease in library fees. The library closes at 11pm due to cuts from the state, and new books are not being purchased. Also, I would re-examine student budgets, how the staff fees are used to extend lab operation hours at Smith. I understand as a student, my best hours for studying are at night, so operating hours for these resources are very important.

Secondly, we have awareness. Students sometimes experience difficulty in knowing what goes on around campus; there's a low turn out of informed students. I would create an avenue where student government can be informed by consolidating a point of information link, sending out a monthly calendar, and handing out student administrative resources for making responsible decisions.

Thirdly, I would insure students of the student government accountability; I recognize the importance of what student's dollars are being spent on.

**Tessie:** Why do you want to be President?

**Rudy:** I want to be President because I see a problem. Students feel that the system is ineffective and I want to be a part of the solution.

## About Patrick:

Patrick Beisell is a sophomore at PSU, who was born and raised in North East Portland. He came to PSU for the affordability and Urban life. With a lot of hard work and dedication, he has not only interned in the Student Government but served as Senator last year and is now the State of Affairs Director. You may recall a few months ago, seeing students all over campus recruiting voters. That Student Vote Campaign was partly run by Patrick. Over 3,500 students signed up to vote. Patrick is preparing for an English Major, as opposed to the Political Science Majors expected by most students who are involved in the campus government.

**Tessie:** What would you say have been the objectives in the current student Government administration?

**Patrick:** Well, I can say that the current administration has done a good job in building foundations that have not existed before with previous administrations. They've prepared the path for the next administration. Objectives have included the want to reach out to different communities, advocating the student body to do good work and to fulfill goals such as access, sustainability, helping in family services, and knowing that you have two terms to do it.

**Tessie:** If you win this election, what would you want to see done under your administration?

**Patrick:** Well, I would like student surveys to be conducted to know what it is that the students really think is important. I would also focus on the decreasing student tuition by establishing a tuition plateau, which involves paying a flat fee as opposed to the system we have now. We used to have it like OSU, but OSU fought for it back. I would also strive for a better community. The students on campus sometimes feel alienated and ostracized, so I would to bring everyone together. An idea for a solution is creating a community space, to have a big lounge. We can also make ASPSU more accessible and break it down by spreading out sofas and having free food. I want to outreach to students that are here. Most importantly, we need Victories for students, giving something back to PSU students that is tangible and can affect them in a positive way.

**Tessie:** Finally, why do you want to be President?

**Patrick:** I'd like to be President for all of the reasons I've spoken of. I've had two years of great guidance that have really made me passionate towards building a greater community, and working on and towards all of these goals.

*I am very grateful to both Rudy and Patrick for the time they took in sharing their ideas so that you may see a glimpse of what they plan to offer. I wish them luck on this upcoming election.*

*\*\*Since the above interview was conducted, additional individuals have formed campaigns for student elections\*\**







# Beyond Partisanship

■ Why community leaders like Kevin Mannix are vital to Oregon's future. By Carlos Romano

The enterprise of politics brings people together for the common good; at least it's supposed to. We all approach it with our own set of beliefs and with the goal of doing what's right – to make things better. Politics, at the very beginning, is an altruistic endeavor of service, hope and optimism.

Of course not everyone agrees on how to do it, or even on what 'better' means. We find others who share our beliefs and ideas. Eventually, realizing that by working together we can accomplish much more, we form sides. With our many tools and shared resources we become part of a larger movement and use our combined strength to achieve our goals. We also inevitably encounter people with whom we disagree, who are also organized.

What, at its beginning, is an optimistic and well-meaning endeavor is also now a dynamic environment of ideas where people and groups compete not just for hearts and minds, but also for the power to act.

The problem begins when people start caring more about their own 'side' than they do about the beliefs and ideas that inspired them in the first place. The reality of organization means that some people must share in a greater role of the decisions and responsibility than others. The commitment to a 'side' instead of an idea therefore, is a commitment to an agenda set by others.

Where people once chose sides to reflect their ideas and beliefs, many now form their positions based on the direction their 'side' is moving in or upon an agenda it has set. Where they once were the chief actors in determining their political future, many now find themselves 'along for the ride.'

The problem here is that the people working to make a difference are no longer in control. It is a broken formula. It paints a bleak picture of our future as a state, and one that breaks faith with a politics focused on the common good. Part of belonging to one side necessarily involves opposing another. But this opposition was never meant to be for its sake alone.

Greater, more important things must guide our thoughts and actions. And we lose that when we commit to a side instead of what inspired us to choose that side in the first place. Opposing someone or some issue because they are simply "on the other side" epitomizes the worst in partisan politics. And it is something, at one time or another, we have all been guilty of.

People who agree on many issues are pitted against each other because they disagree on one. Many wait to see what position the other side has taken on an issue first, before searching their own hearts and minds. Indeed, we become so conditioned in supporting a 'side' that our beliefs and attitudes become reflexive.

Distrust and suspicion contribute to a political environment that works against the best in us. Conflict is fomented where there should be none. Cooperation is absent where it is needed most. The people that suffer are the same people we once sought to help. What we forfeit is the future we once hoped to create.

Moving beyond the model of partisanship that divides us requires real community leaders; people who follow their own convictions and who have the strength to rise above partisanship and inspire others to work together again. But looking around, there are not many of them. And where they do exist, they deserve our recognition and support – no matter what party they come from.

One such leader is Kevin Mannix from Salem, Oregon. Many remember his close race for governor against Ted Kulongoski in 2002, but most people are unfamiliar with his path as a private citizen.

As a legislator he worked with members of both parties to pass 135 bills, making him the most successful and productive legislator in state history. These covered a wide range of public policy issues from adoption reform to workers' compensation reform. He brought people together to establish mandatory minimum sentences for violent criminals. And when large companies were nervous about donating their goods to charity for liability reasons, Mannix authored a law limiting that liability, helping community non-profits get the donations they need to deliver their much needed services.

In private life his relationship with community based non-profits has continued. As a Senior Advocate for We Care Oregon, Mannix has dedicated himself to helping groups who work to meet the needs of unsupported pregnant women, groups that donate food and supplies to Native American Reservations across the country, groups that house, counsel and mentor troubled teens and at-risk youth, groups that provide hands-on job training for homeless youth and adults and many others.

From helping counties across the state combat methamphetamine problems, property crime and identity theft, to increasing the number of state police on Oregon's highways, to helping low-income families with their children's educational expenses, Mannix continues to work on a number of ballot initiatives to help make the daily lives of Oregonians better.

While holding no political office and with no campaign to run, Mannix has continued to dedicate himself to the people around him and to a positive future for our state. And it's pretty hard to politicize the fundamentally decent things he has chosen to dedicate himself to. They are things people of all political stripes can work together for. Overcoming the partisan environment that sets us against one another is the challenge. Community leaders like Kevin Mannix are the answer.





“Guilty of not believing in the Gods the City believes in, and of introducing other strange divinities; and he is guilty of corrupting the young.”

[portland.state.spectator@gmail.com](mailto:portland.state.spectator@gmail.com)

the portland  
**Spectator**

**Guilty**



## Relatively Speaking Multiculturalism vs. Cultural Relativism

By Mikel McDaniel

Our university culture is deeply enamored with multiculturalism, and I take this to be given information to anyone who has ever set foot on our campus. Multiculturalism is the celebration of a diversity of cultural traditions; it especially emphasizes a sense of tolerance for people and behaviors that are foreign to oneself. Allowing alternative viewpoints can be essential to helping people overcome their fear of what is different, and a diversity of input into democratic systems helps to ensure a rich output. However, multiculturalism has a malignant sibling that often finds itself able to weasel into the same parties: cultural relativism. Relativism is simply the proposition that all truths are relative to one another, in this context it proposes that no one culture's conception of the universe and what it means to be human is somehow better than any other's. It should be obvious why cultural relativism and multiculturalism are frequent bedfellows. Unfortunately, for how important multiculturalism can be to a healthy society, relativism is the precursor to epistemic disaster.

It may seem a contradiction to speak of tolerance and acceptance of alternative views on the one hand, but to say that there are ultimately better and worse descriptions of the universe on the other. But with honesty and clear thinking we can navigate this narrow channel. Relativism, in almost all of its philosophically significant forms, hinges on the idea of truth, and most examples of relativism are nothing more than transgressions of

definition. 'Truth' is simply the assertion of a proposition, when a statement is made it can either be true or false – if it is true then the statement is an accurate representation of something in the universe, and if it is false than it somehow fails to describe that aspect of the universe. Consider the sentence, "It is true that I have an apple in my left hand." This sentence is semantically equivalent to simply saying, "I have an apple in my left hand." Adding the words "it is true" does not add any information to the statement, because asserting a proposition implies a claim to truth. That's what a proposition is.

Understanding this reveals the obvious contradiction of relativism: if all truths are relative, then Relativism is relative! More specifically, since truth is the assertion of a proposition, then the proposition "there is no ultimate truth" is equivalent to saying "it is true that there is no ultimate truth" – or, to reduce it to an even greater absurdity, "it is ultimately true that there is no ultimate truth". The simple fact is that communication consists of truth-claims; it requires the existence of propositions which can be either true or false. Therefore, to have any meaningful dialogue with another human being requires at least the assumption of an objective, knowable reality, the rules of which directly and uniformly affect our lives.

It will be objected that this simplistic treatment of relativism doesn't pertain to much more complex cultural phenomena like cosmology and morality. It is true that the whole may well ex-



ceed the sum of its parts in certain cases – so is there a lurking, ineffable gap inserted somewhere within the ascent from simple statements like “I have an apple in my hand” to more complex assertions like “the centrifugal force of our planet’s rotation causes an equatorial bulge in the shape of the earth”? The way in which any particular culture or individual navigates this ascension from simple proposition into meaningful definitions of how the universe operates is known as epistemology – how we know what (we think) we know.

Some people believe that relevant data about how the universe works can be garnered through metaphorical interpretations of dreams or states of waking hallucination. Others believe that the specific shapes of star-patterns seen from the surface of our planet at night can directly reveal facts about any number of things, from weather patterns, to life expectancies, and even financial prospects. Still others (most of the current population of our planet, in fact) insist that one or several of a select few pieces of divinely inspired literature contain canonical accounts of the history, nature, and destiny of our world. To varying degrees, these are each examples of epistemological devices. The one epistemological system that stands significantly unique in the annals of history is science.

Western science is unique because it is perhaps the only system that openly admits that it is a system for understanding the world, and is thus explicitly adaptable to best fulfill the needs of an honest search for the truth. Consider a thought experiment: a Tuvan reindeer herder from Siberia seeks help in managing his herd, which has been plagued by recurring generational heart failures once the animals come of age. He encounters a Yanomamo shaman from Brazil who is having similar problems managing his private garden of hallucinogenic flora, which seem to have an inherited weakness that renders them chemically impotent by the time they reach maturity. The two men exchange suggestions for dealing with the problems, often groping for superstitious remedies such as spells, charms, prayers and what-not, plus some ancient folk prescriptions. Some good may come of the exchange of ideas, but does anyone doubt that it would be even half as helpful as a brief conversation with a Western geneticist about Mendelian properties of inheritance? What folk remedies they may recommend to one another will be invested in their own cultural context, having little or no application to the other person’s world, whereas the scientific explanation is specifically crafted to be as universally applicable as possible.

If you doubt that there is any more explanatory power in science than there is in any folk tradition or religious system, simply compare some of the technological products of these different systems. Are there any protective runic charms that are superior at deflecting bullets than Kevlar armor? Have you ever tried to fly from Portland to Los Angeles in an aircraft propelled by the power of prayer? Does even the most sophisticated folk medicine have a remedy analogous to neurosurgery? It is difficult to doubt that science has built a view of the universe that is without peer in either scope or predictive power.

Without undermining our epistemic clout, we can recognize how much we have to learn from other cultures. It is entirely feasible to embrace the idea of a multicultural society without falling into the trap of cultural relativism. If we have learned anything from how rapidly science has been able to revise our understanding of the world, it should be how very much we still have to learn. So it is with reason and humility that we should expand our cultural horizons and discover what valuable insights other societies provide into the world we all ultimately share.





# Universal

by Jared

Nearly 50 million Americans do not have health insurance. Of all the public policy problems our nation faces, the health care crisis is perhaps the most daunting. However, there aren't any easy solutions. America's politicians need to make tough decisions, and the media will excoriate any who try to change the system. Hillary Clinton's proposed nationalization of the health care industry in 1994 was one of the reasons why the GOP was able to win control of Congress for the first time in 40 years.

Full-time students at Portland State are assessed a student health fee as part of their tuition payments. Otherwise, most students of Portland State would not likely be insured. For most students this makes financial sense. People in their 20s don't have much need for health insurance. If they were to enroll in such a plan, they would be subsidizing older enrollees who would be more likely to make claims. Also, people know that if there were any trouble, they could always go to an emergency room.

## Diagnosis and Prognosis

A good friend of mine, Nancy, was a graduate student at Portland State. She was enrolled for 12 credit hours, but had to drop a class. Since she was no longer enrolled full time, she was no longer eligible for health insurance at Portland State. This last fall she felt really sick, and she went to see a physician. She had contracted colon cancer, which spread to her liver. No longer covered by Portland State's health plan, she has had to pay for all of her treatment out of pocket.

Nancy had to receive a colonoscopy to confirm she had cancer. The tragic thing is that her colon cancer might have been nipped in the bud if she had undergone the procedure sooner. Our health care system creates perverse incentives. The cost of health insurance has become so cost prohibitive that many people elect to not purchase it, or they cannot afford it. Colonoscopies aren't done on time. Not only would Nancy have better health if the colon cancer would have been found early, but the total cost to our system would be less.

Nancy met with a surgeon based out of Legacy. The surgeon was abrupt, and his bedside manners were horrific. Two types of people enter the health care industry: those who really want to help people, and those who really want to have a good, stable income. Nancy's surgeon was of the latter category. There's nothing wrong with making money, but some people put money above the needs of their patients. Nancy's facing death, and her surgeon was mainly concerned with how Nancy was going to pay his fee to perform the surgery. The doctor even insinuated that Nancy should elect to not take the surgery and just die. This because she did not have insurance!

# Healthcare

Stilwell

Nancy then met with her oncologist. She related her experience she had with the surgeon to her oncologist, who then selected a new surgeon for Nancy. This one was based out of Providence. This surgeon told Nancy that the colon cancer needed to be operated on immediately. The finances would be worked out later.

Nancy's experience with Providence will forever enhance my opinion of Catholics. I have always held the Catholic Church in high regard, but their charitable attitude towards a dear friend of mine gave me new reasons to appreciate them. Life to Catholics is so precious, but not just in principle. When someone was truly in need of life-saving surgery, Providence made arrangements to operate before arrangements for payment.

## **Surgery and Recovery**

Nancy scheduled her surgery, but before she had her appointment, she had to go to the emergency room because of complications with her cancer. Her surgery was performed a few days early. Currently, any hospital that receives federal money, which is practically every one of them, has to receive anyone who comes to the emergency room. From a cost perspective, Providence was saving itself money by scheduling Nancy for surgery, since treatment dispensed via emergency room is a lot more expensive. Those who lack health insurance can simply wait until their illnesses are so severe that they demand treatment. Problems that could have treated with less expense fester until a trip to the emergency room is necessary. Those who lack health insurance do not have access to some preventative treatments and do not receive the necessary care without having to go to the ER. Again, our health care system creates perverse incentives.

Nancy's surgery went really well, and her recovery has been good. The entire tumor was removed from her colon, and now she has to undergo chemotherapy treatment. The drugs she needs are costly. Some people have clamored for price controls on prescription drugs in this country under the guise of "negotiations" with the federal government. However, every price control that has ever been enacted has always reduced the supply, which then leads to shortages. Anyone remember the gas lines of the 1970s? Anyway, Nancy cannot afford her chemotherapy so the drug companies are going to donate the medicine. The marginal costs of the drugs are small. The real cost of prescription drugs is the research and development. By donating the drugs to Nancy, the pharmaceutical companies buy goodwill.

Nancy's chemo treatments are going well. She does suffer from some nausea, and she has a prescription for a medicine that helps with that. At \$35 a pill, this is expensive. However,

the pharmaceutical company has donated the medicine. I have told her she might have to smoke some medical marijuana. Oregon law permits it, but federal law prohibits it. In spite of all the empirical and anecdotal evidence that shows the benefits of medical marijuana, our federal government continues its asinine war against marijuana. Thousands, if not millions, of Americans are addicted to prescription drugs. But it is marijuana, a drug that is not addictive, that is a federal crime.

## **Medicine on the Aggregate**

I am hopeful for Nancy's recovery, but our health care system remains ill. The main problem with the system is that there are few free market mechanisms. Since a third party pays the bills for those who are insured, patients have no incentive to economize. Because of ambulance chasers like John Edwards, doctors often perform tests that aren't necessary to protect themselves from malpractice suits.

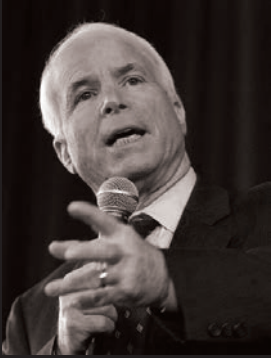
I know of a deaf woman who would go to see her doctor every time she had a minor pain or headache. Because of the Americans with Disabilities Act, the doctor had to hire an interpreter every time this woman came into his office. These interpreters cost \$100 an hour. Finally, the doctor told her she had to pay a \$5 co-pay every time she came into the office. Now she goes to see the doctor only when she needs to. Incentives matter.

Following the wisdom of H.L. Mencken, I am not sure there is a simple way to fix our health care system. I do know that we need to add free market incentives. We need to align the interests of the patients with the interests of the hospitals. And the rising cost of health care is not due to the increasing technology, either. Every other industry uses technology to drive costs down. Health care's issue is that the industry creates perverse incentives.

The problems are our health care industry will not likely be fixed any time soon. Our nation's leaders would not even fix the problems with Social Security, a system far less costly to fix. Too much political traction can be made by demonizing any proposed reform. Perhaps enough people in America have to be convinced we have serious issues with health care before our leaders will act. Bill Clinton only signed the Welfare Reform Act of 1996 when his political advisor's polling showed that Bob Dole would win the election if Clinton vetoed welfare reform a third time. Even though America has the best health care system in the world, it still needs reform. To keep it the best system in the world, those reforms need to incorporate free market mechanisms.



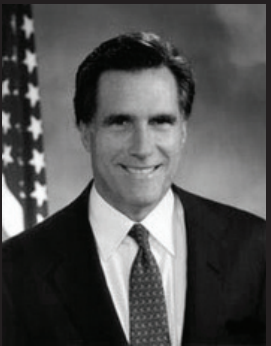
The 2008 Presidential election seems to have started early this year. While anything is possible, clear front-runners have already taken over the media stage. The first Democratic candidate, former Governor Tom Vilsack, has already dropped out because he could not raise enough money. In addition, we are seeing a lot of firsts in this election too. It seems very likely that a woman or an African-American could be the Presidential candidate for a major party ticket for the first time in the history of the United States. On the Republican side, a Mormon could possibly hold that position. Included are the names of announced Presidential candidates with a short elaboration on key players. Here is a little bit more about the candidates that you may not have known, along with a brief analysis of their strengths and weaknesses. It is important to note that the following list is not exhaustive as new individuals enter the race on a daily basis.



**John McCain:** He has certainly been around the block acting as a U.S. Senator for almost 21 years making him an extremely seasoned politician. Nearly everybody knows who he is. Some things he has going for him include national security. While he has supported the President for the most part, he also has not been afraid to criticize parts of his plan or their implementation. Being a Veteran himself he has the ability to connect with voters. Security is still a huge concern with voters, and voters will believe that John McCain will protect them. He talks a tough game about terrorism and the world today and he believes there are people in the world out to get us, and if we do not figure out a way to combat them then they'll be a-comin'. He is also known for compromise and crossing the aisle. His work in campaign finance reform and orchestrating compromises over judicial nominees portrays him as a pragmatic politician who will work well with others. This might play well with voters fed up with the extreme partisanship in Washington. On the negative side, there is a sizeable portion of the Republican Party who do not think he is much of a Republican. The rough primary race against George W. Bush in 2000 had its toll on McCain. Republican voters seem to prefer a candidate who speaks their language loud and clear, not one who is more focused on making friends with the other party. His personal demeanor might play a part too as he is not what one might call "warm and fuzzy."



**Rudy Giuliani:** Nicknamed "America's Mayor," he is a lawyer and a businessman known for prosecuting organized crime. As mayor of New York City he has reduced crime significantly making NYC America's safest major city. Giuliani handled things in NYC confidently and without hesitation during the city's largest crisis, and for that reason, is trusted by many Americans. Name recognition certainly works to his advantage. Right now he is ahead of Hillary Clinton and John McCain in a head to head poll. A security platform is his biggest advantage as he is seen as capable of protecting America in a time of uncertainty. Aside from politics, it is his personal life that holds the potential to disrupt his success. Along with his three marriages, his stances on social issues worry social conservatives (i.e. Republican primary voters). Despite questionable viewpoints, it seems as if Republican conservatives are giving him the benefit of the doubt. Interestingly enough, he was also knighted by Queen Elizabeth II.



**Mitt Romney:** The former Republican governor of Massachusetts is probably one of the more unknown candidates. This man is smart and his ability to get things done is inspiring. Romney left Stanford to do a mission in France for over two years, and came back to become Valedictorian of his graduating class at BYU. Following his undergraduate education, he graduated cum laude and in the top 5% of his class at Harvard where he received a joint degree from the Law School and Business School. Additionally, Romney was named a Baker Scholar. Romney then worked in the private sector where he eventually co-founded his own (very successful) private equity investment firm. He left the firm a short time later to return to his previous employer and rescue it from fiscal crisis. He then went on to serve as President and CEO of the Salt Lake City Games, which was facing a financial crisis of its own. Romney's leadership took its \$379 million shortfall and turned it into a \$100 million profit upon as the games came to a close. For good measure, Romney donated his position's \$825,000 salary to charity. As governor he turned the \$3 billion deficit he had to start with into a \$700 million surplus "without raising income tax" (The Economist). Under his leadership Massachusetts also became the first state to have universal health care coverage. Anyone would be quick to acknowledge that his resume is pretty impressive. His stances on social issues are more ambiguous. Once claiming to be more "gay-friendly" than Senator Ted Kennedy, he is now courting a different audience. His biggest challenge is having America's Christian conservatives warm up to a Mormon. This task, however, is not impossible since he does seem to be the most solid Conservative so far within the Republican front-runners.

and to the **President**  
by Amanda M





**H**illary Clinton: The first woman who has a legitimate chance of being President of the United States. Although Hillary is most well-known for being the wife of President Bill Clinton, she also sits as a NY state Senator in her own right. She is unquestionably one of the candidates getting the most media press. Her campaigning tactics are known for being “vicious,” yet surprisingly she is the least liberal candidate. Having positioned herself as a defense hawk and is more pro-Israeli than Prime Minister Olmert himself, she has been strategically planning this run for years. She is also the elite of the elite within the Democratic Party. Using her husband’s position and contacts, Hillary seems to have taken advantage of a well-oiled machine. The only problem is Democrats seem to see right through her. Recently she has been running into problems from the activist side of her party for refusing to apologize for her vote to authorize the Iraq War. While against immediate withdrawal, she claims when she is President she will end the war. Hmmmm... Not to mention that if Mrs. Clinton were elected we would see the U.S. being run for 24, potentially 28, years by the same two families... hey, maybe Jeb can run against her in 2012! Bottom line: If you are against the current climate of Washington and the typical elitist politician then you must be against Mrs. Clinton. Sorry to those who yearn for a female president at last, 2008’s not the year, nor should it be.



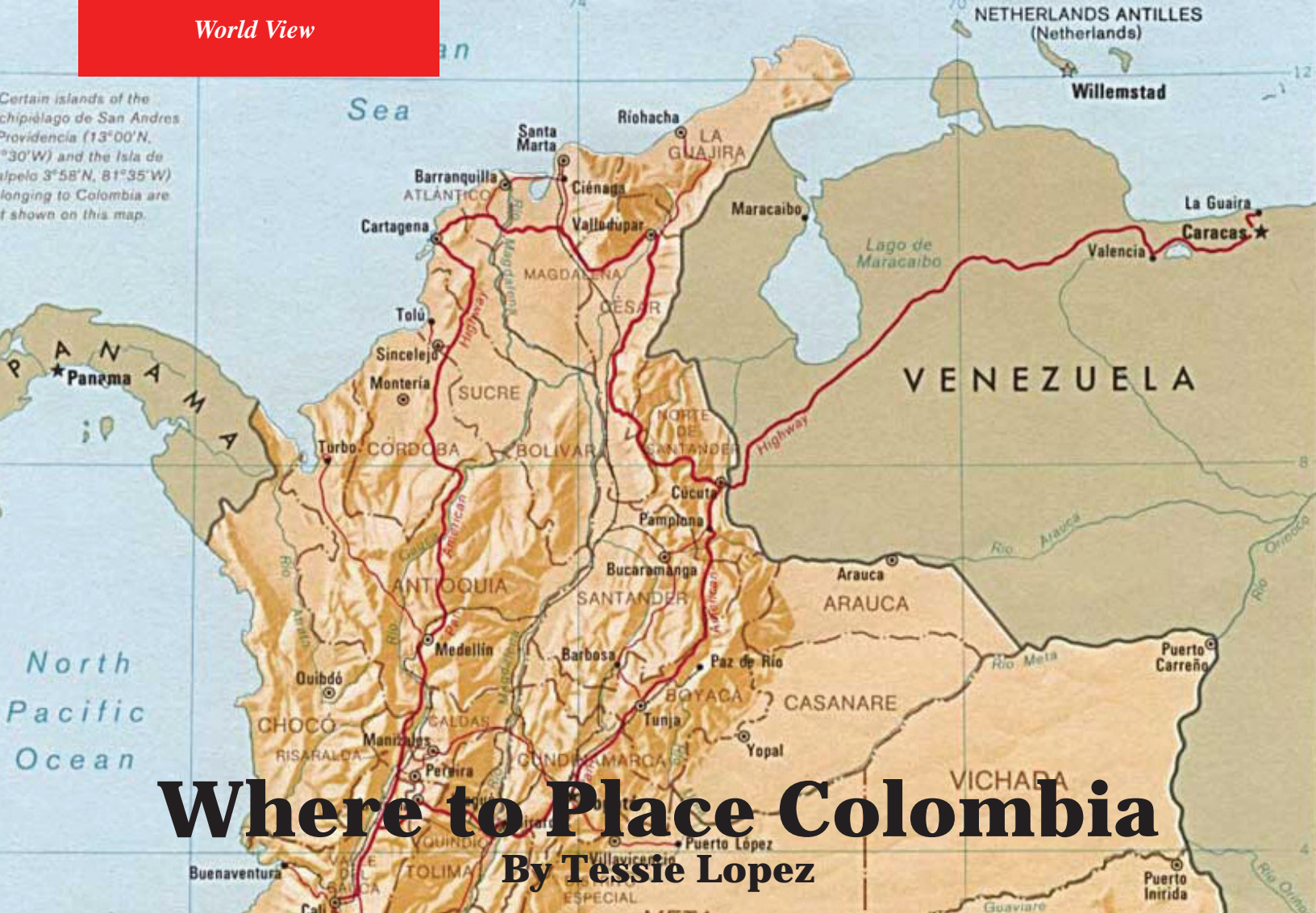
**J**ohn Edwards: The candidate who wants to try again, only this time front and center. Doomed by his bumbling excuse for a running mate John Kerry last time around, he is going at it again. Known for his multi-million dollar legal career, his main platform is poverty. Since his loss in 2004 he has worked for the Center on Poverty, Work and Opportunity at the University of North Carolina at Chapel Hill School of Law, and engaged in numerous speaking events across the country. As of yet he has been substantially ignored by the mass media. Unlike Hillary, he has apologized for his Iraq War vote calling it a mistake. Previously as a U.S. Senator he has supported affirmative action, abortion rights, and the death penalty. The most “progressive” candidate, Edward’s stated priorities as President would be fighting global warming, eliminating poverty and providing universal health care. Although his mission seems clear, he has yet to take a position on same-sex marriage because apparently he is “just not there yet.” He is your typical liberal on most other issues and seems to be in line with America’s left. He does have a huge deficit in security experience and ideas on how to keep America safe, but it has not seemed to hurt him yet. He is currently coming in 3rd or 4th depending on the poll. The lack of media sparkle on his campaign might seem to make him a long-shot, but I think he will be in it for awhile.



**B**arack Obama: The star of the show. If you watch the news you might assume it was only Hillary vs. Obama for President. A graduate from Columbia and Harvard Law School, his work experience includes a lot of non-profit work including organizing job training programs and a voter registration drive. He also worked for a civil rights law firm and taught constitutional law at the University of Chicago Law School. He has been a U.S. Senator since 2004, already authored two books about himself with a third in the works, and is the light at the end of the tunnel of American liberal Hollywood. His very idealistic, optimistic approach is seen as a breath of fresh air compared to the Washington political establishment. When Barack talks people listen and are inspired, but most importantly, they believe him. This makes it possible for someone with almost zero relevant experience to be a major contender for President. Being African-American also plays a role. For those who did not know, his mother is from Kansas and his father is from Kenya, but Barack was raised in Jakarta, Indonesia and Hawaii. His defining position seems to be that against the Iraq War. Unlike Hillary, he has been against the war from the beginning and he has a plan. He has introduced legislation that calls for the redeployment of U.S. troops by May of this year and the removal of all combat troops from Iraq by March of 2008. Known for this quote, “There is not a liberal America and a conservative America - there is the United States of America. There is not a black America and a white America and latino America and asian America - there’s the United States of America,” Obama is running on a platform of putting America back on track. Right now the race is based more on money than on issues, so if he can raise as much as the Clinton’s he will successfully stay in the race. Even if he does not obtain the necessary funds, he certainly will not be going far from the American political spotlight.



Certain islands of the archipelago de San Andres y Providencia (13°00'N, 81°30'W) and the Isla de Gorgona (3°58'N, 81°35'W) belonging to Colombia are not shown on this map.



# Where to Place Colombia

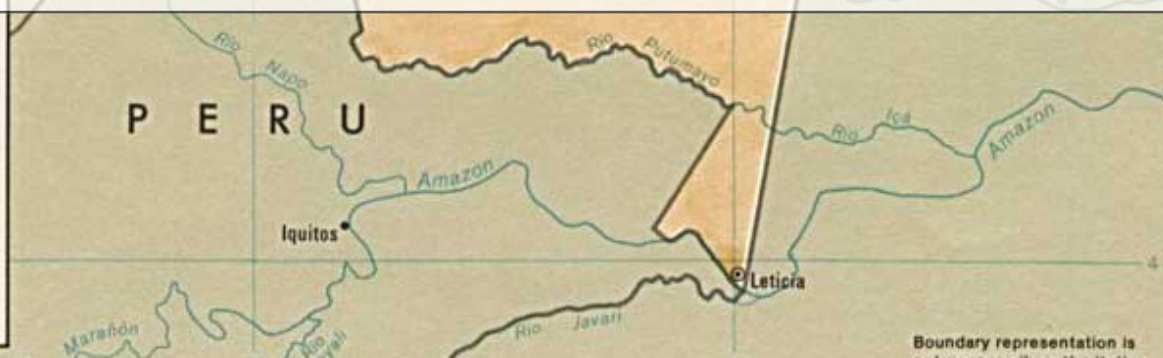
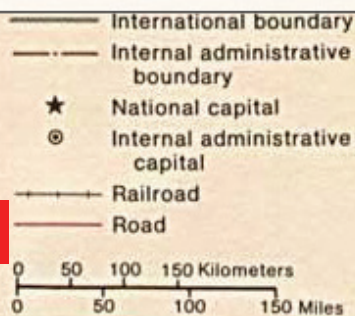
By Tessie Lopez

Colombia: South America's oldest democratic country where one can find the world's richest coffee, most precious emeralds, catch sight of the Andean mountains surrounded by tropical landscapes and also, unforgettably find the home of Nobel peace winning author, Gabriel Garcia Marquez. For those who read last month's article "Mimicking Dictator and a Socialist Unification", there was a mention of socialist countries with ambitious potential: Venezuela, Nicaragua, and Ecuador. Colombia was inaccurately placed among this list. Although Colombia has stressed ambitious potential like these other countries, the agenda is focused on a much different revolution. Rather than imposing authoritarian rule, improving democracy and escalating safety to the citizens is the primary emphasis.

Colombia's President Alvaro Uribe has claimed alliance with the United States and friendship with President Bush. During his second year in office in 2002, Uribe was invited to the Oval Office at the White House for a Press conference where he and

President Bush exchanged their similar views and agreements. Uribe, nicknamed the "friend of freedom" by President Bush, is heavily criticized by many Latin Americans for supporting the War on Terror yet, Uribe continues to make apparent his desire for peace within his own country and is proud to aspire to the United States as the ultimate example of how a modern day democracy can be successful.

As the first President in Colombia to ever sit two terms, Uribe is also the strictest man in combating narcotics and illegal substance trafficking. Although, now he faces an even stronger challenge in combating terrorism within his own country with paramilitary opponents, guerrillas, and terrorist revolutionary armed forces of Colombia, such as FARC. Alvaro Uribe's alliance with President Bush serves as a friendly example of the persuasion Alvaro Uribe has with international relations and that his ambitious potential is not merely close to imposing authoritarian rule, but to protect his country from those who desire to impose dictatorial influence.



Boundary representation is



# From the Desk of Your College Republicans President J.A. Hoffman

## Limiting Freedom How Oregon may Continue the Socialist Agenda

I hail from Washington. I moved to Portland to attend university. I became depressed when my home state passed a law in '04 putting restrictions on land use and property rights in the form of some high and mighty "assist you in quitting" smoking ban. I thought that there must be some outcry from the large minority: allow the free market to solve our problems, not government. If you do not want to breathe smoke, go to another establishment. Here in Portland, many bars survive on customers who light up in their bar. While researching this article I viewed a clip from Channel 8 on the purposed ban. One person interviewed said, "I would like to see it pass, I only smoke here, not in my home. It would help me quit." Sell off your land, forget your dreams of a start up business and get ready to socialize, the Pinko's are at the gate.

I am not a heartless capitalist. I believe government is a necessary evil to provide defense, mediation and help those who do not receive help from private charity. If I sell my labor (whether for \$8.50 an hour or \$150 an hour), save and start a business, I should own that business. If I want to smoke in my business, I should be able to. The effects of alcohol are damaging, so why not outlaw that? I realize smoking bans are for second hand smoke but for those choosing to suck on a burning piece of organic matter, its your choice.

The beauty of this all is that most of the bills nation wide are proposed by democrats. They are the same individuals who say, "keep your laws off my body." I believe in protecting the minority. The fact is, extreme capitalism and extreme socialism do not work; we need a mix of both. I fall into the camp that says we need to

champion personal choice rather than rational law. Our democratic Republicanism works very well. Let us make laws on what is acceptable and not acceptable. When the tyrannical majority tells the minority, who in the case hold the liberty high ground, what to do however, someone has to step up and cry foul. Abortion is legal, our schools are socialized, our health care is headed that way and business is under attack. Give this liberty lover one victory and join those against this abashment of freedom. I do not smoke, yet I know when to step up and swing for an unrepresented minority. Let us stay a country based upon protection of liberty. Let us remember it was a minority that wanted Revolution against the monarchical Britons. Write your Representative and tell them to vote "no" on the smoking ban.

## Schedule of Upcoming Events

- Weekly meetings, Tuesdays, 6 pm, Smith 229
- College Republican State Convention, April 13th-15th, Bend/Sunriver, OR, going to be tons of fun with a banquet & an open bar! Contact Jeremiah @ psucrs@gmail.com if you are interested!
- Thursday Politico Night (usually in McMenamins), Thursdays, 6 pm (email to confirm)
- Contact Information:
  - E-mail [psucrs@gmail.com](mailto:psucrs@gmail.com)
  - Website [www.pdx.collegerepublicans.org](http://www.pdx.collegerepublicans.org)





# ALL EUROPEANS ARE ILLEGAL . . . . .

by Robert S. Reece

There are so many issues to discuss when trying to assess the situation at our border with Mexico that it is difficult to know where to begin and where to end.

I guess we could start with 1492 when Columbus set sail to find a new trade route. He was convinced that the earth was a sphere, and when he reached the (West) Indies, he thought he had been successful. What he had done that could be termed "illegal" is something I cannot figure out. So, are we to simply accept that Europeans were "OK" before 1492 and then became "illegal?" Was trying to find a trade route some kind of crime?

Spanish "conquistadores" colonized Florida, Mexico and the southwest United States. In 1542, 50 years later, Juan Rodriguez Cabrillo, a Portuguese explorer working for Spain, was probably the first to visit what we call "California." In 1620

the Pilgrims landed at Plymouth Rock to start a colony. In 1776, 93 years later, SPANISH settlers from MEXICO got to the site of San Francisco, and in 1812 Russian fur Traders built Fort Ross.

In this entire history lesson, does the name "Aztec" ever come up? The Aztecs were the inhabitants south of the Rio Grande River in 1492 and have no logical claim of "re-conquista" of any area north of the Rio Grande. I guess it would be OK if they wanted to kick the Spaniards out of Mexico . . . if they could just figure which Mexicans are Spaniards, and which are Aztecs. I haven't a clue how they should decide about the Africans among them!

Independence Day in Mexico is the 16th of September. On this day in 1810 Miguel Hidalgo y Costilla, a Creole priest, led his Indian followers in a revolt against the Spanish. Well then, just what is this "Cinco de Mayo" business? It was

a battle somewhat like "the Alamo." In 1862, the French harbored leaders of the Mexican Conservatives and interfered in Mexican domestic politics. Great Britain and Spain withdrew their forces in April while France sent more troops. Their advance was checked by Diaz and Zaragoza at Puebla on May 5th. This was the battle of Cinco de Mayo. In the following September, 30,000 French Troops came and on February 17th 1863, they leveled Puebla. On June 9th they went into Mexico City installing Maximilian, an Austrian, as Emperor. \*

"Re-conquistas" -- these are the descendants of the conquistadores themselves, so what are they going to re-do? Are they planning to take back their country from their ancestors? Is it possible that the Aztecs want to push the "Spaniards" out and back across the sea to Spain?

If your ancestor commits a crime, does





that make you guilty? Suppose you benefit from that ancestors crime. What if one of your grandparents robs another one of your grandparents? Does this mean that you must "correct" this crime by paying restitution to your siblings?

The whole notion of trying to correct history is just silly.

It is bad enough that people try to re-write history for whatever reasons, but trying to re-make history is to engage in the impossible. It is to operate on the assumption that nothing ever changes. To remake history would require putting the total universe, from the stars to the sub-atomic ions, back to where they were at some earlier time.

Go out and look at the mountain. Take your camera out and take a snapshot. Now wait a day. Repeat. Everything has changed, universal to sub-atomic. The air around the mountain is different air. The sun and the stars are all in different relationships, however measurable or immeasurable. If there be shadows, they are a different length due to the earth's progression in its orbit. Leaves or needles have grown longer or fallen from trees. Animals have moved about. Snow has melted, compacted, fallen or shifted. Water has run down hill, evaporated and sunk deeper into the ground. Cosmic rays have shot through, leaving an electromagnetic temporary track or field. Sand

and gravel have been washed lower.

But what we are faced with is a near-sighted view. I call this a "static" view. As people mature they form conceptions about the world. It comes as a shock to most of us when things that we thought were permanent change. I think, maybe, the best example would be when you have lived somewhere for a while and then after moving away and living too far to visit often, you have come back, and something you had always taken for granted is altered or even completely gone!

We learn to accept growth, especially of things we see every day. We think of the seasons as being cyclic, always coming around in the same order. We say that history repeats itself!

But we generally hang on to our "static" view.

There is another view. I call it the "dynamic view". This is the view that everything changes all the time. Go out and look at the mountain!

A great many issues of our time revolve around these two views. I have selected one of these issues to write about because I think one side has a static view that will not solve any problems. A dynamic view is needed.

The May 2006 issue of the Portland Spectator had on its cover a photo of protesters and a sign that said "All Europeans are illegal since 1492." Everything

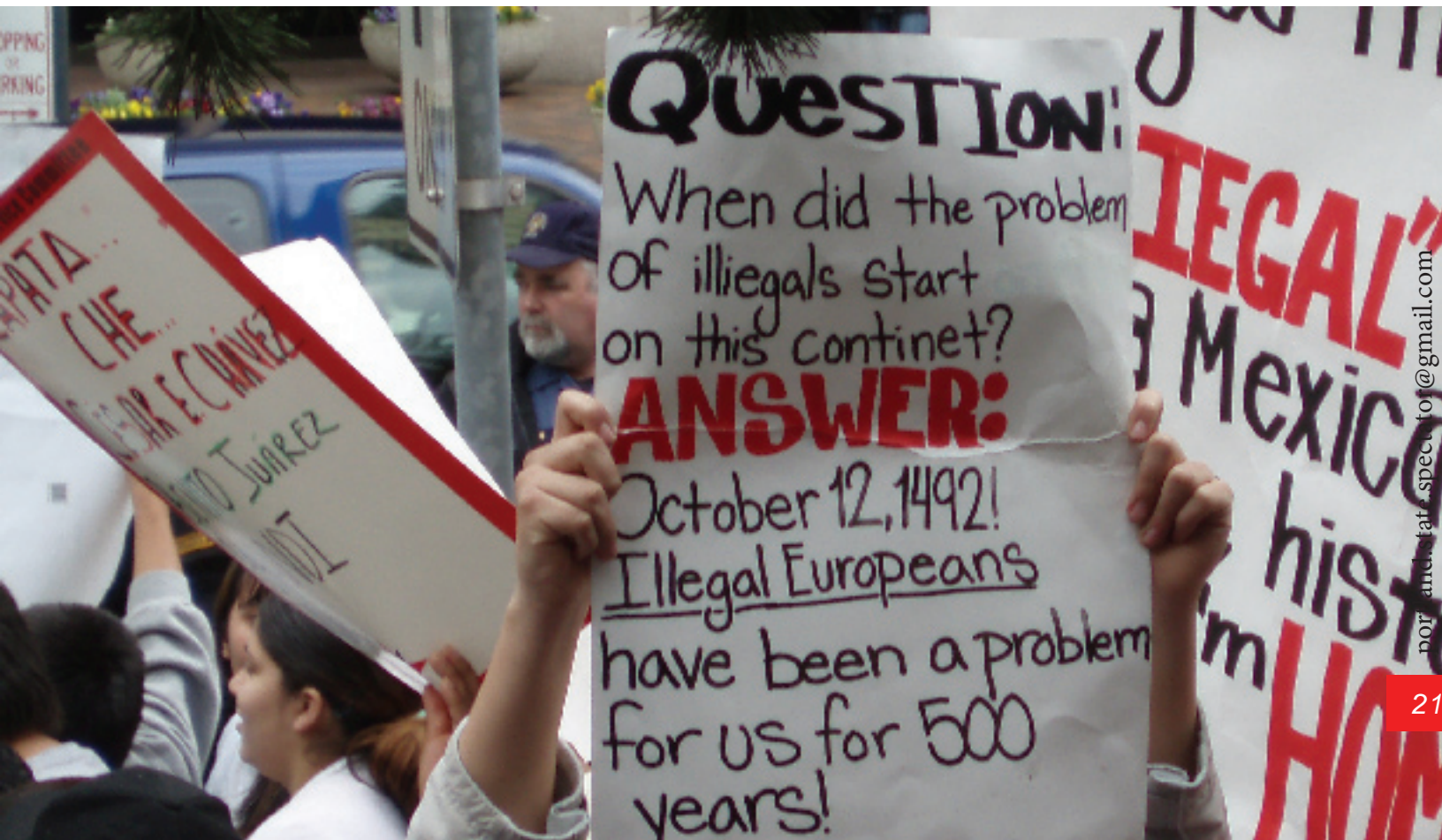
has changed since 1492, but I couldn't help but wonder how many of the protesters have names like Garcia, Cortez, Maldonado, Perez, Sandoval, Tinoco, Sanchez, Fonseca, Flores, Villareal, Ramos, Santana or Valasquez! I wondered how many of them could speak Aztec, Comanche, Navajo, Havasupi, Cree, Souix, Apache, Seminole, Abenaki, Ceni, Pomo, Hupa, Yuma, Miwok, Modoc, Mojave or any other American Indian Language.

One wonders what the true motivations are of these so-called "re-conquistas."

When Sieur de la Salle tried to establish a French colony near the mouth of the Mississippi, the native peoples in the neighborhood detested the Spaniards and were won over by his kindness. They tried to persuade Sieur de la Salle to join forces with them to drive the Spaniards back across the Rio Grande.

Are these people coming across our southern border really just the Spaniards that the Southeast Texas peoples were trying to get Sieur de la Salle to help them drive back across the Rio Grande? Spaniards are Europeans, aren't they? So, tell us again! Who is illegal since 1492? Spaniards are Europeans, aren't they? Aliens or not, people who break laws are "illegal," aren't they? So tell us again, who was illegal since 1492?

\*Encyclopedia Britannica 1957



## by Crystal Joele Rea

**A**fter six hours of classes, four hours of study, and five hours at work, the last thing most college students are worried about is exercise. As life continually succeeds in becoming busier than the day before, exercise is becoming a trend of the past. America is the most sedentary nation in the world, and it is becoming evident in the students on college campuses.

The idea that exercise is needed to maintain a healthy lifestyle is nothing new, but it cannot be said enough. Although Americans have been hearing this recommendation continually since the beginning of last century, are they really following through? Ohio State University recently published data illustrating the actual exercise trends of the nation and what they found may shock you: 52% of students are sedentary or extremely irregular in regards to an exercise plan while only 31% of students had been on a regular exercise schedule for the six months prior to the study.

Is there really a difference between students that do and do not exercise? Yes. Regular exercise and healthy lifestyle patterns stimulates the mind and improves focus. Individuals who implement exercise into their daily routines experience lengthened periods of concentration and improved retention which results in higher scores on papers and exams. Additionally, active students tend to actually remember information after the conclusion of the term. Exercise improves the mind.

Recommendations for the amount of exercise needed to maintain weight and lose weight fluctuate ranging anywhere from three to twelve hours within a week. A realistic recommendation cannot be made that has the ability to be accurate for everyone. One thing is true however, everyone must exercise. In a world where schedules are full three months in advance, finding the time to take care of ones body all too often falls along the wayside. There are ways that make the seemingly unrealistic time commitment far less of a giant.

Generally, the most difficult part of exercise is starting. Fitting it into a routine takes practice, and even once at the gym, the first part of ones workout is critical to the focus of the second half. Accountability and pure drive is initially required as it takes about three weeks to develop a routine. Once exercise has successfully become a part of a person's schedule for three weeks it will more often than not remain a part of that schedule for the remainder of a person's life.

Social support is the biggest influence on the exercise patterns of a college student. If a student plans to successfully be-

gin to exercise, locating a support group with the same desire is crucial to success. When there is a group of like minded individuals working toward a common goal the chances of reaching that goal becomes more feasible. Further, since the college years are highly social, making trips to the gym a group event will make it seem less like exercise and more like spending time with friends.

Though social support plays a key role for both genders, females experience stronger motivation from family and males look more toward friends. Understanding this dynamic, one needs to determine which group of individuals will serve as the most motivation for him or her, then locate that group.

Self-efficacy also plays a key role in the likelihood that students will exercise. Levels of high self-efficacy generally result in higher success rates as obstacles were met with stronger drive than students with low efficacy. Excuses are all too easy to find and it becomes easy to avoid the gym, but persevering despite obstacles becomes easier each time one pushes through.

Exercise is more successful when one's entire life shifts to adapt. Rather than driving to the gym, run to save time. Instead of hopping on the elevator, take the stairs. Grab a healthy alternative to the doughnut with your coffee in the morning and say no to extra helpings when you are full. Small changes that allow you to focus on the well being of your body throughout the day promotes a healthy lifestyle that motivates one to hit the gym. Simply going to the gym without changing the trailing bad habits will result in a short-lived membership.

Equipment is key to exercise. Purchasing a good pair of shoes is vital because it not only prevents injury and is better for your body, it additionally will put you in the mental frame to exercise. If you are a female, purchasing a set of workout clothes may be enough motivation in and of itself to force you to the gym.

Tracking success is another aspect of working out that may keep you on track. When goals have been set and progress is being monitored, you are continually aware of where you are going. The forward looking approach keeps students fixed on an end result which is a key motivational tool.

Bottom line is, America is fat. As a country, we may place blame on as many fast food restaurants as we like, but that does not change anyone's waistline. It is the responsibility of each and every individual to take care of his or her body, and that means exercise. Health is something that is important enough to make time for in your day because it will save you far more time and money in the long run.

***Contact Portland State for information on classes for credit, athletic clubs, intramurals, and schedules for weight rooms and circuit rooms.***

***Student Recreation Number: (503) 725-8787***



# TEN EXERCISE TIPS

1. Take the stairs. Class on the sixth floor? Burn an extra 40 calories. 20 classes in a term? That's 800 calories that you wouldn't have burned last term.
2. Turn study breaks into a sit-up session. Not only will you experience extra room around your waistline, it will help to refocus you for the remainder of the study session.
3. Walk to class. If you drive, take public transportation that forces you to walk part way. Get off the bus a stop early to require yourself to walk a few extra blocks.
4. Avoid McDonalds. Walk to a restaurant at the bottom of the park blocks instead. This benefits you in multiple ways as you have to exercise to get to lunch, you give yourself time to actually digest your food, and you avoid McDonalds.
5. Turn off the TV. Television consumes countless hours for the average American; time that could be spent doing something active. Sometimes, they even have TVs at the gym so you won't really miss anything.
6. Take a class. If you are getting a grade, you will go.
7. Join a gym. If you are financially invested, the chances you will use the facility as much as double.
8. Invest in music. Listening to music is motivational because it gives you something to keep pace with in addition to taking your mind off the fact that you are completely out of breath.
9. Reward yourself. If you have something that you are working toward that is backed with extrinsic motivation, you have one more reason to get there.
10. Determine when your body best responds to exercise, then clear your schedule during that time. Each person responds differently to exercise so understanding your body's internal clockwork is vital to success.



# Are you tired of the same old forms of protest? DON'T HESITATE...SELF IMMO-

Tired of the same old forms of protest? Tired of them going nowhere? Want the Bush Administration to hear your voice? Don't hesitate... self immolate!

Below is a stepwise guide to this radical new form of protesting:



Step 1: Soak self in gasoline or other flammable liquid.

Step 2: Light match and...DISCO!



Make a difference!!  
Fight the capitalist  
dogs!!!

\*\*\*\*\*WE ARE NOT ACTUALLY SUGGESTING THAT ANY READER OF THE  
PORTLAND SPECTATOR END THEIR LIFE. THIS IS A SATIRE PIECE. And please recycle.