

# World at a glance

From Associated Press reports

## Christians march, defy gun ban

BEIRUT, Lebanon — More than 1,000 armed Lebanese Christians paraded through their sector of Beirut on Sunday in defiance of a Syrian call to surrender weapons. The Christian military commander said his forces would not give up their guns.

Lebanon's three-day-old cabinet met, and sources said Premier Salim el-Hoss was drafting emergency powers that would let him impose order on the war-torn country as soon as possible.

## Rival party leads in Portugal

LISBON, Portugal — The Social Democrats, a centrist opposition party, took an early lead Sunday as first returns were counted from local elections that could weaken the shaky Socialist government.

Officials said the Social Democrat lead was based on returns from northern Portugal, where the party was expected to run strong.

Scattered bomb explosions occurred but most areas were peaceful, police said.

## U.S. wants N-wastes back

WASHINGTON — The Ford administration is withholding an overdue shipment of uranium until India agrees to return its entire stockpile of spent nuclear fuel.

American and Indian experts, who disclosed this, estimate 200 metric tons of the spent fuel has piled up in India since 1971 because the United States, lacking adequate storage facilities, has failed to buy it back. The U.S. government is still searching possible waste-burial sites.

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# Weight:

## Digesting studies for finals week adds pounds to those who munch

By LISA JOSLEN  
Of the Emerald

Finals week weighs heavily on the minds of most students but for some, along with the weight of exams, last minute papers and projects, three to ten pounds of fat suddenly appear.

The reason? For almost a solid week, students have 24 hours a day to munch, eat meals and munch again with only a lot of mental activity to work it off.

Besides, eating is an excuse for a study break. Worried and nervous, students reach for anything ready to eat: five Big Macs, a dozen Dunkin' donuts, popcorn, an occasional six-pack, ice cream and 12 more donuts.

Incessantly pouring down coffee doesn't help matters either. It just makes the hand grab faster.

What can be done about this fattening, phenomenal five-day nightmare? Perhaps students could collectively buy stock in Wrigleys, or maybe the University could offer an intensive physical education course during finals week. The class could be held at midnight and everyone could work off their nervous energy, by cleaning the campus or jogging. Better yet, maybe the EMU would stay open 24 hours a day, only selling already-cleaned celery, carrots, lettuce, cottage cheese and yogurt.

Really though, finals week weight gain isn't a joke. For some it is a real problem. "Dieters" often look for any excuse to binge and finals week is usually an accredited excuse.

One woman, Bev, gained al-

most 85 pounds during her four years at college. She attributes most of that to beer and overeating during finals. Since she graduated, she has lost 75 pounds and is a weight-control group lecturer.

There are many ways to keep from gaining weight during these final hours. But the first step, and one of the most essential, is to be aware of the problem and decide ahead of time not to gain.

So, because it's easy to say, "Who cares?" and "I've got more important things on my mind," this is just a reminder to students who want to ease through finals with as light a load as possible.

# Wilderness

(Continued from Page 3)

"This course will be more aesthetic rather than philosophical or political," said Barry Hood, one of the class instructors.

The main project will be creation of a video tape, implementing the skills and artistic inclinations of students in photography, music, writing, production and recording. The tape's theme or focus, to be geared toward appreciation of the "experience" and conservation of specific sites and species, has not yet been outlined.

"We will wait for class members to decide the workings of the tape," Hood said. "Production of the tape will depend on what each person has to contribute.

"We want to bring something back to the community."

Co-teacher Win Coleman said he expects to learn as much as any class member and considers the class to be an adventure as well as the creation of a useful finished product. The class may extend to spring quarter, depending on how progressive it is, he said.

"Winter is actually a good time to have such a class," Coleman said, "even though we will

spend much time outdoors in the cold.

"Just because winter is here doesn't mean that wilderness must disappear."

## Alcohol film set

A film about teenage drinking, "Me, an Alcoholic?" will be shown Tuesday, and Liana Colombo, a local attorney, will talk about the legal consequences of minors drinking. The free program is coordinated by the Lane County Council on Alcoholism and is one of the weekly series on alcohol presented each Tuesday at 7:30 p.m. at the First Christian Church, 12th Avenue and Oak Street.

## TM plans event

The Eugene Transcendental Meditation Society will host a "Winter Celebration for The Age of Enlightenment" Dec. 21 at 7:30 p.m. in Harris Hall.

Refreshments and movies will be provided. Everyone is welcome to come and learn about transcendental meditation.

# University discontinues tree disposal

The University will be unable to continue its Christmas tree disposal service for area residents this year, according to Harold Babcock, director of the Physical Plant.

"It's too expensive for us to continue," Babcock said. "Many of the trees last year were left with nails and stands that wrecked our disposal equipment."

Last year, the University offered to help area residents dispose of Christmas trees after the holidays by accepting trees and grinding them as fuel.

Members of the 20-30 Active Club and the Eugene Chapter of Cystic Fibrosis, however, are planning a similar service this year. Trees will be collected Thursday, Dec. 30, Saturday, Jan. 1 and Sunday, Jan. 2. A minimum donation of \$1 is requested, with proceeds going to the cystic fibrosis child welfare programs in Eugene.

Anyone that needs a tree picked up or more information may call 688-7282 or 342-3143.

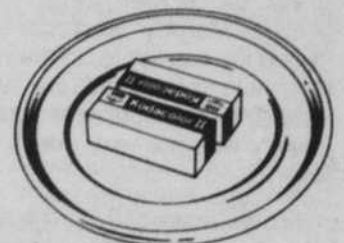
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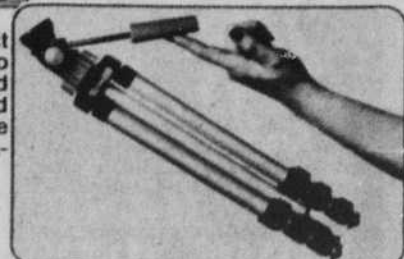
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