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the portland Spectator

Welcome Back Issue



October 2008

the portland Spectator

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The Portland Spectator is published by the Student Publications Board of Portland State University. It is funded through incidental student fees, advertisement revenue, and private donations.

All essays and commentaries herein represent the opinions of the writer and not necessarily the opinions of the staff.

The Portland Spectator accepts letters to the editor and commentaries from students, faculty and staff at Portland State University. Please limit your letters to 300 words when possible.

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About the Publication:

The Portland Spectator was started in 2000 by a group of conservative students. Since its formation, The Spectator has strived to provide a conservative viewpoint on a very liberal campus.

This year's staff has taken a vested interest in improving the publication. This year The Spectator has several new columns as well as a new approach to using our voice on campus.

In May of 2008 The Portland Spectator decided to re-do their Mission Statement to become more in-line with our current political beliefs.

MISSION STATEMENT

The Portland Spectator believes that the academic environment should be an open forum, where there is a chance for rational and prudent conservative arguments to be heard.

The current environment of political correctness, political fundamentalism and mob mentality stifles genuine political debate. We encourage the expression of diverse ideology to promote thought-provoking discussions.

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Letter from the Editor:

The most wonderful thing about school is the pleasure of being surrounded by new ideas. PSU is a campus that allows this to the nth degree. We have sustainability programs, College Republicans, Vegan cafés, greasy pizza stands, and of course classes that teach us every subject we can imagine.

The problem that most students run into is fear of this atmosphere burgeoning with ideas. The bright lights and sounds of being at such a fast-paced university confuse most students. When different political and cultural perspectives are mixed into that, students can find it easy to retreat into themselves.

Retreating into yourself is a survival instinct. We stick with what we know, we point out the flaws in anything different, and we sometimes miss out on great things. I came into this university very scared, this was what I felt as my first 'real' university after transferring in from PCC. My first term, I kept to myself, studied hard, met often with my professors, and made it through the term alive.

Then the ideas began to creep into my head. "Try that Food For Thought Café!" I'd think to myself, "I can do this, they don't get mad if I'm not a Vegan." With each step into a different atmosphere here at PSU, I became more comfortable. I even have been able to embrace activities whose politics are fundamentally different than mine. The ideas that I hear from my conservative writers are often foreign and sometimes confusing, but I wouldn't be the person I am today without working with them.

I encourage every student, new or returning, to try something new. For some of you, picking up this conservative magazine may be a bit radical. I applaud you. To make the transition a little easier though, we've diversified our staff. We have a conservative yoga instructor who will write a monthly column, a democratic staff writer or two, an arts and entertainment section in the creation, and many other articles that I'm sure you'll find enjoyable.

I hope that as your term and future here at PSU continues, pleasure can be found in the learning and debate of new ideas. As Joseph Campbell would say, "There are many ways up the mountain."

Sincerely,

Sarah J. Christensen

THE NEWS

New Tactics in the Political Arena

Richard Gillmore admitted to raping seven women between 1970 and 1980, he chose his victims while jogging in Southeast Portland, earning him the name of "The Jogger Rapist."

This September a victim of The Jogger voiced her disdain at the possibility of his parole in a campaign commercial in support of Senator Gordon Smith. The commercial, aired in early September, has caused a stir in the community.

Citizens are wondering if the airing of this commercial will be detrimental to the parole hearing for Gillmore, and others are asking what line candidates will cross next.

New Conservative Movie Turns Heads

An American Carol, the new Vivendi movie to be released on October 3rd, is raising flags across the political spectrum.

This comedy has an all-star cast in which a Michael Moore-esque character decides to ban the Fourth of July. He is then visited by three angels, using the *A Christmas Carol* approach to change his mind.

Conservatives are concerned that this type of movie only reinforces the negative and stereotypical aspects of the current Republican party. Meanwhile, Democrats are offended by the portrayal of one of their largest supporters.

Movie-goers will enjoy this comedy-packed film, just as long as they leave their politics at home and just enjoy the show.

Miller Foundation Gives PSU \$25 million

The donation is the largest in PSU history and the largest gift to higher education in the U.S. for sustainability. The gift has become labeled as an investment in Portland state University and the future of Portland to be a paradigm of sustainability.

According to investinportland.org, the gift will be used for faculty positions, research projects, community partnerships, leading edge conferences, student scholarships, and graduate and faculty fellowships.

The university has been congratulated for facilitating research aimed at some of the world's most pressing environmental, social, and economic problems.

S IN BRIEF

Debate Team Returns with High Enthusiasm

Portland State University's award-winning debate team is back for another year of dazzling argumentation.

A student group with open membership for all PSU students, this team will assist anyone in developing their public speaking skills, mastering English as a second language, learning how to organize their thoughts and ideas, and becoming experts at critical thinking.

Coached by National Champion Chris Richter and full of award-winning speakers, this year promises to be a successful one for the team and anyone who joins them.

Practice times for Fall Term will be 3-6 pm every Monday and Wednesday in the Smith Memorial Student Union.

To contact the team and find out exact practice locations, ask questions about team activities, or to start an argument, please e-mail the group at psudebate@gmail.com.

FCAA Helps pass Adoptions Act of 2008

This year FCAA (Foster Care Alumni of America) helped push through the Fostering Connections to Success and Increasing Adoptions Act of 2008.

Through large communications of FCAA members to their legislative representatives, the bill was passed earlier this legislative session.

This bill extends and increases incentives for permanency in foster care homes, allows for federal assistance to non-traditional foster care situations, reduces the number of hurdles that relatives must jump to raise children, improves education opportunities and increases the resources available to young people as they age out of foster care.

To learn more about this organization and the success of their bill, visit fostercarealumni.org.

Okay, so in order to get elected we need to decide what the Libertarian Pacifist's stance on drugs will be



The Republicans ban heroine, coke, and pot. The Democrats are currently banning transfats and snorting powder.



Well, as a Libertarian, I feel that I should have the right to abuse my body anyway. I see fit.



And as a Pacifist, I believe that Pot leads to World Peace.

But in today's political climate, people support the War on Drugs and seem to believe the government should be a nanny or something.



So, I need to lie to get elected.

I know! We need a hard stance... Let us ban all addicting, mind-altering substances, such as Caffeine, Nicotine, Sugar, and Booze.



WOW! I just felt us lose the entire college vote!



Maybe we need a new theory?

As the running nominee for the Libertarian Pacifists Party I swear to do my best to win

51 percent of the vote.



However, since we are a small and powerless minority ignored by most of the public, this will largely require

that I publicly go against all our highest ideals and principles.



To compete with the Democrats, I will advocate for large, expensive, and unnecessary programs that I neither need nor require but that garners popular support.



And to compete with the Republicans I must learn to hunt moose and family friends with shotguns and kill animals for my own personal amusement.



Wim Wiewel, a natural fit for Portland State University, starts his position as President this fall.

By Kelly Welch

To be a fly on the wall in the Office of the President is to witness the organized chaos that is managing the helm of Oregon's largest university. The modest lobby of the office is abuzz with receptionists answering phones and opening mail. Voices trail down the hallway from their offices explaining over the phone that, yes, Mr. Wiewel's name is spelled with the letter "w," but should be pronounced with the "v"-sound instead. Wim Wiewel, who began serving Portland State in late August, has not yet seen the campus in full swing. Even if classes had been in session, it would not be surprising for him to be incapable of getting away from phone calls and meetings to interact with the campus. Soon, though, we may see Mr. Wiewel all over PSU, and hopefully the many diverse students that fill this campus will all know him by name.

After a long search for a new University President, Wim Wiewel was the only candidate still pursuing the position. Luckily, the Board of Higher Education in Oregon, charged with hiring university presidents across the state, felt Mr. Wiewel was the right person for Portland State University. Board member Dalton Miller-Jones explained further the Board's decision by stating, "After interacting with Dr. Wiewel in interviews and talking with others who know him, we found him to be an extremely articulate champion of contemporary issues in higher education.... All this impressed us tremendously! He was obviously the right person for PSU at the right time."

On August 25th, Mr. Wiewel officially took charge in a very fitting display of Portland style.

Who: Wim Wiewel

Past Employers: University of Baltimore, University of Illinois and the College of Urban Planning and Public Affairs.

College Graduated: University of Amsterdam and Southwestern University

Bicycling onto campus with mayor-elect Sam Adams, decked out in Portland State gear and surrounded by a throng of cameras, Mr. Wiewel looked custom-made for this position. In the Park Blocks, the pair answered questions about bikes in Portland for a few moments, and then made their way up to the sky bridge between Cramer Hall and Smith Memorial Student Union for an official reception. The President addressed the crowd with a good sense of humor about the pomp and circumstance of the event, and said that after all the formalities of the welcome reception had concluded, the real work would begin. Two weeks later, swamped with phone calls and meetings while preparing for the upcoming school year, it is evident that Mr. Wiewel's prediction was correct.

In spite of his hectic schedule, Mr. Wiewel has not lost sight of his goals for the university. When discussing why this position at Portland State appealed to him, the President said, "It felt like a perfect fit between my interests and what Portland State stands for." He discussed how undergraduate programs,

"Mr. Wiewel clearly already has a passion and enthusiasm for this job. Fittingly, this reflects the very characteristics of Portland State that he finds to be the best features of the university."

specifically with the culmination of the Senior Capstone, were designed to live up to the PSU motto of "Let Knowledge Serve the City."

This ties in with how Mr. Wiewel sees his job as the figurehead of Portland State. A President should embody the values of the university which he or she serves, he feels. Some of these values, shared by Portland State and Mr. Wiewel, include engagement with the community at large, openness, and diversity. His mission for PSU at the onset of this first year of service is to increase the public profile of the school, raise awareness of how PSU serves the community as a whole, and be an advocate on the university's behalf for state resources. In an era of changing community demographics, where locally-owned businesses are giving way to large corporations, Mr. Wiewel sees an absence of local civic leadership, and in the void that exists, he believes the role should be performed by an established institution that is not going to go anywhere.



Top: University Communications provided photo. Left: Wiewel arrives in PSU style for his first day of work with Mayor Elect Sam Adams.

Certainly, no one can argue that PSU will have a vital presence in Portland for generations to come. Specifically, Mr. Wiewel has two main plans for Portland State. First, sustainability will be a major area of focus, with plans to continue expansion. Second, a goal that probably does not occur to many students as one that needs attention, is ensuring higher retention and graduation rates for PSU. Improving advising, he suggested, may be one mechanism to achieve this.

Clearly Mr. Wiewel already has a passion and enthusiasm for this job. Fittingly, this reflects the very characteristics of Portland State that he finds to be the best features of the university. Aside from being able to live in a beautiful area, Mr. Wiewel enjoys the optimism and dedication he has seen emerging from PSU already in his short time here.

It is due to such a short time on campus that Mr. Wiewel has not yet experienced some of the larger controversial issues facing the campus, such as political demonstrations in the Park Blocks. He feels, however, that a university is a place for discourse and education, not just from professors to students, but from peer to peer. Political demonstration is a method for educating people, but those who demonstrate would find their messages better received if the tactics of yelling and intimidating rhetoric were abandoned. A school can be a forum for the sharing of ideas, and discussion breeds learning in a way that supplements the academic environment of a classroom.

Most students at PSU have not yet had the

opportunity to interact much with Wim Wiewel. For transfer students and freshmen in particular, who will be as new to PSU this fall as its new leader, Mr. Wiewel would like to remind them that college is not just where students learn academically. Here people are presented with the opportunity to learn about themselves, which he believes is the most important process. The university is here to help students develop into educated citizens. "This is a great opportunity to learn, in all kinds of ways," Mr. Wiewel said. "I hope people will come with open minds and open ears to really take advantage of that opportunity." For all students, new and returning, this should be kept in mind.

All universities should be so lucky as to have a President that embraces values that so closely mirror their own. And, if anyone feels their opinions are not being reflected, Mr. Wiewel certainly appears receptive to hearing the views and concerns of everyone on campus. "I look forward," he said, "over the next few weeks as everybody comes back to campus to greatly increase my interactions with students, as well as the faculty." This looks to be a promising year with an enthusiastic President prepared to inspire and lead, learning along the way to better serve PSU. Mr. Wiewel's optimism is contagious, and no doubt Portland State University will benefit greatly from it.

Kelly Welch is a staff writer for the Portland Spectator and a current student at PSU. She can be reached at: portland.state.spectator@gmail.com.

The Electoral College:

WHY IT MAY NOT BE AS WRONG-HEADED AS YOU THOUGHT

By Mikel McDaniel

The coming of another presidential election brings with it the dizzying and often vehement rhetoric surrounding the admittedly arcane institution that determines who gets to lead our nation: the Electoral College. Many people digest the campaigning, cast their ballots, and offer sighs and cheers when the winner is announced, never knowing how exactly the victor was chosen, why the campaigns looked the way they did, and for whom they were actually voting. It is only in those rare cases when the seams of this ancient and silent institution gape briefly at the public's eye that confusion and indignation tend to court the people's imagination.

This is precisely what happened in the year 2000, provoking millions of Americans to ask how a man who did not collect a majority of the votes from the people of this country could still be deemed the winner of the presidential contest. Many rightly submitted that any institution that allowed such a circumvention of the public will may not be purely democratic in nature. Where many erred was to then suggest that the Electoral College be abolished.

There are two key points to keep in mind when considering the Electoral College and whether or not it is consistent with our democratic values: tradition

and good government. The United States has proven itself to be perhaps the most resilient democracy in the world, possessing the oldest democratic constitution of any nation, and never having changed its form of government by force since its founding. This stability is not to be taken lightly, as it is with very, very little precedent in the history of the world, and no other nation today can make quite the same claims. This tremendous fact alone should give us pause to any proposed changes to the basic support structures of our government, and it is not foolish to demand that any such alterations offer rewards that outweigh their risks before even being considered. Abolishing the Electoral College in favor of a direct national election offers only the benefit of eliminating those exceedingly rare incidents whereby a presidential candidate receives a majority of electoral votes but not a majority of the national popular vote. Such a slim and rarely witnessed boon does not justify risking the foundations of our federal government.

The second point to keep in mind is that our government is not actually designed to be a pure democracy. It is no secret that democracy is a grossly inefficient means of decision-making; thus, if an institution is to retain any measure of democratic complexion, it must admit decidedly undemocratic allowances in the interest of simple good government. A purely democratic system would not function, and a purely undemocratic system would be unworthy. Our Constitution trains us to walk this political tight-rope. For this reason we must admit that accusing the Electoral College of being undemocratic is not

Electoral Timeline
Source: Britannica (2008)

1787
Constitutional Convention.
Electoral College is established in the United States.

1804
12th Amendment adopted. Defining each elector's two votes: President and Vice President.

1876
President Hayes's electoral majority defeats opponent Tilden's popular majority.

necessarily tantamount to indicating the College's illegitimacy.

As more of an aside than an actual point, it should also be mentioned that the Electoral College as it exists today is very different from the system designed by the Framers. Originally, many states didn't use popular elections to determine their electors, instead they used their state's legislature or governor to make the appointments. Also, electors were initially meant to be selected without pledges. The idea was that upstanding and active citizens from each state would be entrusted to deliberate and make a wise decision on for whom to vote, but no one would know their intended vote before the elector's appointment. Today, most states not only pledge their electors to specific candidates or political parties, but even threaten criminal charges if the elector defects from his or her pledge. The Electoral College today is a much more democratic institution than its original conception.

One of the greatest benefits of the Electoral College is that it not only protects our nation's federalist make-up, but also the diverse cultural, ethnic, and religious points of view. The Electoral College stipulates much of the strategy behind presidential elections, forcing candidates to fight state-for-state, district-for-district, unable to afford ignoring even marginal regions of the nation because they still constitute enough electoral votes to change the

shape of an election. This ensures that presidential candidates will make a concerted effort to appeal to as much of the nation as possible – to be moderate and avoid hard-line positions that would alienate large segments of their constituency. If a direct popular election could determine the presidency, then the most effective candidates would simply ignore entire regions of the country that were either sparsely populated or too hostile to win without considerable effort. Inflammatory and divisive rhetoric would be used to stir a party's population strongholds into voting, thus leaving little or no hope for minorities to have a meaningful say in who leads our country. It is little wonder that the last time our nation seriously considered abolishing the Electoral College during

“However, it is no secret that democracy is also a grossly inefficient means of decision-making.”

the 1960s and 70s, two of its defenders included the American Jewish Congress and the National Association for the Advancement of Colored People. These

people understood what was likely to happen if the president could be decided by a simple majority of Americans.

Related to this benefit, the Electoral College also helps defend against history's two greatest enemies of republican government: demagogues and radicals. The winner-takes-all rules in most states that allot all or most of a state's electoral votes to a single candidate make it extremely difficult for a candidate operating

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1888
President Harrison's electoral majority defeats Cleveland's popular majority.

1952

23rd Amendment adopted. Washington D.C. receives Electoral College representation.

2000

1961
Ray v. Blair. Supreme Court upholds states' right to impose pledge laws on their electors.

President Bush's electoral majority defeats opponent Gore's popular majority.

Commentary

My thoughts on the Economic Crisis

It's the Democrats' fault. It's the Republicans' fault. It's the free market's fault. It's the greedy investment companies' fault.

It seems like everyone is at fault as we're heading towards an economic slowdown—except the entity that has now held itself out as the solution to our many problems. It is the government as a whole that so fanatically fiddles with the economy if those in power suspect a slowdown that causes greater problems down the road. It is the “do something” mentality that consumes our elected officials that has the classic (and significant) unintended consequences. But also, it's the idea that even those who are personally irresponsible shouldn't suffer the consequences of their actions (unless they're rich) that has led us into our current mess.

First, let's be clear: the ultimate responsibility for this mess is primarily a slew of unwise, and sometimes greedy, people using unstable loans to buy homes for which they had no way to pay. Yes, it is partly the fault of the financial institutions that lent them this money, but a bank can't lend you money unless you come in and ask for it, and clearly the people defaulting on homes left and right had no business going into a bank and asking for a loan. And now, many of these abysmally foolish and irresponsible people are getting a pass on the taxpayer dime—\$700 billion worth of a pass.

That a roar of outrage isn't echoing through the land shows that people largely accept the fact that their money can be used at the government's whim to fund the irresponsibility of others, and that's sort of tragic. The inane government “fix it” mentality is now costing us money, and lots of it, but there is relatively little protest.

But how did the government cause this mess? There are a multitude of levels to the mistakes that led to Freddie Mac and Fannie Mae imploding and dragging the private sector with them and a majority of them bear the fingerprints of our generous (with our money) and benevolent government. The first level is the legislation passed in the wake of the Enron affair. For reasons that are still mysterious, Congress required that a company taking a loss mid-quarter write it off as an overall debt. What this means is that if you have

\$100,000 invested in a stock and your investment loses \$10,000 you would record it as if you personally lost \$10,000. Granted, you still have all of your cash and all of your other investments, and are thus entirely solvent and able to pay your bills, but you're required to record a loss that only affects you when you cash in the investment as if you are \$10,000 in debt. If you're a company and this happens, investors will run for cover because it looks to them as if you're in serious trouble, even though you're not. A company's stock going into freefall for no reason can do serious damage to that company, even tearing down a normally healthy corporation like Merrill Lynch, Bear Stearns, or AIG Insurance.

The second level is that Freddie Mac and Fannie Mae had a habit of investing heavily in protection from regulation and oversight, by which I mean they funneled large sums of cash to lawmakers who, in turn, protected them. This is why when the Bush Administration proposed keeping a closer eye on the two institutions and perhaps regulating them more tightly, they encountered a bloc of legislators who claimed that the corrupt institutions were squeaky clean and that the Bush Administration was trying to hurt poor people. Not to sound overly partisan, but a majority of these fine and courageous people were Democrats protecting their friends with deep pockets. Now we find out that the legislation Bush wanted would have caught several executives red-handed faking financial statements to get millions of dollars; one of these executives made off with over \$100 million and only had to give \$26 million back. Naturally, corrupt and greedy executives lying about their finances and walking off with giant paychecks contributed to the investment firms keeling over. For anyone paying attention, this was hardly unexpected but the government treated it as a bolt out of the blue. Enter our wise and benevolent government to save the day—by throwing part of our paychecks at the problem.

A third level to this mess is dominated by the Democrats and their liberal allies (unfortunately, because I'd prefer to indict the entire government instead of a small portion of it). This is their rhetorical and sometimes legislative fight against perceived racism; in this specific case, the crusade against a rare-to-nonexistent practice called “redlining”. This is essentially a company refusing to lend to a minority of any sort for no reason except prejudice. Strictly

CONTINUED ON PAGE 23...

Commentary

PSU, I'm talking to you...

First off, I love you. And I'm not just saying that to soften the blow of what I need to tell you. I genuinely love you. But, the honeymoon is over. The blissful infatuation I felt for the past three years is giving way to the hard reality of all your problems. Where should I even begin? It's the start of a new school year, and one of the greatest ways a student can interact with you is through a student group. These are the cornerstones of a campus community and enrich student life beyond just academics. However, PSU, you can make being in a student group a difficult and frustrating process sometimes. It might just be part of your nature, as a public university, to institute policies that mirror our federal government in their complexity and inefficiency. It's time to have a talk.

“It might just be part of your nature, as a public university, to institute policies that mirror our federal government in its complexity and inefficiency.”

I hate how your Student Activities and Leadership Programs regulations are blanket policies that fail to take in the individual, contextual needs of each student group. Those groups that don't fit the mold of what SALP dictates are forced to augment their operations drastically, leading to confusion and a diminished capacity to serve their student members. SALP is an organization that is intended to develop students into individual thinkers as they take on leadership positions. The hive-like, “Big Government” mentality of SALP and its complicated bureaucratic rulemaking nullify that process astoundingly. I do, however, believe SALP provides many opportunities for leadership development even within this restricted structure. It just could be so much better.

I am very concerned that the Student Fee Committee is going to restrict student group advisors' ability to assist groups during budget hearings, thereby



The ever familiar SALP provided bulletins that tell students all of the groups that they can participate in during the school year.

Photo by Sarah Christensen

diminishing some of the only institutional memory that these groups have when asked difficult questions. A newly-elected student coordinator for a group can't answer questions about line item discrepancies from three years ago, and the SFC might be silencing the one person in the meeting who likely could. The logic behind this must certainly be complicated, because it makes no sense to me. Advisors in SALP exist as intermediaries between the bureaucracy and the students who don't yet know how to navigate it. This would be akin to plaintiffs, uneducated on legal codes, acting as their own defense in court cases. I have no doubt that students in groups at PSU could be entirely capable of learning all the past history of their groups, and they often do. However, if the SFC were to truly institute this policy, groups may come out of budget votes being zero funded because they lacked the information their SALP advisor easily possesses already. Let the advisors speak as advocates for their groups, as it is one of the fundamental roles they serve within the university.

I know it's not easy to be you, PSU. You have a lot of students and too few resources. But, remember that sometimes it really is that government governs best when it governs least. We are adults, and we should be able to determine how our student groups are run, or if we decide it necessary to have our advisors answer questions on our behalves. Essentially, give us the chance to prove ourselves, and help us when we make mistakes. We will learn better this way, I promise.

Kelly Welch is a staff writer for the Portland Spectator and a current student at PSU. She can be reached at: portland.state.spectator@gmail.com.

CAMPUS CHANGES

New students to PSU may not have noticed that this campus is undergoing a major face-lift. Everything from new buildings to interior renovations is aimed at making this campus more accessible and aesthetically pleasing.

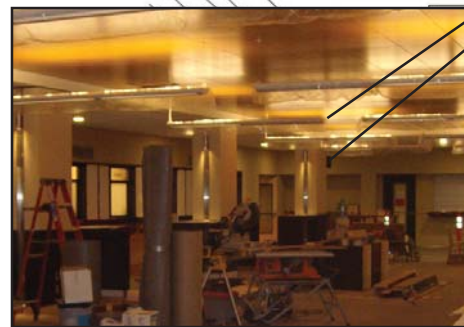
With so many projects underway at PSU, we thought it prudent to let you in on what's going on around our campus.

First up, the former Ione Plaza, now known as The Vue received a face lift at the end of last year. These on-campus apartments aren't actually student housing, but you wouldn't know that if you met all of the tenants. A new fountain and walkways make this a nice addition to the Park Blocks.



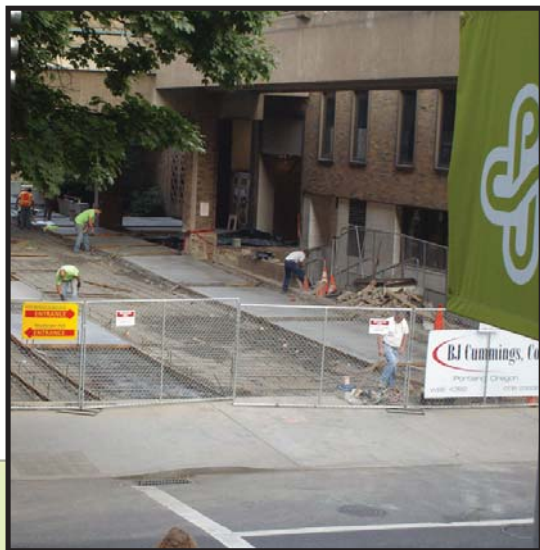
Photo Credit: Source.

Next up, the Heroine's Walk. Testing was completed earlier this summer on the fountain on the side of the walkway. This project, which began in February, is still under construction with "Phase I projected to be completed in October with the exception of the Educational Kiosk which has been held up by permitting issues," says Johanna Brenner, Executive Director of the Portland's Walk of the Heroines.



Neuberger Hall renovations; scheduled for completion near the beginning of fall term.





The Smith and Neuberger alley will never have looked better after renovations finish this fall. “Two projects are going on simultaneously, this building was started in 1962 and finished in 1966,” said Robert Wise, Building Manager of the SMSU. “The idea was redo the dock and at the same time redo the south entry.”

The second part of the renovation will include a new trash compactor and tractor for moving it. The tractor will move 2,000 pounds of refuse when it’s full.

The redo of the dock will include new lighting, trees and walkways for students. It will also include a new delivery area that will restrict deliveries from being made during school hours, allowing for safer pedestrian movement.



The new Rec Center has been a flurry of activity this summer. But even without it being fully finished, school spirit is showing on the iron-work at the site. This building was planned for completion in 2007, but will most likely be done in late 2009.



Shattuck Hall renovations were completed this summer, and an opening ceremony was held Friday, September 19, but workers are still tying up loose ends around the building.



Avoid becoming a zombie with fatigue this fall term by making time for wellness with our new fitness column by Jolene...

Imagine: Sitting dazed like a zombie in front of the computer, studying for hours. Feelings of fatigue creep in as enthusiasm wanes. Maybe a quick bag of potato chips and a candy bar. There is not really time to cook or to exercise.

Let's rethink this approach. If you don't make the time to take care of yourself now, when will you? You can incorporate fitness into your day and actually be more efficient, reducing your study time and retaining more information. You can also look and feel better. Here are some tips to help you utilize your mind and body to their fullest capacities.

It comes down to making time during your day to take care of yourself by taking breaks. When studying, get up and do something else every 30 - 60 minutes. Take some time to do something that builds you up. Do something simple. When you go back to your studies, everything will be much clearer. It creates a routine so other important things can happen throughout the day. Think of these three types of breaks to create space for wellness- food, clarity and movement.

1

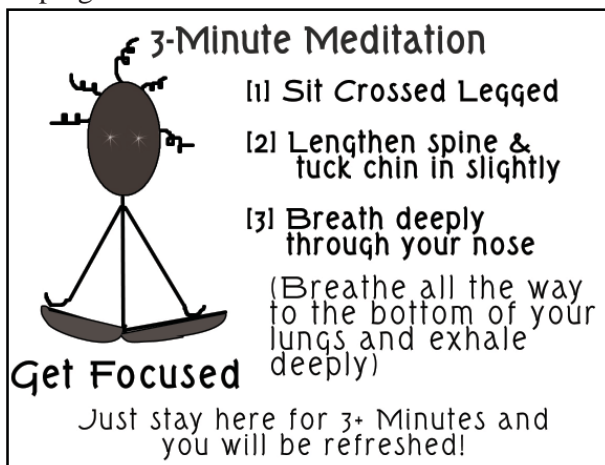
FOOD: The foods we eat either contribute to our brain functioning or they are brain drainers. Choose the foods that build you up! Remember to eat consistently and eat well. If you eat every 2-3 hours (a small snack of 200- 300 cal) you keep your metabolism and your mind burning at an even pace. Trader Joes has all kinds of affordable healthy snacks.

2

CLARITY: Meditation clears your mind. When we sit still and breathe, it gives our mind time to process. Not only does it clear your mind, it improves focus and mood. You go back to your work inspired and you are likely to spend less time studying because your brain will organize and memorize better. [See 3 min Meditation below]

3

MOVEMENT: Get outside - rain or shine. Walk, jump rope, or bike, and keep it simple. You can do yoga Sun Salutations, or run a mini boot-camp in your house by combining calisthenics like jumping jacks, lunges, push ups, and sit ups. Make a consistent work-out plan. After a while, your body will CRAVE it! A 10 - 30 minute workout break will shake things up and get your blood pumping. We were made to move.



Brain Food

- Drink Water! (8-12 cups/day)
- Eat Healthy fats- walnuts, seeds, avocado, flax meal, olive oil.
- Protein- Chicken, fish (tuna), yogurt, red meat (a healthy portion) and beans.
- Healthy (complex) carbs- quinoa, rice, whole grains.
- Eat veggies and fruits- cooked and raw veggies, berries, or eat a salad with 1 tbs dressing.

Book Review

Bhutto's words look at Islam's effect

Just weeks after her assassination, Benazir Bhutto's new book, Reconciliation was published, challenging Western assumptions about Islam and its values.

The first section recounts Bhutto's return to Pakistan after eight years of exile. In spite of the obvious risk, Bhutto greeted the millions of Pakistani citizens who had come to show their support. "I must confess I felt safe in the enormous sea of love and support that surrounded me," Bhutto wrote of the enormous crowd that lined the streets. Unfortunately it was not enough, and a suicide bomber struck, leaving nearly 200 dead that night and foreshadowing her assassination 10 weeks later.

In the second part of the book, Bhutto uses several passages from the Quran that preach peace and tolerance to defend Islam, and warns of fanatics who manipulate the Quran's message to justify violent acts in the name of jihad. Bhutto compares Osama bin Laden's "attempt to exploit, manipulate, and militarize Islam" to "Christian fundamentalists' attacks on women's reproductive clinics or Jewish fundamentalist attacks on Muslim holy sites in Palestine."

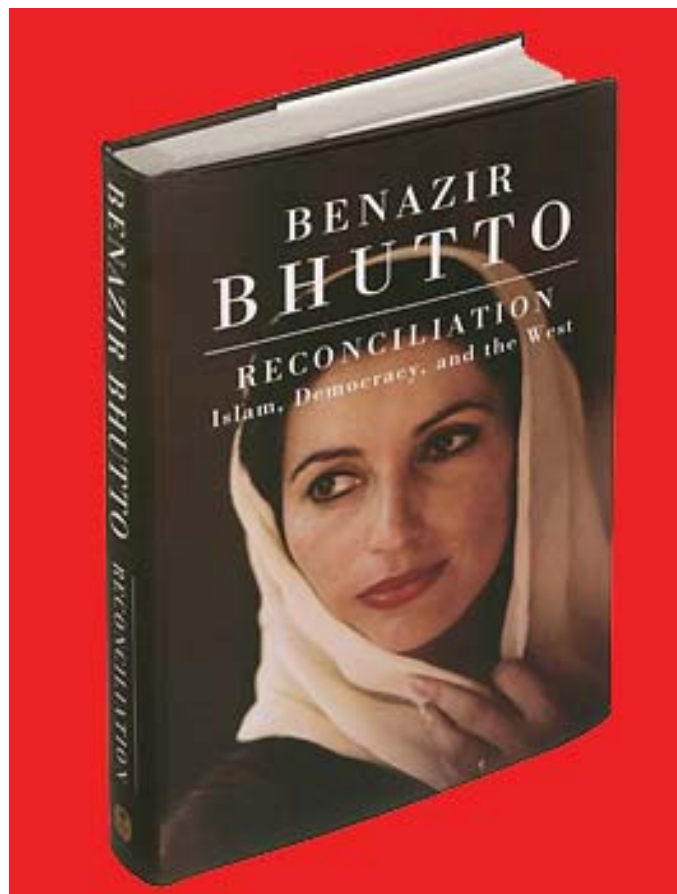
Bhutto also examines the bifurcation of Islam

"she insists the internal struggle within Muslim society must be alleviated before a solution to the tensions between Islam and the West can be found,"

and the issue of Muslim-on-Muslim violence between Shias and Sunnis, criticizing the "unwillingness within the Muslim world to look inward and to identify where we may be going wrong ourselves."

In the next section, Bhutto continues to argue that the schism between Islam and the West is not a religious issue, but rather a political matter propagated by the West's support of dictators in place of democracy. Bhutto outlines the political histories of several Muslim nations, focusing on US and European powers aiding in the rise to power of several dictators for their own benefit.

In the final segment however, Bhutto falters when she examines Pakistan's history, glossing



over her role in the rise of the Taliban in Afghanistan during her time as Prime Minister from 1994 to 1996. Instead, she attempts to blame all culpability on her successor, Nawaz Sharif. She also aims to elevate her family's role in Pakistan's history by exaggerating their achievements, while omitting their flaws.

While she insists the internal struggle within Muslim society must be alleviated before a solution to the tension between Islam and the West can be found, Bhutto concludes the book with several ideas for how Muslims and the West can halt extremism. She recognizes her suggestions "may seem daunting and even impossible," but nevertheless urges "it is time for reconciliation."

Prices and location of Bhutto's Book:

Powells: \$17.71
Amazon.com: \$18.45
Barnes & Noble: \$22.36
Borders: \$22.36

Sarah Finn is a junior double majoring in history and political science. She can be reached at portland.state.spectator@gmail.com

Commentary

How to survive this year at Portland State University...

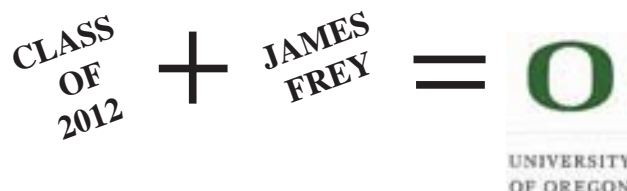


As my colleague (and I tentatively say friend) hangs a series of evil dictators across his cubicle, I sit down to write my opening commentary to my PSU brethren. Students, hear me now. From the leaky dungeon of SMSU to the zenith of Ondine, from the luscious valleys of the Park Blocks to the shamefulness of the Cheerful, a new school year is about to begin. As with every fall, this year brings with it promises of success, opportunities for betterment and a sincere desire for scholarship; degrading quickly into debauchery, excessive drinking and the notion that “grades are arbitrary.” To help you deal with this tragedy, yet in no way divert it, I’ve compiled some advice I recommend you follow will-lessly, like a hipster to a (insert *completely* original band concert here).

FRESHMEN

Portland is becoming the hipster Mecca of the U.S. and you just want to be around all this talent. You think you’re writing really has promise (your whole family says so) and your major influences are David Sedaris and James Frey.

RECOMMENDATION: Transfer to U of O immediately, might as well go to a real school. And the funny thing about paper is you can write on it anywhere. Oh yeah, tuition is nearly the same.



SOPHOMORES

That ten pounds you gained last year from not eating like a responsible adult probably turned into 15 this summer as you lounged about your parents’ house munching on pho-butter flavored pita chips telling your family how they should only eat vegan foods and take a bike to work.

RECOMMENDATION: Invest some of that reserved energy you got spilling over your skinny jeans to join an intramural team. I know you’re a little self conscious about the extra padding (even though that stuff is so superficial) but this will boost your mood through the doldrums and you might even make a friend.

JUNIORS

You and your friends make über-witty comments that ironically reference pop culture and you, like, know so much about politics and stuff. Jack Kerouac is like your favorite writer of all time and you so can’t wait to turn 21 so you can go to bars and see shows.

RECOMMENDATION: If you do nothing else DO NOT get those dreads you were thinking about all summer. I know it would totally stick it to the man and upset everyone’s sensibilities and you’d be completely avant garde, but the bugs you’d be harvesting mixed with your elevated sense of self importance would make your take on international politics almost as irrelevant as everyone else’s outside of DC.



SENIORS

Uh oh! I’m not *that* smart? And no labels have signed my band and no agents wanted to publish my blogs? There’s no job waiting for me at the end of this year? Shoot gang, I’m in the same boat. I’d be a damned liar if I didn’t admit it right now.

RECOMMENDATION: Go to school part time. Join a club (or several). And keep this party going! We’ll be alright. We can stretch this out for a bit. Besides, there’s this dread-headed, kombucha-drinkin’ beauty who is continually referencing The Beats that I want to talk to.

Vincent Berretta is the Marketing Manager for the Portland Spectator and a current student at PSU. Reach him at: portland.state.spectator@gmail.com

Commentary

Our writer looks at whether English as the American language is plausible

One of my high school Spanish teachers was fond of relating the following joke: if you speak three languages you are trilingual, if you speak two languages you are bilingual, and if you speak only one language you are American.

However uneasy conservatives may be at some of Senator John McCain's more liberal leanings, or how disappointed liberals may be at some of Senator Barack Obama's apparent shifts to the right, the candidates' voting records show a consistent divergence on the issue of the English language in America. As prejudice would have predicted, the Republican has shown support for bills establishing English as the official national language while the Democrat has regularly voted against them, and against the strict requirements on immigrants' English-speaking abilities.

“This is the first phase of their plan: quarantine the nation and only allow those proven competent in our language and culture to pass through the gates.”

Here we catch a glimpse of that nefarious – but nevertheless glorious – grand design being so ardently striven for by the politicians who proposed this and other similar pro-English legislation. Clearly, McCain and his fellow conservative statesmen have exhaled their last sigh of disappointment when forced to endure the spectacle of modern American pop culture. They see an ocean of vapid entertainment, patronized by people who believe strange things, like that “irregardless” and “guesstimate” are actual words, that there is no “d” in “supposedly”, and that “comfortable” should be regularly burglarized of an entire syllable. And this is to say nothing of the general disdain for our nation's history and institutions.

In order to remedy this tragic condition, these leaders have opted for the apocalyptic. This is the first



Bill Mauldin, courtesy of Library of Congress

phase of their plan: quarantine the nation and only allow those proven competent in our language and culture to pass through the gates. Soon the population will be over-encumbered with these newly encultured “outsiders”. That's when phase two of our leaders' plan begins: the eradication of the native-born, white middle-class. How exactly it will take place is still a mystery, but if I had to guess I would propose a gradual poisoning of our Starbucks. Or perhaps a mind-control ray transmitted through all reality television programming that will compel us to commit suicide. I'm eager to find out.

The ascended race of Americans will be highly competent in the execution of our worldly government and economy, propelling them into an idyllic civilization. But they will remember us in their prayers – prayers to strange gods with names beyond our ability to pronounce. There our legacy will endure: a testament to the evils of apathy and overindulgence, and a reminder to future generations that the letters “u” and “i” cannot by themselves spell the word “you're”. Who's the xenophobe now, Obama?

Mikel McDaniel is the Copy Editor of the Portland Spectator and a current PSU Student. He can be reached at portland.state.spectator@gmail.com.

The Downtown Housing Market: A Student's Guide to Understanding Affordability.

Having a good place to live can help students get through school, especially if that home is affordable. Portland State University happens to be in the heart of downtown Portland. This makes it difficult to find affordable housing near school. Unfortunately for students, the government has subsidized housing that is only available to the workforce. Coupled with the over-priced and meager accommodations provided by the university, PSU students are caught between a rock and a hard place. As Oregon's largest university, PSU pumps out a hefty chunk of assets for Oregon's economy. Considering that students will be producing more money and assets in the future, it makes no sense to exclude them from affordable housing. Restricting students from affordable housing is making it harder to produce a staple asset: education. Moreover, the land zoning laws in Portland are driving up real estate prices, development costs, and government expenditures. This is creating a heavy burden for the future of Portland's economy, the student.

How it works

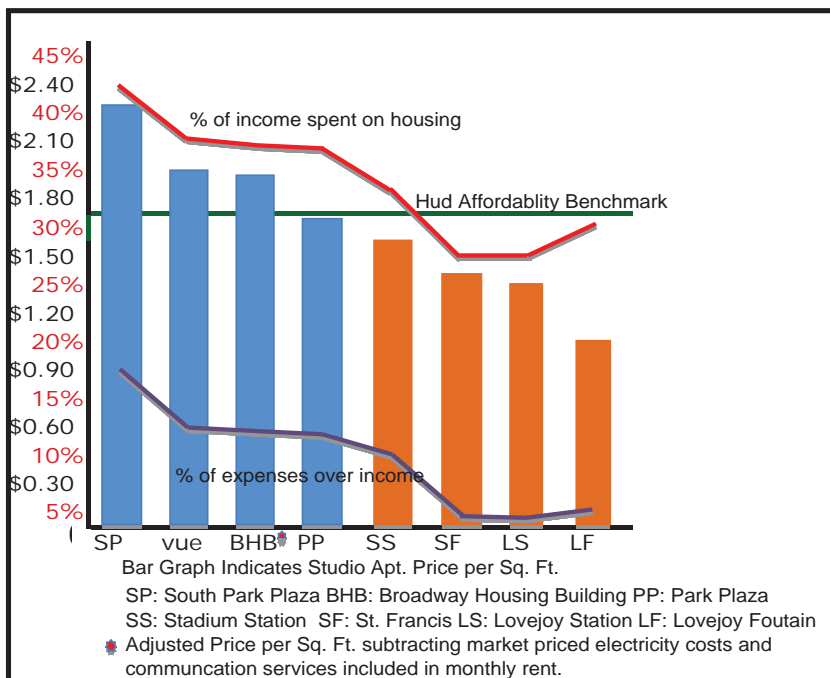
In 1986 the Reagan administration passed the Tax Reform Act that included the Low Income Housing Tax Credit (LIHTC) that offered tax credits to developers of affordable housing complexes under

the IRS section 42 tax code. The U.S. Department of Housing and Urban Development's website explains this situation fairly simply. The tax credits are more effective than a tax write-off because they reduce a developer's tax liability dollar for dollar. These tax credits can then be sold to raise equity for the project. Essentially, the government subsidizes private investment to offer lower rents to people who earn a certain percentage of the Area Median Income (AMI). Students, however, are unable to qualify for section 42 affordable housing because they are pursuing higher education.

Affordable housing...who said that?

According to the Financial Aid Department's Cost of Attendance projections the 2008/2009 academic year will cost a student \$20,019. The bulk of this cost projection is in room and board at \$9,486 for the year. Subtracting \$6,687 from the cost of room and board, for students living at home, brings the cost down to \$13,322 a year. This brings the student's expenses, excluding housing, to \$1,481.33 a month. A student making \$1,979.17 a month, 50% of the AMI at \$23,750 a year, would be able to qualify for section 42 housing downtown if he was not a student. The graph displays a survey of eight apartment complexes in the downtown area. Four are income restricted (orange), while four are not income restricted (blue), including PSU's pride and joy of college housing - the Broadway Housing Building. As the graph displays,

despite the fact that the section 42 affordable housing is cheaper in price per square foot and in many places is below the HUD's 30% affordability benchmark (green line), all of the housing would be unaffordable on a salary 50% of the AMI. For example, a student living in the Broadway Housing Building is paying \$728.33 for 325 sq. ft. of concrete floors and constant vandalism, while residents at the comfortable Park Plaza pay less. Furthermore, the BHB is 36.8% of the students' AMI of \$1,979.17 a month (red line), exceeding the HUD affordability benchmark. When added to the student's monthly expenses, as projected by PSU, the student living in the BHB is paying \$2,209.66 a month, 11.6% over the students' monthly projected salary if making 50% of AMI (purple line), a rather large salary for a full time student. Clearly the BHB



is unaffordable, but so is section 42 housing. Even the most modestly priced (per square foot) Lovejoy Fountain studio apartments exceed the student's income by 1.7% while remaining below the HUD benchmark at 26.8% of monthly income. While section 42 housing is unaffordable, it is more affordable than college housing and market value apartments. A student living in the St. Francis, as opposed to BHB, would be able to decrease his monthly expenses by \$208.33 for more space and comfort.

“Students, however, are unable to qualify for section 42 affordable housing because they are pursuing higher education.”

Here's the catch 42

Despite the fact that most downtown regions of large metropolitan areas are expensive, Portland is unique. Sreya Sarkar of Cascade Policy Institute agrees that the exclusion of students from section 42 affordable housing is bad public policy. She thinks that while students should be allowed to qualify for income restricted housing, there is a much bigger problem affecting the Portland housing market. Sarkar asserts that Portland's land zoning laws restrict the advantages that could be provided by the section 42 tax rebates. She also believes that without this counter effect, the tax rebates could prove effective when offered to students. The land zoning laws and city planners have neglected an elementary economic rule that resource scarcity increases resources value. In this case developable land is the resource, and the bureaucratic regulation is making the resource scarce. The President of Cascade Policy Institute, John A. Charles Jr., argues that strict land use regulation has led to increased development costs. In his article “Getting Serious About Housing Affordability,” he points out a 316% increase in home values since 1980 for Oregon, the 16th-highest in the country. This is partly because Oregon requires that all cities have urban growth boundaries (UGBs) to limit urban expansion, which Charles refers to as “Urban Cartels”. The effect, if not the purpose, of any cartel is to drive up the price of the regulated commodity to above-market levels. That is clearly one effect of the Oregon urban land cartel, where urban land zoned for housing is frequently 10-20 times more expensive than similar land nearby

that is outside the UGB and zoned for farm use. This artificial scarcity inflates housing prices throughout the metropolitan region.

These strict zoning regulations and other factors were analyzed in a report by QuantEcon, a Portland econometrics group, titled “Smart Growth and Its Effects on Housing Markets: The New Segregation”. The report concludes that large-scale government land ownership and restricting zoning laws help support the “clear evidence that the housing market in Portland (and other Oregon cities) is being severely distorted by the site supply restrictions inherent in the UGB-smart growth concept.” The new segregation is the disproportionate burden of sky rocketing housing market value placed on the less financially fortunate. Students that may not be financially unfortunate are still struggling to find affordable living that will facilitate the creation of an asset: a diploma. Moreover, students today are prospective homeowners tomorrow and high prices will deter home ownership, another important asset in a modern economy. High real estate and development costs are decreasing widespread asset growth by forcing struggling students to work harder for an education that may not afford them a house in the future, while the government is advocating two counter-active policies.

Crossing the boundary

Creating affordable housing for students is sound public policy. But removing the land zoning laws that drive up the cost of housing would burst a bubble that current asset holders, and former students, rely upon. However, the Urban Cartel Effect, as John A. Charles Jr. calls it, has helped produce a “new segregation” where students and economic minorities are having a difficult time finding an affordable place to live. Although the section 42 housing is offset by other policies, it is clearly more affordable than the unsubsidized downtown market. And until PSU finds a way to reduce the cost of student housing, section 42 housing could be a sufficient substitute. If the government is going to offer subsidies, students should have access to them in order to facilitate future asset growth and counteract policies that restrict current asset growth.

Matthew Keenen is the Senior Editor of the Portland Spectator and a current PSU Student. He can be reached at portland.state.spectator@gmail.com.

Portland City Council candidate Amanda Fritz sits down with The Portland Spectator for some Q & A

Transcript edited for length and clarity

With Sam Adams as mayor-elect, the Portland city council will need a new commissioner. Amanda Fritz hopes to win the four-year position in the upcoming election against Charles Lewis. This officially non-partisan registered nurse believes wholeheartedly in her message. Born and raised in England, and a graduate from Cambridge University, Fritz decided to move to Portland in 1986 with her husband so they could be close to the mountains and the coast.

Tessie: What would you say is the core mission of the government?

Fritz: Essentially, providing the services that individuals can't provide for themselves. Again its our police force, public safety, fire service, street and sidewalks and parks. The city of Portland is not responsible for schools and colleges, however the city of Portland cannot afford to say 'well that's the school districts problem.' We have to be actively engaged in making sure that our educational institutions are successful.

Tessie: Federal immigration policy?

Fritz: Well I am an immigrant. To a certain extent, Portland needs to prioritize the way it spends our time as well as our money. So what we have to focus on are the immigrants being taken advantage of with the day labor situation. They stand on the street corners and people pick them up and take them to do work, and in some cases they don't get paid. So the day laborer center was an attempt to rectify that situation, which I support and continue to support, although it doesn't seem to be working out very well. And I take my advice for these issues from people who are most directly involved, the day labor unions, who support the camps, and the day laborers themselves. It's a very complicated issue that doesn't lend itself well to excerpts in printed newspapers.

Tessie: Is the city of Portland heading into a recession?

Fritz: I have read conflicting things about that. I mean, we are definitely in a downturn. I'm not an economist so I don't what the definition of a recession is. What I do know is that when I was knocking on doors in April and May for the Primary, everybody was concerned about the economy. Everybody was saying that they couldn't afford to pay even \$5 for sidewalks because of financial troubles.

Tessie: How will you help to create more jobs?

Fritz: Well, school-to-work apprenticeships. Businesses need our well trained workers. One of the very simple things that I will do is go and talk to every middle school class and tell them that if they graduate high school they could be making \$32 an hour in a few years as an electrician. So that's a specific example. The kids don't know about apprenticeship programs and the unions are more than happy to step up and provide them. The employers are crying out for people with these skills and part of what I can do is to make sure that they get funded from the state by lobbying and just letting people know about them.

“...but I don't believe that we have to have either environmental protection or economic development. I believe that we can have both.”

Tessie: You ran against Dan Saltzman last time, what did you learn from this?

Fritz: Don't run against the incumbent! I learned a lot. That the process of getting elected is somewhat different from the skills that we need to develop once you are elected. One of the big things that I learned: to stick to the message and to respect the fact that people are really busy and they don't have time to attend meetings and figure out who they're gonna' vote for and they're gonna' make their choices based on recommendations of others.

Tessie: Will you and Mike Houck, Director of Urban Green Spaces at Portland State University, be working together in the future?

Fritz: Yes, Mike Houck and I have collaborated together on many projects for probably 20 years. He's one of the key leaders and has been for over decades here in Portland and I was really honored that he endorsed me. I will continue to work with him and other environmentalists, but I don't believe that we have to have either environmental protection or economic development. I believe that we can have both.

Tessie: What do you make of the public campaign finance system?

Fritz: With the public campaign financing system, I get to talk to regular Portlanders, I have a hundred people helping me collect donations so I didn't have to do it all by myself and what's really delightful is that now I am qualified to get \$200,000 also for the runoff. The two of us that got into the runoff each have exactly the same amount of money so it levels the playing field.

Tessie: You said you want the council to prioritize the city budget to take care of basic needs in all 95 neighborhoods. Can you highlight some of the needs of these neighborhoods?

Fritz: Public safety, streets, and sidewalks. Those are part of the city's mission in the charter and there are neighborhoods where folks don't feel safe. My neighborhood in SW Portland for example, I live a half a mile from a middle school, a middle school where children are old enough to walk to school. In my case, you cannot walk safely to school so everybody in my neighborhood drove them because there's no sidewalk. And not only is there no sidewalk, there's no shoulder. There's nowhere for anybody – kids or adults – to walk safely.

Tessie: Public Safety appears to be a priority on the agenda. How do you specifically plan on improving public safety?

Fritz: We have to re-fund community policing and in particular the gang outreach, which was very successful but over the course of several years the money has been cut and suddenly gangs are a problem now. It's very clear that the funding and the public safety go hand in hand.

Candidate Profile:



Name: Amanda Fritz

Party: Non-Partisan

Born: Yorkshire, England.

Graduated: Cambridge University.

Occupation: Registered Nurse at OHSU for the last 22 years.

Years in Portland: Over 22 years.

Notable achievements:

- Recipient of the 2005 "Spirit of Portland" award from City Hall.
- Former Nurses Steward for the Oregon Nurses Association.
- Board member of the Coalition for a Livable Future.

Tessie: Final comments to PSU staff, faculty and students?

Fritz: Well your sister paper the Vanguard endorsed me in the primary and I want to tell people that was one of the biggest most delightful comments I have ever received. I want to say thank you to Portland State University. This September all of my children will be in college; I understand the challenges of tuition. My oldest son is a graduate student at Lewis and Clark. I want to help the next generation have access to the opportunities that my husband and I had.

Tessie Lopez is a volunteer writer for the Portland Spectator and a current student at PSU. She can be reached at: portland.state.spectator@gmail.com.

Commentary

Robert Reece says that this November voters need to do their homework.

Not too long ago it seemed that the big issue in the United States was whether a woman could/should be our next President.

Then a tide of racial prejudice washed across the continent, with one person after another “playing the race card”; and one candidate – Senator Barack Obama – made remarks from “nowhere, USA” to Berlin, Germany, reminding everyone of his skin color. I heard him tell one audience, “They will try to make you afraid of me... (pause), and you know, I’m black.”

Though some black Americans may be predisposed to vote for a candidate solely on his African heritage, it is reasonable to assume that if both candidates were black most would vote for the Democrat of the two. Statistically, more black citizens register with the Democratic Party than with the Republican Party. Let us therefore not accuse these men and women of being racially prejudiced, just for

voting for our “black candidate”.

There is another kind of prejudice running rampant in our country. And I am not talking about the “white racism” preached by the reverend Jeremiah Wright in his church. I am talking about religious prejudice. We should prefer that no two people on the face of this earth could possibly be in perfect agreement on *anything*, let alone what is written in “Holy Books”. To be sure, the writers of sacred scriptures meant some things literally, but some things were also meant to be figurative, illustrative, or situational. A principle example is the parables of the Bible. Also, there are the difficulties in translation and typography.

A critical observer should assess the pronouncements of all political candidates and seriously consider what they say before making a decision about whether or not they get your vote. Regardless of race, gender, religion, age, or political party.

Robert Reece is a volunteer writer and a Senior Adult Learning Center student at PSU. Contact at: portland.state.spectator@gmail.com.

ELECTORAL COLLEGE CONTINUED...

outside of the two-party system to get elected. Third parties and independents find it extremely difficult to get a foothold in a national election because if they cannot gain popularity in all states at the same time while fending off the two major party candidates, most voters – even those extremely sympathetic to the candidate’s campaign – will be disinclined to “throw away” their vote on a candidate who cannot earn electorate votes even in those states where he or she campaigns somewhat successfully. This may sound like a failure to many people, but this function of the Electoral College is essential to the political stability we enjoy here in the United States. A direct national election would leave people vulnerable to impassioned and prejudiced rhetoric, sweeping votes to the extremes of every issue as candidates lose all impetus to moderate their positions for maximal popular appeal. Certain candidates will focus their campaigns on specific areas – geographically, culturally, and ideologically – squeezing every vote they can find with simple, florid, and often radical rhetoric. The effect will be divisive to the country. Our nation maintains its unity because both of our two major parties are forced to “fight for the middle” in order to stay alive; but a direct national election of the president would make hard-lining an equally successful and more cost-effective alternative. We would become a nation of warring tribes, like so many failed republics across the globe today.

It is true that the Electoral College does not always work perfectly, but this accusation hardly holds water when talking about complex systems that attempt to facilitate the nebulous needs, rights, and ambitions of a population of citizens as diverse as the United States. The fact is that the College protects our democracy; it tamps-down the waves of euphoria and fear so often ridden by opportunistic politicians; it forces our leaders to consider the needs and prejudices of the entire nation, not just a simple majority; and it keeps our nation united and stable where so many others have collapsed. As Alexander Hamilton said when describing the Electoral College: “If not perfect, at least excellent.”

Mikel McDaniel is the Copy Editor of the Portland Spectator and a current PSU Student. He can be reached at portland.state.spectator@gmail.com.

Commentary

“Cost shifting” of healthcare...

Welcome back to Portland State. As Alum, I feel a particular joy saying that. It was only in 2004 that I transferred to Portland State from a small, rural Community College up in Washington State. Within months, I experienced “hippies” chaining themselves to gas pumps downtown, pouring fake blood on themselves screaming “There is blood on our hands for this oil!” As well, I saw my future wife’s booth get attacked by some peace-loving person’s during the Yes on 36 campaign. This was all in my first four months at PSU. This year will be no different. Whether left, right, center or any place on the political spectrum, you will not be able to get away from the political machine till after November. So when you are yelling at your pot-smoking anarchist roommate or your polo-wearing conservative roommate, you might as well read this bit of non-biased info on healthcare, so your yells are more educated.

Ah, healthcare – you deny its existence until you need it. We as “younger” people do not realize the importance of a doctor till we are so sick we think we are going to die, or one of our legs is missing. Many of us have romantic views that a doctor is only a call away, and they totally still do house calls. They even take payment in the form of chicken eggs, or at least some nasty old pizza. The truth is, many do not understand our healthcare system. So they listen to “their” people and regurgitate what they say. You hear the lefty yell, “Our healthcare is broken!” and the

righty say, “let the free market fix it!”

The monkey wrench in this fun fiasco is lovingly called “cost shifting.” Here’s the story, with facts provided by the Oregon Association of Hospitals and Health Systems.

There are four types of customers: those on Medicare, those on Medicaid, the insured, and the uninsured. Medicare (for the elderly) and Medicaid (for the income challenged) are government programs that are full of bureaucracy and awesome red tape. Commercial insurance (the insured) is regulated by the insurance commissioner and is regulated both federally and in each state. The uninsured are easy, it’s those college students, non-employed, and other people not on commercial insurance, or unable to get the government’s help, that can be a challenge.

The great news is that these lefties who yell about government-run healthcare do not realize that their babies – Medicaid and Medicare – pay only 65 cents on every “care dollar.” So, if you are on Medicaid and you have \$100 worth of procedures done, Medicaid will only pay for \$65 worth. That puts the hospital or clinic in the red. So where do they get their lost money? From you, of course – those that have commercial insurance. The “free market” seems to favor commercial enterprises that actually pay, and commercial insurance is no exception. So when you go to the doctor, they charge you more to make up the \$35 they lost on the Medicaid patient. The same is true for the uninsured. That is the skinny on “cost shifting” and it is one of the main problems within our healthcare industry.

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ECONOMIC CRISIS... speaking, the charge is both silly and inconsistent: on one hand, these liberals cry that large companies are greedy money-obsessed misers who would do anything to get dollars. On the other hand, liberals claim that these money-hungry corporations would refuse to make money off of a loan because the person that wants it is part of a minority. Regardless of the authenticity of the claim, however, Congress has made it very clear to banks and loan companies that if they don’t make loans available to low-income people who might be unacceptably risky, they are racists and can expect to be punished. Given such a situation, what is a company to do? And so, the evil of sub-prime loans entered the world and when the lenders that had pegged many of these buyers as being incapable of paying the money back were proved right, it became the fault of the “greedy” corporations.

Essentially, while people are ultimately responsible for their actions and should bear the consequences of their foolishness, the loan markets and economy spiraling out of control was a problem made by the government and now, apparently, one that only the government is capable of solving. Thus, we are meant to hand over our paychecks to the government that takes a wrecking ball to the economy and then dumps truckloads of taxpayer dollars on top of the mess they created. This is unacceptable; we, as the legitimate owners of that money, should make it clear to our free-spending government that bailouts of unwise people and corporations with our money is just not going to happen.

-Keith Moore

October

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1	2 Party In The Park 10am - 3pm., Visit the Portland Spectator Red and White Booth.	3	4 Idealist Grad Fair 11am - 2p m. Downtown Governor Hotel in Portland
5	6 Writing Resumes & Cover Letters 11am - Noon, 402 USB.	7 Portland Spectator Staff Meeting, 1:15 - 2p.m., SMSU 326. POTLUCK	8 Education Abroad Fair 11 am, SMSU 355	9	10	11
12	13 Genji Incense lecture 6:30pm-8 pm, SMSU 328/9.	14 Poetry Reading 7p.m. SMSU 228, Christine Deavel and John Marshall	15 Non-profit career fair 11am - 3pm, SMSU 3rd Floor Ballroom	16 Dark Horse Comics Speech 7pm, SMSU 3rd Floor Ballroom	17	18
19	20	21	22 Introduction to Interviewing, 2-3p.m., USB 402.	23 Poetry Reading 7p.m. SMSU 236, Jeffrey Renard Allen	24	25
26	27	28	29 Writing Resumes & Cover Letters Noon-1pm, 402 USB.	30	31 Poetry Reading 7p.m. SMSU 238, Katy Lederer and Robyn Schiff	

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