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**Women can take steps to reduce
effects of premenstrual syndrome**

By Alicia Gano
Of the Emerald

Premenstrual syndrome can interrupt a woman's work, social interaction, family life and general well being, but it doesn't have to. According to area specialists, PMS is a nationally recognized, treatable health problem.

Dr. Phil Alberts, gynecologist and director of the PMS Treat-

ment Center in Portland, treats women who suffer from premenstrual syndrome. Alberts and his colleagues run the only interdisciplinary PMS treatment program in the Pacific Northwest, which includes a gynecologist, psychologist, counselor, registered nurse and dietician.

Health care professionals distinguish between normal

premenstrual symptoms and PMS when a woman voluntarily seeks help or when symptoms interfere with daily functioning.

Alberts considers the leading cause of PMS to be an imbalance in the ratio of estrogen to progesterone that occurs in women one to two weeks before menstruation. Stress and poor

Turn to PMS, Page 5

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MEETINGS

Any group contemplating an outside event with potential for noise that could disturb members of the University community is invited to attend a special meeting to discuss the procedures to follow for securing approval at 11:30 today in Room 337 EMU.

Agathos Koinonia will hold its third organizational meeting today at 11:30 in Century Room E, EMU.

The Student Senate meets today at 3:30 in Room 337 EMU.

The Latin American Support Committee meets tonight at 6 at the Latin American Cultural Center, 1236 Kincaid.

Men Against Rape will meet Tuesday at 7 p.m. in Century Room B, EMU.

Peace Circle: the first of many to come. Join us every Tuesday between 12:10 and 12:30 p.m. on the corner of 13th Avenue and University Street.

INTERVIEWS

Submit bids for campus interviews Monday through Wednesday, 244 Hendricks Hall, for the following recruiters: (No bids required for group meetings.) Feb. 4: National Security Agency — group meeting, 5:30 p.m., Room 108 EMU. Feb. 9: Hewlett Packard (factory and field marketing and sales; computer science positions); U. S. Air Force — table at EMU (commissioned officer);

VLSI Technology, Inc. (business/progammer analyst). Feb. 10: Eastman Kodak (sales); Intel Corp. (customer marketing engineer); Peace Corps — group meetings, 12:30 p.m., Room 108 EMU and 7 p.m., Forum Room, EMU; Procter and Gamble (sales management). Feb. 11: Peace Corps — group meeting, 3:30 p.m., Maple Room, EMU; Cigna Corp. (underwriters); Intel Corp. (software systems engineer); Radcliffe College, publishing procedures course (graduate school), group meeting, 1 p.m., Century Room A, EMU. Feb. 12: J.C. Penney Co. (merchandising management trainee) group meeting, Jan. 27, 6:30 p.m., Walnut Room, EMU. Feb. 13: Avia Athletic Footwear (assistant product marketing manager); McDonnell Douglas Corp., Aerospace Information Systems (associate progammers). Open sign-up starts Tuesday, Jan. 27, for space available for recruiters who will be on campus February 2-6. Check at 244 Hendricks Hall.

LECTURES

Nicaraguan agricultural projects will be the subject of a talk and slide show tonight at 7 by John Cushman, a technical aid to ongoing assistance projects with Nicaraguan agricultural cooperatives. The talk will be at the Latin American Cultural Center, 1236 Kincaid.

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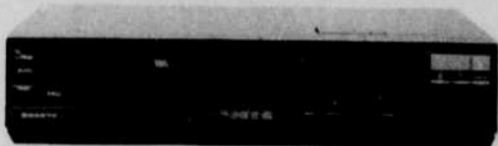
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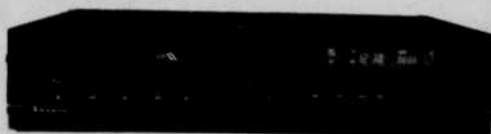
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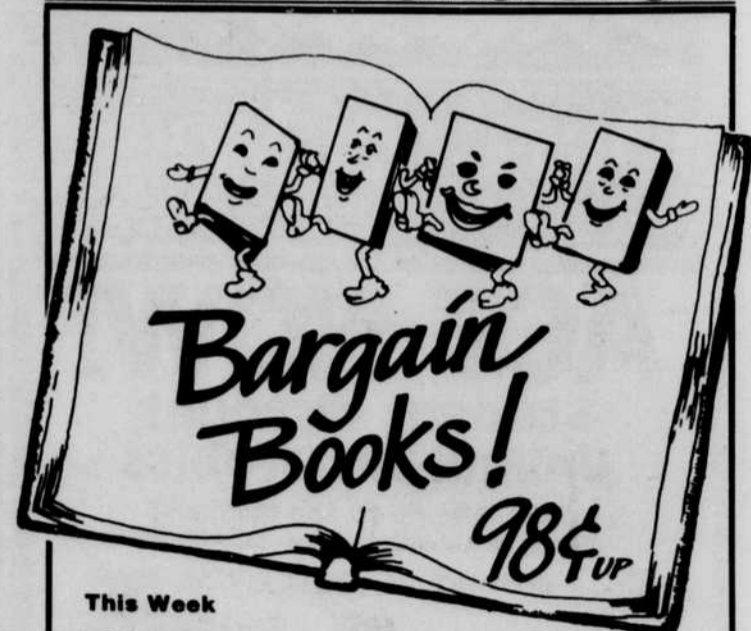
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