

Red tape plagues school administrators

By JOHN LUDWIG
Of the Emerald

Stress areas outlined in study

Federal and state rules and policies are the number one cause of stress for Oregon school administrators, according to a recent study.

The study, entitled "Stress at the Desk and How to Cope," was published in the December edition of the Oregon School Study Bulletin by Walt Gmelch and Boyd Swent. Gmelch is the assistant director of the Field Training and Service Bureau at the University, while Swent is the assistant superintendent of the Washington Intermediate School District in Portland.

Fifty per cent of all Oregon school administrators, representing 1,156 members

of the Confederation of Oregon School Administrators, were surveyed by Swent and Gmelch for the study.

Administrators were asked to rank on a scale of one to five the amount of stress that several job-related situations create. From results of the study, the researchers compiled a list of the 10 situations that create the most stress.

Ranked second was the feeling that "meetings take up too much time," followed by the task of completing reports and other paperwork on time, gaining public approval of financial support for school programs, resolving parent-school conflicts, evaluat-

ing staff performance, making decisions that affect the lives of colleagues and students, feelings overburdened by daily work, imposing excessively high self-expectations and being frequently interrupted by telephone calls.

A pattern of "poor health" related to "high occupational stress" was also noted in the study.

In another phase of the survey, administrators were asked to submit ideas on how to cope with stress.

"Half the problem," Gmelch said, "is recognizing how to reduce stress."

Some activities to curb stress are jog-

ging, meditating, sharing problems with fellow workers and establishing realistic goals, he listed.

There is no single answer to the problem of reducing stress, due to individual differences, but the best approach to the problem includes a combination of cognitive and physiological activities."

"The results of the study," Gmelch said "are applicable to administrators in other non-educational fields such as public service bureaucracies and businesses that must also comply with federal rules and regulations.

"In a nation-wide survey conducted by the U.S. National Clearing House for Mental Health Information, a \$17 billion decrease in the productive capacity of workers resulted from stress," Gmelch added.

Eugene-Springfield group eyes changes in transportation plan

Lane County citizens may find their work day ending sooner if changes approved Saturday by the Eugene-Springfield Community Meet are placed into the area's 2,000 Transportation Plan (T-2000).

The 30-member group approved the goal of reducing the number of employees who leave their jobs at 5 p.m. by 20 per cent to decrease traffic congestion.

The group also adopted a policy calling for the transportation plan to stay within revenue projections. Currently the T-2000 plan lacks revenue to implement the entire plan.

But Eugene City Council member Scott Lieuallen voiced protest over adoption of this policy.

"We should design transportation plans that we can't pay for right now," Lieuallen, said.

Lieuallen said the policy should be modified because a rumored funding of non-gasoline transportation systems by the federal government could make additional money available.

Other approvals encouraged more retail, residential, commercial and governmental uses in areas around transit transfer systems; the placement of benches, lighting, water fountains and public restroom facilities along major pedestrian routes; and locating park and ride facilities, as well as major points of entry into the metropolitan area.

A series of deletions in the original plan were also approved, emphasizing the use of highway funds to be used for other modes of transportation besides auto-oriented ones.

Additions to the T-2000 plan were also approved stressing the need for all-weather systems in Eugene's rainy climate, including covered bike-racks and bike transit stations.

Specific highway and street proposals, which include deletion of the proposed 6th-7th Ave. Freeway, the 30-30 connector, and a proposed highway connecting Springfield with the McVay Highway were not voted on.

Recommendations and change finalized at the meeting will be presented at a joint planning commission hearing on the T-2000 plan, Jan. 19.

The T-2000 plan, prepared by the Transportation Planning Committee of the Lane Council of Governments, presents policies and specific plans addressing transportation needs in the next 23 years.

To gain federal funding the plan must be adopted by June 30. Before adoption the plan will be discussed in a series of public meetings.

Artwork shows positive outlook

By SUSAN SCHLANGEN
Of the Emerald

The drawings and poems of children who lived in the Terezin Concentration Camp and were killed by the Nazis are being displayed through Jan. 20 in an exhibit titled "I Never Saw Another Butterfly" at the Campus Christian Ministry, 1414 Kincaid St.

The Campus Christian Ministry and the Jewish Student Union are sponsoring the exhibit.

Terezin was a small Czechoslovakian town until the Nazis transformed it into a model concentration camp. It was a showcase for international dignitaries, humanitarians and the Red Cross, but it was also a holding tank for people who would die in the gas chambers of larger concentration camps.

The exhibit is on loan from the Baltimore Jewish Council and is part of more than 4,000 drawings and poems held in the archives of the State Jewish Museum in Prague. The original works were given to the museum in 1952 by the wife of a man who taught the children of Terezin.

Huneke described the exhibit as a "source of healing."

He says, "People who view the exhibit can realize the children have left a message behind. The Nazis achieved a dark, desperate extreme, but the children left us with a creative, life-affirming extreme."

Huneke, who teaches Holocaust literature in the Honors College, says he's disappointed in the "historical revisionism" of Nazi genocide. Knowledgeable people still refuse to believe what the Nazis did, he says, and they propagate myths even though there is evidence to the contrary.

"I want to extend a more loving and sympathetic attitude to the

Jews and what they've been through," says Dave Simpkins, also of the ministry.

The purpose of the exhibit is to remind people what happened so it will never happen again, he says.

The exhibit is free and can be viewed Monday through Friday from 8:30 a.m. to 5 p.m. Group showings and discussions can be arranged by calling 484-1707.

SALE

10% - 60% OFF

the retail price of selected items
(sale lasts until Jan. 14)

WARM-UPS \$15.50 and up
RUGBY/SOCCER SHIRTS \$7.50 and up
ASSORTED TENNIS SHIRTS \$5.00 and up



NIKE Le VILLAGE

reg. \$28.95
sale priced

\$19.95

ATHLETIC DEPARTMENT

Original NIKE headquarters

We have every NIKE shoe

10th & Olive
in the Atrium Bldg.
Monday-Saturday 10-6
Phone 342-5155

A note from

sicks'
music
city

Bring this ad and get

40th & Donald
Eugene, Oregon
345-8289

33 1/3% OFF LIST PRICE

of any new GUITAR in our store when purchased with its case at the regular price.

Limit one coupon per customer.
No trades on this offer.



Expires January 13, 1978

Music
Steering
Committee
presents:

FOOTNOTE

Multi-Media Musical Group
Dance-Satire-Original Music

January 13

8 pm

Beall Concert Hall

Tickets

\$1 UO Students

\$2 General

For more info call 686-5678