

Course explores depression

With an unstable economy, a too-small job market, instances of discrimination and a growing crime rate all confronting Americans, it is not too surprising that one out of five suffers from depression at some time in his or her life, say researchers in the University's Department of Psychology.

The researchers and the Eugene Family YMCA will offer a course on controlling depression beginning Jan. 8. The eight-week course, "Coping with Depression," will be open to the public. Interviews to enter the program begin Dec. 3.

The course provides small-group instruction and employs a self-help approach to depression. It is based on the assumption

that individuals can control their moods by changing their activities and learning helpful skills, according to Julia Steinmetz, course coordinator.

Strategies to be used in the course will include relaxation training, self-change techniques, constructive thinking, control of positive and negative thoughts, effective planning for pleasant activities and creative use of social skills, Steinmetz said.

Registration fees for the course will be based on family size and income. Half the fee can be earned back if participants fill out questionnaires and participate in two personal interviews.

The course was developed

from a book, "Control Your Depression," written by Peter Lewinsohn, psychology professor, and his former research associates.

Lewinsohn began the depression course last fall. Portions of the course were featured in Dr. Art Ulene's syndicated "Feeling Good" series on NBC's Today Show last winter.

Courses based on Lewinsohn's book have been taught at Arizona State University, Portland State University and the University of California at San Francisco.

Interested persons should contact Steinmetz at 686-4966 to arrange for an interview.

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News program debuts on KWAX

A new National Public Radio program combining news, analysis and commentary is being aired weekdays starting at 6 a.m. on KWAX (91.1 FM), public radio at the University.

The two-hour "Morning Edition," which premiered Nov. 5, includes in-depth news coverage of national and world affairs, economic and political analysis, regular features on sports and the arts, as well as interviews on people and places in the news.

The program is modeled after "All Things Considered," NPR's popular early evening news and features program.

"Morning Edition" is an excellent program, and has more in-depth news coverage than "All Things Considered." According to Kenney, "Research has shown that listeners want news and information to start their day."

Newscasters for "Morning Edition" are Jackie Judd, former weekend host of "All Things Considered," and Carl Kassel, veteran NPR news anchor. In addition, more than 20 commentators, critics and freelance reporters from across the United States will contribute regularly to the program.

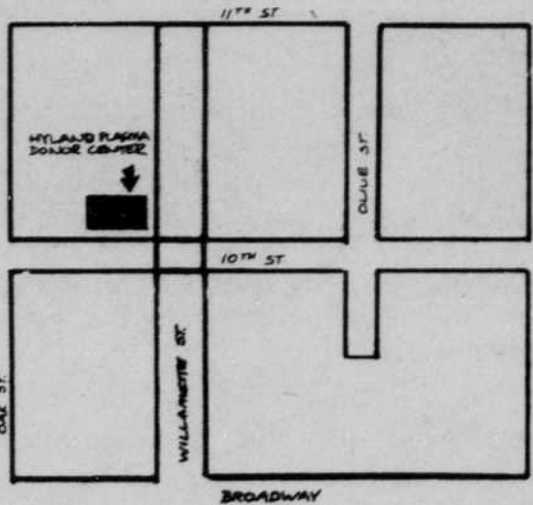
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The Oregon Daily Emerald is published Monday through Friday, except during exam week and vacations, by the Oregon Daily Emerald Publishing Co. at the University of Oregon, Eugene, Oregon, 97403.

The Oregon Daily Emerald operates independently of the University with offices on the third floor of the Erb Memorial Union and is a member of the Associated Press. Emerald subscriptions are \$7.00 per term and \$20 per year.

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Display Advertising and Business 686-3712
Classified Advertising 686-4343
Production 686-4381

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briefs

The Gay Hotline is open to receive calls for crisis counseling, information and referral 8 p.m. to midnight, Thursday through Sunday, 485-1075.

The Springfield Salvation Army will serve a traditional Thanksgiving dinner on Thursday, Nov. 22, from 11:30 a.m. to 2:30 p.m. at the Willamalane Memorial Building, 765 N.A. St., Springfield.

Seniors, unemployed families, students away from home, as well as all others who will be alone for the holiday are invited to this free dinner. Some transportation will be available on a limited basis. Take-home dinners in the Springfield area will be provided to the sick or handicapped who are unable to come out. For further information, phone the Salvation Army office at 747-2665.

BRING Recycling's BRINGmobile will stop at the following locations this Saturday, Nov. 24, to pick up recyclable materials, Willard Elementary School, 2855 Lincoln St., 9-11 a.m., Jefferson Jr. High, 1650 W 22nd, 10 a.m.-noon, Willagillespie School, 1125 Willagillespie, 11 a.m.-1 p.m., Springfield (vacant lot located at 8th and G Streets), 10 a.m.-2 p.m.

The BRINGmobile will accept glass, tin, and aluminum. These materials are also accepted at BRING's permanent campus site next to the Food Op between 15th and 17th Avenues off of Agate Street.

Cardboard, paper and used motor oil are accepted at BRING's other two permanent sites — at the Glenwood Solid Waste Center and at the main warehouse at 86641 Franklin Blvd. For more information on recycling, call BRING at 746-3023 or stop by the Survival Center in the EMU and pick up a BRING leaflet.

All Eugene area post offices will be closed on Thursday, Nov. 22 in observance of Thanksgiving Day. There will be no delivery of mail other than Express Mail and Special Delivery. Mail will be picked up from street collection boxes at the times listed on the holiday schedule posted on each box. Mail will be dispatched to all points.

Greenpeace will be having an open house every Saturday until Christmas from 10 a.m. to 5 p.m. at our new office located at 55 N 13th St. (between Olive and Willamette). Our regular office hours will be Monday through Saturday 10 a.m. to 5 p.m. Celebrate Christmas with Greenpeace. For more information call Greenpeace at 687-8121.

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