

LCC leisure class shows the way

For some, even relaxation takes effort

By MIKE LEE
Of the Emerald

It's amazing what people can fail at these days.

Besides the popular failures — life, jobs, poker, that sort of thing — a new one has appeared: people can fail at leisure.

To prevent that, Neal Itzkowitz and Linda Hill are teaching a class at Lane Community College called "Leisure Awareness." The class is designed to help people discover what their leisure needs are and to assist in their fulfillment.

A skeptic might scoff at the

need for such a class, but the pair say some people actually waste their leisure time. Some find their long-ingrained leisure activities aren't pleasurable, while others discover that activities they thought they didn't enjoy are pleasurable.

"It's all a matter of attitude," Hall says. "What we do is offer people an opportunity to look at what their own needs are."

The class is "a self-awareness program," Itzkowitz adds. "Learning about yourself — what makes you tick."

But just what is leisure? The dictionary calls it "freedom from

the demands of work or duty." The pair see it as more than just watching the tube while quaffing a beer, but the idea of leisure as a reparative need holds.

"Anything can be a leisure, depending on one's attitude toward it," Itzkowitz says. "You can say it's work, but at the same time it's leisure because you don't have a negative attitude toward it."

However, making leisure more satisfying takes work. People can fail at leisure by not getting satisfaction out of it.

Thus, leisure awareness. People who take the class identify their personal needs, analyze how their current leisure activities fulfill their needs, then decide which activities would best fulfill their needs.

This calls for another definition — what are needs? One of the dozen or so forms the class uses suggests possible needs,

from something as vague as "to do something meaningful" to a specific "participate in alcohol-free activities."

Another form, called the "Satisfaction Success Payoff Inventory," lets people check off aspects of a given satisfying experience: "I received love and affection," or "I gained financially."

Besides the forms, Itzkowitz and Hill use a "fantasy exercise": Relax and envision an ideal day, given all the money and skills needed. Find the underlying theme and look for similar things to do around Eugene.

"For example," Itzkowitz says, "if someone wanted to go to a south sea island to sail, how else would someone achieve that satisfaction of sailing?" Why, at Fern Ridge or Dexter reservoirs, of course.

It all sounds so simple — in

fact, the pair say it is.

"I found more and more it's not the tangible objects that are keeping us from enjoying ourselves — the money, transportation — a lot of those things can be overcome quite easily," Itzkowitz says.

"It's more a fear of learning something new — a fear of failure."

Itzkowitz hastens to add that he won't tell people how to overcome that fear, but he'll help them find the answers.

"You've got the answers in you already," he says. "We may have the tools to help you find that answer, but that's all we have."

The next five-week class session begins May 5, and costs \$8. For more information, call Neal Itzkowitz at 344-6311, Linda Hill at 485-4265, or LCC at 484-2126, ext. 532.

Then just relax.

Gay Pride Week to begin Sunday

By PAUL TELLES
Of the Emerald

Eugene's gay community will be celebrating gay life and informing others about their lifestyle next week.

Gay Pride Week will begin Sunday at 2:30 p.m. with a religious workshop at the Wesley Center, 1236 Kincaid St. and conclude April 18 with two shows at 7:30 and 9:30 p.m. by lesbian comedienne Robin Tyler, who has been frequently compared to Lennie Bruce.

"Part of it (Gay Pride Week) is for gay people to come and find out their own history," says Wendy Michener, co-coordinator of the week. "And part of it is for straight people to find out about us."

A potpourri of panel discussions, workshops and entertainment, the week's festivities will feature discussions of a different gay issue each day.

On Monday, the topic will be the Politics of Being Gay. The day's panel discussions, beginning at 11:30 a.m. and concluding at 7:30 p.m., will include The Media and Covering Gay News, The Law, and Lesbian Separatists.

The day's activities will conclude with a two-hour panel discussion of Excluded Minorities in the Gay Community.

Tuesday's topic will be Towards a Feminist World, with panel discussions of Lesbian Community, Bi-Sexuality and the Men's Community.

Wednesday's topic will be Outreach to Non-Gays, with

panel discussions on non-gays dealing with homophobia, Parents of Gays and Gay-Straight Friendships.

All panel discussions will be held in the EMU Forum.

Thursday activities will feature panel discussions of Gay Support in Eugene Collectives and Gay Workers in Capitalist Business and the Military, which will include a U.S. Navy recruiter and a draft counselor.

A slide show and discussion of Woman Loving Women will round out Tuesday's activities. A 7 p.m. presentation of the show in the EMU Forum will be open to women only, but anyone may attend the 8 p.m. show in 107 Lawrence.

Along with Tyler's two Saturday night shows, the week's entertainment will include a concert by musician Charlie Murphy on Thursday at 7:30 p.m. and a dance with music by First Light, the Eugene-based women's rock and roll band, at 9 p.m. Friday.

Tyler, First Light and Murphy will appear in the WOW Hall, 291 W. 8th Ave.

Friday's activities will feature an arts fair including gay artisans and performers. The fair will be in Room 167, EMU.

Friday also will be Blue Jean Day. Gays and straights are encouraged to wear blue jeans to show their support for gay rights, Michener says.

For further information on these or other Gay Pride Week events, contact the Gay Peoples' Alliance, 318 EMU, 686-3360.

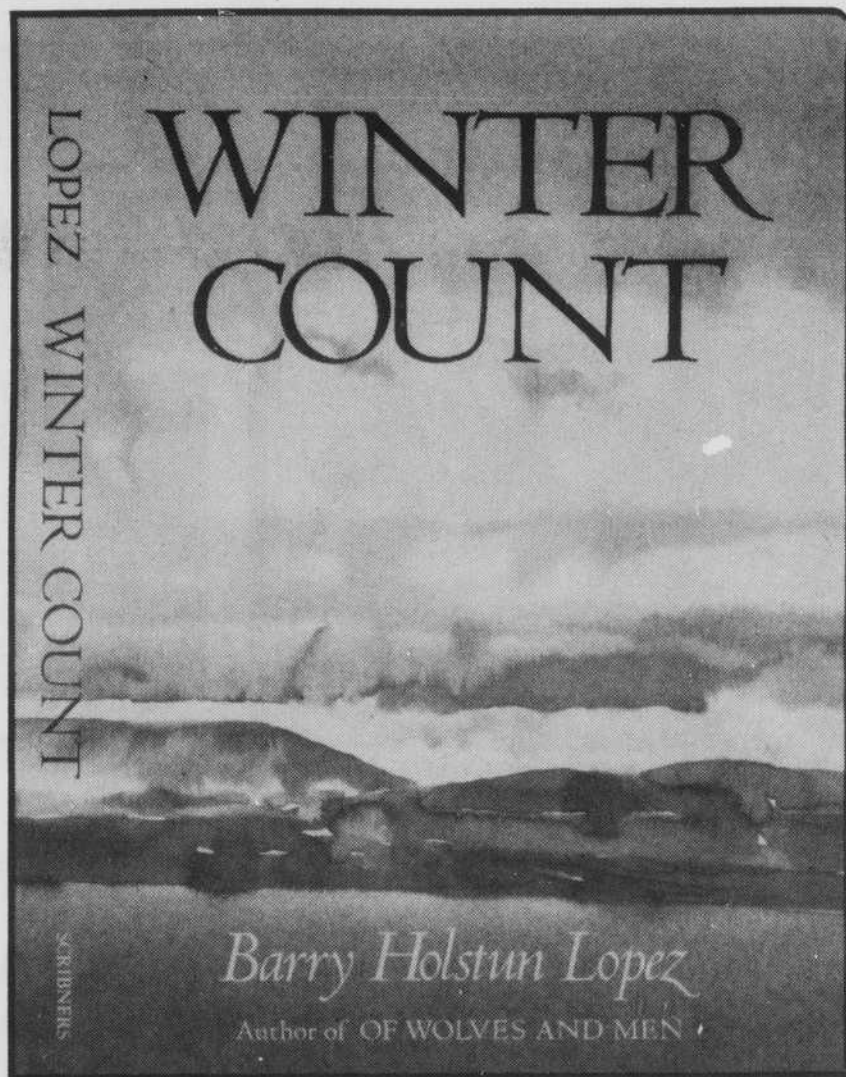
University organizations schedule Health Faire

More than 40 health organizations are scheduled to participate in the sixth-annual Health Faire on campus Wednesday and Thursday.

The event will run from 9 a.m.

to 4 p.m. both days in the EMU Ballroom. It is sponsored by the Oregon Students' Association for the Advancement of Health Education and the University health education department.

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