



The Probe

Summer, 2008

Summer, 2008

Oregon Public Health Association

OPHA Annual Conference

- Make your plans now!
- When: October 6—7, 2008
- Where: OSU campus in Corvallis, Oregon
- Over 90 presentations and posters!
- OPHA Annual Awards
- Plenary Speakers include:

Linda Degutis, APHA President

Dan Beauchamp, Retired Professor UNC and Deputy Commissioner NY State Dept. of Health;

New or Interim Director, Oregon State Public Health Division

Dave Houghton, Chair, Coalition of Local Health Officials

Barney Speight, Director, Oregon Health Trust Board

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Improved Public Health Preparedness: Public Health Emergency Law in Oregon

On January 1, 2008, House Bill (HB) 2185 went into effect, a bill that improved Oregon's public health preparedness. Some of the highlights of the new law are:

- Formal recognition of the position of Public Health Director (PHD), within the Oregon Department of Human Services.
- A broad range of enforcement tools for DHS and local public health administrators (LPHA) to enforce public health laws. "Local public health administrator" means the public health administrator of a county or health district appointed under ORS 431.418 or the authorized representative of that public health administrator.
- Enhanced authority for the PHD during a serious public health threat.
- New and improved isolation and quarantine laws.
- Additional authority for the PHD during a Governor's declared state of public health emergency.

The new law permits the PHD to invoke additional

authority with the Governor's approval, during a "mid-level" public health emergency, if the Governor has not declared a public health emergency. A "mid-level" public health emergency is when:

- (1) There is a communicable disease outbreak that affects more than one county;
- (2) There is an immediate need for a state-coordinated response;
- (3) Local resources are likely to be overwhelmed; and
- (4) There is a significant threat to the public health; or there is a communicable disease threat that is of national or regional concern, or one that requires significant state-federal coordination.

If the PHD determines that these criteria have been met, and has received the Governor's approval, the PHD may:

- Prescribe measures for the identification, assessment and control of the disease;
- Require the reporting of patient information;
- Require the use of diagnostic and treatment guidelines or protocols

- Require treatment and prophylactic measures;
- Take control of medicines, medical supplies, and personal protective equipment and provide compensation for any such taking; and
- Direct the closure of schools.

If the Governor declares a public health emergency, the PHD has all of these same authorities, and can request any additional authority from the Governor in order to deal with the public health emergency.

HB 2185 overhauled Oregon's isolation and quarantine laws to make the process clearer, to permit the isolation or quarantine of a group of people, not just an individual, and to ensure proper due process for those subject to an isolation or quarantine order. The PHD or LPHA may petition the court to isolate or quarantine an individual if a person is suspected to be, infected with, exposed to, or contaminated with a communicable disease or toxic substance that could spread to or contaminate others if remedial action is not taken.

Josephine County WIC program hosts Carnival Day!

With recent downturns in the economy and the rising cost of gas prices, the Josephine County WIC program wanted to focus on ways for families to have fun, stay active and healthy, but not spend too much. So, on July 24, 2008, the Josephine County WIC program hosted its first ever *Carnival Day* for WIC families. The event was inspired by the *Physical Activity Booklet* and the connected activity tool kit received from the State WIC office. The goal of these materials was to promote physical activity with families using materials generally found around the house or for little money.



From this, Jamica Marten, lead coordinator of this project, and with assistance from all WIC staff, set up a day not to forget for WIC families and Health Department staff alike! Coordination began by finding the perfect location and date for a big event. Public Health is lucky to have an outside area that is covered by a carport, and this proved to be the perfect place. Luckily the weather also cooperated!

The next step was to review the booklet for the easiest and most affordable options for games – the final choice was to focus on 6 main games from the booklet and an additional game. Decisions were also made as to what type of simple prizes to give to kids for participating and to make it feel like a real carnival!

The final games used were:

- Bowling – empty water bottles were filled with colored water and dollar store balls were

used to knock the “pins” down.

- Bean bag toss – shapes were cut out of cardboard boxes for the targets (the boxes were beautifully decorated too!), and socks and plastic bags were filled with beans for tossing.
- Bubble chase – dollar store bubble blowers were purchased and kids were able to run around to catch bubbles.
- Jump across – a “river” was drawn with chalk on the pavement and kids were asked to jump across or swim up the river like Salmon!
- Hopscotch – a traditional game, but always fun and easy!
- Basketball hoops – for “hoops” various sizes of buckets and trash cans were used and balls of various sizes and weights were used. Two lines were created for older vs. younger kids to aim from.
- The Wheel – our wheel was specially created and donated by Jamica’s dad. The wheel resembles prize wheels as seen at many carnivals, except that on this wheel pictures of “sometimes” foods and “always” foods were displayed.



The kids were able to talk about what healthy food choices they could make and what different fruits and vegetables looked like.

All in all, 33 WIC clients plus parents and siblings attended for a total of over 75 people. Participants received tickets that they turned in for simple prizes, and their very own *Physical Activity Booklet* to make their own carnivals at home. The carni-

val was held from 10:30 – 11:30 and couldn’t have been accomplished without the super help from WIC staff, Health Department staff and volunteers (mostly staff family and kids!) This was a wonderfully successful event and plans for the next one are already underway!



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OPHA Conference in October

Join your Public Health colleagues October 6th and 7th in Corvallis for the 64th annual OPHA meeting and conference. This will be an exciting and stimulating two days of education, networking, and looking towards the future. The plenary and breakout sessions will provide up-to-date information. In addition, a scientific poster session is set for early Monday evening, along with the OPHA annual business meeting, section meetings, awards, and elections during the conference. So – fill out the attached registration today and join us in Corvallis on October 6th and 7th!

Getting to know APHA

by Carol Elliott

I recently had the good fortune to represent OPHA at a national orientation training for the American Public Health Association. The National Office of APHA is in Washington DC. This organization is the oldest, largest and most diverse organization of public health professionals in the world and has been in existence since 1872. It currently has around 30,000 members. The average age of members is 52, 66% are female and most are well educated, with 72% having either a Doctorate or Masters Degree.

The mission of APHA is to improve the public's health, promote the scientific and professional foundation of public health practice and policy, advocate conditions for a healthy society, emphasize prevention, and enhance the ability of members to promote and protect environmental and community health.

APHA builds a collective voice for public health. They provide leadership and collaborate with partners to: convene and mobilize constituencies; champion prevention; promote evidence-based policy and practice; and, advocate for healthy people and communities.

The structure of APHA is somewhat confusing. It is comprised of 25 Sections, 7 Special Primary Interest

Groups (SPIGs), 18 Caucuses, 4 Forums, the Student Assembly and 53 state and regional public health associations.

APHA major products include: The American Journal of Public Health (AJPH); The Nation's Health Newspaper; an Annual Meeting; Advocacy; Policy development; the Public Health Career Mart; Books and publications; a Member Newsletter; Legislative updates; National Public Health Week and Education. Currently they are creating a national movement for all Americans to be able to protect themselves, their families and their communities from preventable, serious health threats – the Prevent, Protect, Live Well Campaign.

APHA builds a collective voice for public health.

The APHA web-site: www.apha.org has a lot of useful and interesting information. For example, under

“advocacy”, one can find the “Ten Top Rules for Advocacy”. Under “programs and resources”, one can find a “tool kit” of useful information to use during Public Health Week. The “about us” link includes a “Public Health Career Mart” and a “Media Advocacy” how-to manual.

This year's annual APHA Meeting will be in San Diego, CA from October 25-29. The theme is “Public Health without Borders”. They are planning for 1,500 presentations and 4,000 posters. There will be 110 concurrent meeting rooms and as many as 25 hotels involved in the event.

Probably the best thing about my APHA orientation visit was to learn how helpful all the APHA staff are. They are interested in local/state public health issues and want to do whatever they can to assist us as we go about the business of public health. I encourage you to check out their web site, use their resources and join up if you are so inclined.

Conference Sponsor Kudos

The OPHA annual meeting and conference would not be possible without our very generous sponsors:

**Northwest Health Foundation
Oregon State University Department of Public Health
Coalition of Local Health Officials
Samaritan Health Services,
Corvallis
Oregon's Masters in Public Health Program
Community Health Partnership
PacificSource**

At your next meeting, take some time to thank them for their support of our public health community!

Health Educators Gone Wild....

by Adrienne Paige Mullock, MPH, CHES

Well, not really, but hopefully I got your attention. As Chair of the Community Health Education and Promotion Section of OPHA, I would like to invite members of our section to share your local success stories. If you are interested in submitting an article to *The Probe* that highlights the great

work you are doing in your area, please contact me at adrienne.p.mullock@state.or.us. To kickoff this information sharing, I asked Jamica Marten and Belle Shepherd from Josephine County to highlight a recent success that I was fortunate to witness. Enjoy!

**QUARTERLY NEWSLETTER OF THE OREGON
PUBLIC HEALTH ASSOCIATION**

OPHA
818 SW 3rd Avenue
#1201
Portland, OR 97204

Editor: Lesa Dixon-Gray

Email: exdirector@oregonpublichealth.org
Tax ID: 93-6097025

**Oregon Public Health
Association
64th Annual Meeting and
Conference**

**October 6 and 7, 2008
LaSells Stewart Center, OSU Campus
Corvallis, Oregon**

A registration form is on page 8. Make your plans now to join us in Corvallis on October 6th and 7th!

Nominations Taken for Awards

As you look forward to our 2008 OPHA Annual Meeting and the Celebration of the 64th anniversary of OPHA, please take a moment to reflect on the contributions of our fellow OPHA members, organizations, colleagues and community members that have contributed to public health in our communities. Each year OPHA gives awards for outstanding contributions affecting the health of Oregonians. Award categories are listed below.

Lifetime Achievement Award

Given to a person(s) or organization (s) who has demonstrated a lifetime commitment to public health, to the improvement of health in Oregon.

Legislator of the Year Award

Given to an Oregon legislator who has made an outstanding contribution to public health in Oregon

Emerging Leader Award

Given to a person(s) who has demonstrated leadership, innovation, and creativity in the beginning of his or her public health career.

Please consider nominating a person or organization for an OPHA award by going to the OPHA website, downloading the OPHA Awards Nomination form and submitting 3 reasons why you think they should be acknowledged with an award. Awards will be presented at the policy luncheon on October 6, 2008.

Please return by September 15, 2008 by mail, email, or fax:

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Oregon Healthy Teens: What they do, how they feel

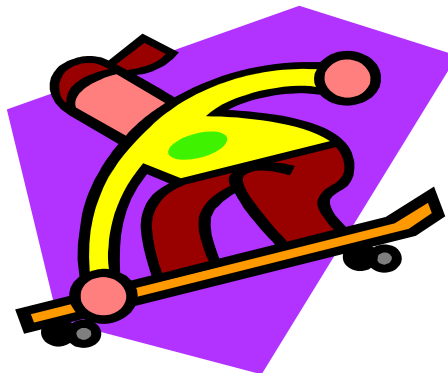
By Misty Green, Adolescent Health Section

In every Oregon community, young people can arrive at adulthood with the skills, interests, assets, and health habits needed to live healthy, happy, and productive lives in caring relationships with other people. The Oregon Healthy Teens survey is a key part of Oregon's effort to ensure these outcomes.

Oregonians need to know what every Oregon teen is thinking, feeling, and doing. When we know this as supportive parents, policymakers, and citizens, we can help shape a positive future for our youth. If we don't know what they are thinking, feeling, and doing, they will think we are not listening to them. And, we will make poorly informed decisions about how to secure and protect their future. Fortunately, Oregon leads the nation in monitoring adolescent development. The information gathered in the Oregon Healthy Teens (OHT) Survey enables schools

and communities to know what proportion of their young people are developing successfully and what proportion of youth are at risk. The survey allows schools and communities to assess whether the things they are doing are improving outcomes for young people.

OHT data are used to help evaluate the effectiveness of a variety of projects and programs that promote healthy adolescence in Oregon. They are a key



source of state and national health indicators, such as those included in the Oregon Benchmarks and Healthy People 2010. Survey findings serve as a valuable tool for legislators and other policymakers as they make decisions about health-related policies, services, programs, and educational activities. Agencies, nonprofit organizations, and community groups use the data to compete for funding, provide baseline and evaluation information required by funders, and to plan and evaluate activities and programs that promote health and ability to learn, prevent injury, and reduce high-risk behaviors among youth. Many Oregon counties and local communities use the OHT Survey information in community health assessments and grant writing activities.

(con't page 5)

Many schools and communities use the

Participant-Centered Services

By Adrienne Paige Mullock

After 34 years, the Special Supplemental Nutrition Program for Women, Infants, and Children - better known as the WIC Program, is changing the way they do business! To maximize their impact, WIC is strengthening and re-aligning the primary purpose of their nutrition assessment in order to provide more personalized nutrition services.

Knowing that the interaction between counselor and participant powerfully influences the participant's belief in their own ability to change behaviors, the Oregon WIC program has adopted a participant centered approach known as Oregon WIC Listens.

Participant centered education is a framework for providing nutrition education that places the participant at the center of the nutrition education process. Participant centered education has been defined for Oregon WIC Listens as: *"focusing on people's capacities, strengths and developmental needs – not solely on their problems, risks, or*

negative behaviors." With Oregon WIC Listens, the certifier acts as a counselor or advisor who listens and helps guide the participant, who makes decisions based on his or her unique needs and circumstances.

In the spirit of the participant centered approach, WIC strives to provide services in a genuinely respectful, accepting and understanding way. Participant centered services emphasize collaboration with the participant, allowing them to identify their own ideas about change, thereby giving them the freedom to choose options that work for them individually.

In order to provide participant centered services, Oregon WIC Listens emphasizes active listening skills. These skills include:

- using **open-ended questions** - encouraging the participant to do most of the talking
- **affirming** -building rapport and encouraging greater participation by showing appreciation and understanding for even the smallest of

victories, thereby increasing participants' confidence in their ability to change

- **reflecting** – responding briefly to the participant lets them know they've been heard and helps check for understanding of what is being said or the emotion behind it
- **summarizing** – allowing the participant to hear their thoughts about change, thereby reinforcing what the participant has said

With Oregon WIC Listens, participants will be encouraged to set their own health goals and will be able to receive information and services related to their individual needs and concerns.



OHT (con't.)

results from this survey in the process of obtaining Safe and Drug-Free Schools funding or other grants to enhance local prevention resources. They also use them to meet data reporting requirements under No Child Left Behind. Parents, school staff, and community groups use the information to identify areas in need of the most help for students to change behavior, and they can use that opportunity to develop and support activities and environments that encourage healthy behaviors.

Accurate estimates of the extent of youth problems are essential for knowing which schools and communities need which programs and whether the programs, when implemented, are working. The OHT Survey monitors the factors that influence successful development. Research has shown that risk factors and

assets that affect young people include family, school, neighborhood, and community characteristics. By measuring these influences as well as youth behavior, the OHT Survey provides information to help schools and communities focus on the things that are most important to ensure successful youth development.

These are the reasons that we support the Oregon Healthy Teens survey occurring in every Oregon eighth and eleventh grade, each year.

Oregon schools that participate in OHT:

- Demonstrate to their students that the school is concerned about student wellbeing
- Learn how well their students are doing

- Detect problematic trends
- Use OHT data to apply for grants and meet federal and state mandates
- Reduce the time and cost of doing multiple surveys.

We urge schools to cooperate in conducting the OHT survey and urge policymakers to fund it.

Show your support for Oregon's youth. Please take a few minutes to review our web page and the FAQs about the OHT Survey. If you like what you see and are able to endorse the OHT survey, please sign onto the website form for yourself or for your organization at: <https://research.ori.org/oht>

Get Involved– Do It Today

By Jane Faust

If you're reading this newsletter, you are committed to promoting and protecting the health and environment of Oregonians. It's a pretty good bet, too, that you feel strongly about social justice issues and want to make a positive difference. That fits perfectly with OPHA's goals. Remember, OPHA is as strong and effective as its members' support and participation in this organization. As an OPHA member, you can become an active participant in one of our six sections working to influence change. Your OPHA membership entitles you to one "free" section affiliation. If you are interested in participating in more than one section, you may pay an additional \$10 fee for each additional section. This amount of your membership fee goes directly to support that section's activities.

Why should you join an OPHA section?

Active participation in an OPHA section can help you meet your own personal needs and professional goals. Participation in a section:

- **Provides an opportunity for you to be involved in a broad scope of public health topics and interest areas.** You may love your current job, but do you ever wish sometimes that you could get involved in more diverse areas of public health or the bigger picture of public health in Oregon? Take this opportunity to get involved.
- **Provides an opportunity to expand your knowledge in a variety of public health topics.**
- **Provides a wonderful opportunity to network with other public health professionals from different disciplines and health settings.** What a great way to make contacts to support and expand your current and future career opportunities as well as experience the power of working with a larger group of partners to "make a difference."

- **Provides an opportunity for you to demonstrate your own abilities and skills not available to you in your current job, school or retirement.**
- **Provides an opportunity to increase your understanding of the "big picture" of public health and how it fits within the overall health system in Oregon.**
- **Provides an opportunity for you to become "re-energized" about public health – to get those creative juices flowing and regain your excitement about this profession.**
- **Provides an opportunity for you to participate in volunteer advocacy activities that may be restricted in your regular 8:00 to 5:00 job.**
- **And best of all – provides a chance for you to learn, laugh, and make lasting friends.**

What are the OPHA Sections and how can you get involved?

There are six sections:

1. Adolescent Health Section;
2. Chiropractic Section;
3. Community Health Promotion and Health Education Section;
4. Disability Section;
5. Epidemiology and Biostatistics Section;
6. and the Nursing Section.

See a brief description about each section below. You can click on the hyperlink for a section contact to find out more or just notify them that you would like to become a member. If you would like to establish a NEW section, contact our president Leslie Uebel at leslie.uebel@gmail.com to discuss your ideas. See more about each section on the OPHA website at www.oregonpublichealth.org. Please take advantage of this great opportunity to get more involved. Just do it. Just do it today.

Adolescent Health Section

The Adolescent Health Section has recently revitalized itself. Formerly the Adolescent Risky Behavior Section, the new name was selected in January to reflect a new positive approach to adolescence. The purpose of the Adolescent Health Section is three-fold: To be a forum for persons interested in studying

and promoting the health of adolescents; to advocate for policies that foster the healthy development of adolescents in Oregon; to serve as a resource to OPHA regarding information, research and policies on adolescent health and behavior issues. The section's goal is *promoting healthy adolescent behavior and development*.

The Section is updating its **Tip Sheets for professionals who work with adolescents** (Sexual Health, Dating Violence and Teens) and new sheets are in the process of development. Some of the new tip sheets will focus on the following topics: physical activity, eating disorders and nutrition; drug and alcohol use, and vaccines. The group is working on planning exciting breakout sessions for the OPHA conference in the fall. A legislative visit day is being planned for the 2009 legislative session to focus on bills that will help adolescents avoid problem behaviors. Future activities are still in the discussion stage and all ideas are encouraged. The Section meets on the third Thursday of the month from 4-5 pm in room 810 of the Portland State Office Building at 800 NE Oregon Street. Possible phone linkages are being explored with Salem and Eugene contacts. For more information about the section, please contact Co-Chairs Ann Krier (annkrier@gmail.com) or Katie Riley (katieriley@comcast.net).

Chiropractic Section

The mission of the Chiropractic Section is to contribute to public health through application of chiropractic knowledge to conservative care, disease prevention, and wellness promotion. *"There is a very clear connection between chiropractic and public health. Chiropractors can and should have a voice in public health issues,"* says OPHA Board representative Sean Herrin, D.C. The section encourages involvement from chiropractors at the local and statewide level. Section objectives include: To encourage interdisciplinary communication and cooperation between chiropractic and other (con't page 7)

Get Involved (con't.)

health care professions regarding public health; To promote and disseminate chiropractic research pertinent to public health; To promote conservative care in community health; To encourage participation by chiropractic physicians and chiropractic institutions in public health; To encourage chiropractic physicians, educators, and students to join and participate in OPHA and the section; To collaborate with the OPHA community in advancing public health policy.

For more information about the section, please contact one of the following section leaders:

Chair: Kara Burnham, Ph.D. kburnham@wschiro.edu

Board Representative: Sean Herrin, D.C. sherrin@wschiro.edu

Community Health Promotion and Health Education Section

This section provides statewide leadership regarding public health education, health promotion, theory and program development, risk communication, public health evaluation through advocacy, continuing education, and provision of networking opportunities to members. The purpose is threefold: 1) to recruit and involve a large and diverse group of professionals, representative of Oregon's populations working in health promotion and education; 2) to provide networking opportunities for persons whose professional interest and training include, but are not limited to, the disciplines of health education, health communication, health promotion, social marketing, behavioral and social sciences, and public relations, and; 3) to encourage the inclusion of health education and promotion activities in all of Oregon's health programs. Current goals for the section are *to provide OPHA with expertise and leadership in regard to health promotion and education and to provide Health Promotion and Education professionals with training and continuing educational opportunities.*

Section meetings or events are held quarterly at Portland State Office Building, 800 NE Oregon Street. The

section maintains a list serve to facilitate information sharing amongst section members. For more information or to become a member, please email: Adrienne Paige Mullock at adrienne.p.mullock@state.or.us.

Disability Section

The purpose of this section is to broaden knowledge and awareness regarding health disparities and health issues impacting people with disabilities. Goals include: *To raise awareness of gaps and barriers in health care for people with disabilities in Oregon; To provide information on disability issues to public health professionals; To share information about the public health field with people with disabilities; To work to improve communication between people with disabilities and public health professionals; and To advocate for policies and programs that enhance the quality of life of people with disabilities.* Regular meetings are held quarterly at OHSU. For more information or to become a member email Jana Peterson at peterjan@ohsu.edu

Epidemiology and Biostatistics Section

The OPHA Epidemiology and Biostatistics section works to promote professional development and link epidemiologists and biostatisticians from various Oregon institutions. One way we do this is via an email group that is open to section members and non-members. (For more information on how to participate, go to OPHA's website and the section webpage.) We have a section meeting at the OPHA annual meeting. We co-sponsor the Epidemiologists' Forum, a series of talks on topics of broad interest. We participate in annual meeting by submitting our work and by helping with peer review of submitted abstracts. We have also provided consultation for the OPHA Policy Committee. For more information, or to join the section, please email section leadership: Jim Gaudino (james.a.gaudino@state.or.us) or Ken Rosenberg (rosenbergkd@yahoo.com)

Nursing Section

The purpose of the Nursing Section is:

To create a forum for active and retired nurses, nursing students and others interested in nursing and public health including persons from local health departments, public health agencies, community based organizations, educational institutions, health care institutions and other public, private and governmental agencies; To provide a public health nursing focus on specific public health activities and to promote related public health issues; To serve as a public health nursing resource to the Oregon Public Health Association and others in matters of expertise, research, education, advocacy, policy and awareness; and To support and conduct activities consistent with the purpose and mission of the Oregon Public Health Association and of the American Public Health Association. Section meetings are held every-other-month at the Oregon State Office Building, 800 NE Oregon Street, Portland. The meetings are conducted with video conferencing and several sites join from various county health departments throughout the state. For more information or to become a member please contact one of the following section leaders:

Maria Sstrom, Chair, sistromm@ohsu.edu

Maria Grum, Secretary, Marial.grumm@state.or.us

Connie Guist, Treasurer, c.guist@comcast.net

Dianna Pickett, Board Representative, Dianna.I.pickett@state.or.us

Nominations (con't.)

Dianna Pickett - Awards Committee Chair
State Public Health Division – Office of Family Health
800 NE Oregon St., Ste. 825
Portland, OR 97232
Phone (971) 673-0259
Fax: (971) 673-0260
E-mail: dianna.l.pickett@state.or.us

Thank you for giving thought to acknowledging excellence in the field of public health. By spotlighting these exceptional colleagues OPHA aims to spark ideas and excitement and provide pathfinders for future leaders.

Conference Registration



Name _____
Agency/School _____
Address _____
City/State/Zip _____
County of Residence _____
Phone _____
E-Mail _____

Conference Fees

___ \$45 Member (\$55 after 9/30)
___ \$60 Non-Member (\$70 after 9/30)
___ \$25 Student (\$35 after 9/30)

Membership

Join OPHA now and get a reduced rate. Annual OPHA membership dues are \$50 (\$20 for students)

Membership dues (New ___ or Renewal ___)* \$ _____

Conference Fees from above \$ _____

Total Amount Due \$ _____

Make checks or money orders payable to OPHA and return this form to:

Oregon Public Health Association
818 SW 3rd Ave #1201
Portland, OR 97204
Tax ID 93-6097025

For questions (including membership) contact Tom Engle at tsengle@verizon.net

* You may receive one section affiliation with your membership. Please mark below:

___ Adolescent Health ___ Chiropractic ___ Disability
___ Epidemiology and Biostatistics ___ Health Promotion and Education ___ Nursing

Lodging:

<http://www.visitcorvallis.com/lodging/index.html>

<http://hiltongardeninn.hilton.com/en/gi/hotels/index.jhtml?ctyhocn=CVOCHGI>

The Hilton Gardens is close to the conference center and has a few rooms blocked through early September for the Conference.

LaSells Stewart Center:

LaSells Stewart Center is located at the corner of 26th Street and Western Boulevard.

From I-5: Highway 34 to Corvallis, left on 4th Street, right on Western Boulevard, right on 26th Street

From 99N: right on Western Boulevard, right on 26th Street

From 99S: left on Western Boulevard, right on 26th Street

From Highway 34: turn on 26th Street

Printable Directions and Map:

<http://oregonstate.edu/lasells/gettinghere.html>

Parking Information:

http://oregonstate.edu/cw_tools/campusmap/

Click on the Parking Tab at the top and note the parking spots near LSC (Lasells Stewart Center). Go to:

http://oregonstate.edu/facilities/transit_pkg/index_pkg.html

for information on free parking