

Expert gives dry tips for wet weather

As wet, chilly weather arrives, office workers and students throughout the northern United States are wondering how to stay comfortable at the federally mandated 65 degree maximum temperature.

The best way to stay warm in the office and classroom is "not to let yourself get cold or wet on the way to work in the morning" says Mel Jackson, an outdoor survival expert who is a

continuing education program coordinator at the University.

Many of the same strategies for staying warm outdoors can be used to stay comfortable in cooler rooms indoors, says Jackson, who also taught outdoor survival classes at Lane Community College.

In the past, offices and homes usually were heated to 72 degrees, which was considered an ideally comfortable tempera-

ture. The lower temperature was mandated by Pres. Jimmy Carter as an energy saving step.

"Even if you are just walking to the office from the parking lot your feet and clothing below a raincoat can get wet," Jackson says. "It is very important to have good protective footwear," he says, adding that there are several commercial products which can be used to waterproof shoes.

The stay-dry approach is even more important for people who walk or bike to school or work. An extra pair of dry shoes can prevent a morning puddle disaster from causing an entire day of cold feet, Jackson says.

"We are going through a change in our lifestyle and we are all going to have to learn to live and dress differently," Jackson says. "We have to learn to build insulating, protective shells that contain our own body heat."

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briefs

MEETINGS

Women's Referral and Resource Service will have a general meeting today at 2:30 p.m. in the EMU room to be posted. Discussion will include projects such as a newsletter, resource guide and coordinating woman's support groups. All interested women are invited to attend. For more information, stop by the WRRS office at Room 336 EMU or call 686-3327.

The annual fall meeting of the faculty of the College of Arts and Sciences will be held today at 3:30 p.m. in Room 177, Lawrence Hall. Coffee and tea will be available beginning at 3 p.m.

The Kampuchea Famine Relief Committee will meet at 7:30 p.m. tonight at the Wesley Center, 1236 Kincaid St. Fund-raising and educational projects will be discussed.

Phi Beta Lambda, an organization for students in business, advertising and economics, will meet today at 3:30 p.m. in Room 231 Gilbert Hall. All students interested in the consulting services and the resume writing service are welcome to attend.

SWIG, an organization for students interested in social work, will meet today at 7 p.m. in the second floor conference room of Hendricks Hall. There will be a guest speaker from the Lane County Department of Employment training. All students interested in social work or who like to have more information about it are welcome to attend.

There will be an ASUO program director's meeting tonight in the EMU Forum Room. The meeting will start at 7 p.m. and run until 9 p.m. All programs should be represented at the meeting.

LECTURES

The EMU Cultural Forum presents Mark Hall Amittin who will give a lecture-slide show on "Theatre in China and the Far East." Amittin has recently returned from Peking and is currently working on a United States-China theatre exchange. The event will take

place in Gerlinger Lounge at 8 p.m. today. Admission is free and open to the public. For more information call 686-4373.

Zvi Griliches, from Harvard University, will speak on "Research and Development and the Slowdown in U.S. Economic Growth" today at 3:30 p.m. in Room 333 Gilbert Hall. The seminar is sponsored by the economics department.

Jeanine Bertrand, from the 4J School District, will speak on "ESL in the 4J School District" today at 3:30 p.m. in Room 159 Straub.

Banning Garrett, will speak on "The Global Power Balance and the Dynamics of the Strategic Triangle" today at 3:30 p.m. in Room 101 EMU. Garrett is co-editor of "The International Bulletin," a visiting fellow at the Institute for International Studies at the University of California, Berkeley, and commentator on strategic and military affairs for "Le Monde Diplomatique." His talk is sponsored by the Russian-Eastern European Studies Committee, the Asian Studies Committee and the Sociology Colloquium.

INTERVIEWS

Sign up **immediately** if interested in interviewing with the following recruiters:

Nov. 20 - McNeil Consumer Products (business/marketing)

Nov. 26 - American Graduate School of International Management (any major)

Nov. 27 - UCLA School of Law (any major)

Nov. 28 - Coos Curry Council of Government (student intern program for juniors, seniors and grad students)

Nov. 30 - Union Pacific Railroad (transportation/finance/business)

Dec. 5 - M.L. Regensburger and Co. (accounting)

Orientation sessions introducing the services of Career Planning and Placement are offered every Thursday at 3:30 p.m. in Room 246 Susan Campbell Hall. Free resume writing and free job interview skills workshops are also offered. Arrangements for handicapped students are available by calling 686-3235.

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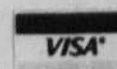
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