



catherine siegner

of environmental concern

Interior Secretary Cecil Andrus has extended a 1970 development ban on 110 million acres of spectacular Alaska land past its original deadline of Dec. 18.

Andrus made his move with the approval of Pres. Carter, who has repeatedly declared his support for protection of Alaska's public lands as national parks, wilderness areas and wildlife refuges.

If the ban had not been extended, the entire acreage would have been open to development.

The Alaska Lands Bill, which would have established the parks and wilderness areas, was never let out of Senate committee, primarily because of opposition from Alaska's hard-line Democrat Sen. Mike Gravel.

Gravel and Sen. Ted Stevens (R-Alaska) are both vehemently opposed to any legislation removing land from mining or petroleum drilling.

The issue has been further complicated by widespread sen-

timent within Alaska that the land belongs to the state, and not to the federal government. The state had attempted to persuade Carter to allow negotiation of the entire 110 million acres, but Carter rejected the offer.

The state of Alaska anticipated the next move, and filed suit against Andrus challenging his powers to ban development of the land. Andrus apparently is uncertain of the outcome of such a suit, for he extended the development

ban in an uncharacteristically low-key manner.

Andrus released a press statement last Thursday filled with praise for Alaska Gov. Jay Hammond. The ban was buried at the end of the release.

Only a few hours before, Andrus had negotiated a deal with Hammond whereby the state of Alaska would withdraw claims to nine million acres within the 110 million acres in return for Andrus'

promise to speedily process additional state claims to 32 million acres outside the protected areas.

Carter and Andrus are expected to meet soon to consider action to permanently ban development of the entire 110 million acres. The president has the power to declare the land a national monument, which would place it off-limits to any development forever.

The state of Alaska, however, will not take any such action lying down.

Class aids in battle to cope with depression

By JENNIFER GREENLEAF
Of the Emerald

Sometimes it's difficult to rationalize just what good it is to get out of bed. Those are the days that the alarm gets set and reset every 15 minutes, or maybe not at all.

"Everybody feels depressed' at one time or another," says Peter Lewinsohn, a University psychology professor. "No group is immune to it."

Lewinsohn has devised a class, "Coping with Depression," he says teaches depressed people to feel better.

"Our approach is action oriented," says Lewinsohn. The process used in the class is essentially a self-help process which is different than the traditional patient-therapist techniques used to help depressed persons.

Lewinsohn and three others have written a text for the course, which is basically a self-help manual called "How to Control Your Depression." The text and the class focus on four techniques that can assist people in dealing with their problems.

"Often people are depressed because of negative thinking," says Lewinsohn, "so we teach them to think constructively."

Participants are also asked to identify the activities that give them

Action-oriented approach is key to self-help

pleasure so they can schedule more pleasant activities when they feel depressed.

The third technique involves social interaction. It teaches people to be more assertive about their feelings and to increase the kinds of social activities that are pleasant to them.

"We also teach people how to relax," says Lewinsohn. The relaxation techniques are useful in any situation that makes a person feel uncomfortable, Lewinsohn says.

"...if we were to pick out a group that is especially vulnerable to depression, it would be young mothers with small children," Lewinsohn says. He attributes this to little opportunity for mothers to do things they want to and to a lack of adult conversation.

People also become depressed after the death of a close person, because of economic difficulties or after a move to a new city, but many people cannot relate their depression to a single event and do not know why they are depressed, according to Lewinsohn.

The techniques used in the class attracted national attention. Dr. Art Ulene of Los Angeles has developed a ten-part TV series called "Feeling Better" based on

Lewinsohn's book. It is being shown in four-minute segments on TV stations across the country.

The classes are held as small groups of eight to 12 persons, with a lecture-discussion format.

"The participants learn the techniques and then apply them to something in their own lives. The group members help each other develop a plan to change their behavior and thinking," says Lewinsohn.

Lewinsohn says that the procedures have previously been used in individual cases and classes were started just last summer. He hopes to offer them on an ongoing basis.

A class, led by Rick Brown, a graduate student in psychology,

and Lewinsohn, is already in session. Another will start November 27 and will be led by Christopher Amenson and Doug Larsen, also graduate students in psychology. That section is almost full but the class will be offered again in January.

The group meets for twelve sessions in eight weeks. Lasting two hours each, sessions are held bi-weekly the first month and once a week the second month. The class is held in a meeting room provided by the Eugene Hospital and Clinic.

Persons wishing to take the class should call the Human Neuropsychology Clinic at 686-4966 to set up an interview. Fees for the class are based on ability-to-pay with a \$30 minimum fee and a \$180 maximum fee.

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