A career crystal ball?
Assessing a young person's interests, personality can help shepherd them to a satisfying job

BY MARY ANN ARLIGHT
Columbian staff writer

A 15-year-old year of unfocused studies at Clark College, Sarah Becker was frustrated with her spending time and money on classes with no long-term plan in place. "I kind of spent an aimless year and realized I needed to figure out what I wanted to do," said Becker, 20, of Brush Prairie.

Enter Carole MacAuliff, a professor and counselor in the Department of Human Development at Clark College. MacAuliff has taught career development courses at the college for 12 years. She helps students evaluate their interests, strengths and values.

"I had thought about going into accounting, but I knew I would have been working on security numbers all day," she said.

"I never thought about that because I didn't have it on my radar," said Becker. "I thought about a career where I could turn that into a career," said Becker, who decided she'd like to be a baker for a boutique or own her own clothing shop. She graduates from Clark College this summer and plans to study fashion merchandising at Central Washington University beginning fall.

In addition to increasing her understanding of her own career options, MacAuliff is an expert on methods for helping students and professionals formulate career goals.

"It's a very logical way of making a decision that's not going to be the right fit," said MacAuliff. "You can plan your future as long as you have a plan for your future.

Job availability, projected earn...
Asthma nebulizers for athletes urged: “Feds: Switch to CFC-free inhalers now”

New working routine combines dance, aerobics and fun

BY HEATHER NEWMAN

DETROIT — You feel it in the pit of your stomach first: a thumping Latin beat that makes your inside Boho shake and your heel start tapping.

But by the end of the hour, you feel zumba everywhere. All your挂着 hugging, your pulsing stomach muscles, your pierced eardrum.

“It truly feels like you’re dancing, you know,” says Lori Ferra, 24, of Farmington Hills, Mich. She loves Zumba because she doesn’t need to be an expert. “It doesn’t have to be perfect, have it exactly the same. I’m not just thinking and talking about a good time. I started going to it and everything else.

Zumba is a hot fusion of Latin dance and floor aerobics, and it’s quickly spreading to local YMCAs and recreation centers across the country. It exploded in Colombia in the 1990s when aeroebics instructor Beto Perez forged his 230-pound body on a wooden floor.

Deltha Ricks, Newson

Student athletes who suffer potential asthma attacks should be treated on the playing field with a life-saving nebulizer instead of a Long Island doctor who issues medical clearance, says a new study. The hope is that a portable nebulizer could make it easier for people to use their inhalers smoothly.

WASHINGTO(N AP) — A new study shows that some asthma nebulizers that contain chlorofluorocarbons (CFCs) can release chemicals that will no longer be sold at year-end and are dangerous to the environment. The study shows that only 5% of inhalers have been switched to safer alternatives.

Parents use nebulizers to disperse medication products, but other forms alternate during asthma attacks. A new study called cholesterol-lowering nebulizers can be used to drive the drug into the lungs. But CFC-containing consumer products are being phased out because of CFCs’ contribution to the ozone layer.

It is unclear how long the current drug will take to switch to new, more effective drugs.

Mixture makes tough carpet stains disappear

Dear readers: Stubborn carpet stains getting you down? Give the following a try. First, boil 1/2 cup of warm water, dip a sponge in the liquid and dab at the stain, moving the sponge outside toward the middle. Do not get the sponge wet. Rinse with fresh cold water and wipe dry. Then add 1 1/2 cup white vinegar to the soap residue. Lastly, rinse with water and blot until dry.

Tuck away the vinegar and use the towel with the stain gone. But be careful, you don’t want to damage the carpet fibers.

Mix 1 teaspoon mild dishwashing detergent in 1 cup warm water, dip a sponge in the liquid and dab at the stain, moving the sponge outside toward the middle. Do not get the sponge wet. Rinse with fresh cold water and wipe dry. Then add 1 1/2 cup white vinegar to the soap residue. Lastly, rinse with water and blot until dry.

Tuck away the vinegar and use the towel with the stain gone.