



ALLOW ME TO INTRODUCE.....

Through the rain (probably), through the thronged thoroughfares crowded with scurrying students bound for classes, you seek relief. As the glass doors close out the chaos, inside the Student Health Center you approach the spread of the reception counter, blues-burdened but wanting help. There she'll be, with a pleasant attitude and a concerned desire to assist that sounds in voice and shows in her eyes.

Veteran of ten years at the Student Health Center, **Ginger Sands**, is Triage Nurse at the Front Desk. She can help you find the information you need, be it about colds or flu, stress, sprain, smoking; the blues, blood pressure, bulimia; alcohol, anxiety, anorexia; drugs, depression, disease; nutrition or nerves - she is eager to assist you in finding help to gain better health.

Answering phone queries and greeting reception counter customers, Ginger has the wherewithal and willingness to see that immediate attention is given to those "who need it now" while coordinating times for students whose health needs are less urgent but no less important for maintaining health. "We're here to help in any way we can," she says during a short lull. "I'll help students who call early in the day to schedule appointments around their classes."

Coupled with her skill and experience, college-age children of her own give Ginger an added awareness of the problems that students face. With compassion and competence, she arranges appointments, fields rapid-fire phone calls, and answers counter questions simultaneously, juggling timetables and schedules with the expertise of the master magician - yet her sincere concern is hardly false magic. She and the rest of the staff provide real assistance to those who seek their services.

Fuel your health, fire the ignition of increased wellness. The U of O Student Health Center may be the spark you're seeking to keep your energy lit and burning bright. Ginger and all the staff are there to help you find your way to better health. *Go for it!*

Flory David Rousseau
Practicum Student, Health Education Center



A NEW FACE AT THE HEALTH CENTER...

This year brings a new addition to the staff at the Student Health Center, **George Beulow**. George is a graduate counseling intern with expertise in **Substance Abuse Counseling**. He can answer your questions about alcohol/drug use and help you make changes in lifestyle. His hours at the Center are:

Mondays 8 AM to Noon
Thursdays 2 to 5 PM

Appointment may be made at the Student Health Center's Reception Desk or call 686-4411.



NUTRITION COUNSELING

Do you wonder why you "run out of gas" around 2:00 every afternoon? Do you feel fat? Do you want to turn to natural foods? Are you sure that fast food is good for you? Tired of counting calories and watching the scale? Or do you keep catching every bug that's going around and never feel "just right"? Well, maybe it's time to take a close look at your diet and throw in a little professional help with that analysis. If that's the case, then the Student Health Center can offer exactly what you need.

Available for selected appointment hours is a professional nutrition consultant - that's me - **Bev Hollander**. I am a Registered Nurse with expertise in nutrition and am feeling excited about being here to work with you. If you have any questions about your diet - anything from cooking to appetite - just schedule a time that is convenient for you and we can talk about it, kick around some ideas and come up with a plan, one you choose and one you can live with. Just call (686-4441) or stop by the Health Center front appointment desk and ask for me, **Bev Hollander**, and we'll get together. All 30 minute counseling sessions are free for students.

In future issues of **WELL NOW**, I intend to address aspects of nutrition which I think may be helpful for you. But since this information is for you, it would be best if you let me know the topics you'd like me to address. So write down topics, questions, or ideas you'd like me to pursue and I'll get right on it! You can leave that information at the Student Health Center, either at the front desk or the Health Education Center. Please let me hear from you. That's the only way I can be sure I'm meeting your needs.

Bev Hollander
Nutrition Counselor