

'Wellness' theme of ASUO Fall Symposium

By Kelvin Wee
Emerald Reporter

Through the next four days, students will be able to attend presentations by professionals in the field of health education and medicine at the ASUO Fall Symposium, which begins today at noon.

This year, the symposium, dubbed "The Wellness Symposium," will be focused toward four areas of health and wellness.

Preparations for the symposium began during the summer of this year. ASUO Events Coordinator Angeline Chong said the most difficult part was deciding the theme for the symposium.

"We chose the theme 'Wellness' because when many people think about health, they tend to think only about the negative aspect of it," Chong said. Chong, a senior double-majoring in journalism and economics, added, "We hope to change that with this year's events."

There will be three sessions each day: the first session runs from 12 to 2 p.m., the second from 4 to 6 p.m., and the final session from 7 to 9 p.m. Each session will focus on issues that pertain to the topic of the day.

The first day of talks will focus on physical fitness. All events for the day will be held in the Gumwood Room.

Starting the symposium off at noon will be Justinene Heavalon, a psychologist in private practice. She will speak on weight management and eating disorders.

A session on stress management will be presented from 4 to 6 p.m. The evening session for the first day will focus on sports

nutrition with a presentation by Dr. Robert Packman, professor of nutrition with the school of community health at the University.

The second day emphasizes mental wellness. Events begin at noon in the EMU Forum Room with a talk on body image by Dr. Jean Rubel of Sacred Heart Hospital.

The next session will be held at the Bean West Conference Room. Speakers for this session will be Lucille Kaplan, the director of the Office of Student Advocacy; and Joe Wade, chairman of the Bizarre Behavior Committee, who also is representing the University administration.

"They will be talking on the University's responses to students showing erratic or potentially harmful behavior, and the rights of students in jeopardy resulting from other students harmful behavior," Chong said.

The evening events will be held in 150 Geology and the topic of discussion is "lifestyles." The panel of speakers will include Alice Kinsburg, who underwent mental distress while living in Israel; Tim Hughes and Elise Curry, representing the Gay and Lesbian Alliance; and Father Carlos, a representative of the Sanctuary Movement.

Because some of the issues at the evening session will be controversial, organizers felt there was a need for a moderator. Playing this role will be Richard Francisco from the University Counseling Center.

The third day will be dedicated to AIDS education and has been named "Safer Sex

Day."

"We basically chose this name because we wanted to stress the education and prevention aspects of AIDS," said Tim Regan, ASUO University Affairs coordinator and Safer Sex Day organizer.

Regan, a senior in history and the chairman of the University Educational AIDS Task Force, said a theater-type presentation will start off the third day's events.

This will be followed by a question and answer session to be led by Sheila Guilfoyle, office coordinator for Shanti in Oregon, Inc.; and Patrick Babb, co-director of the Willamette AIDS Council.

The afternoon session will be a presentation by Dr. Richard Keeling, director of the University of Virginia Student Health Center and chairman of the American College Health Associations Task Force on AIDS.

The third day will close with a presentation by Stephen Beck, director of the National Association of People with AIDS. All events for the third day will be held at the Gumwood Room in the EMU.

The fourth and final day of the Wellness Symposium will concentrate on substance abuse, and has been named "Alcohol and Drug Awareness Day."

The day will begin with a presentation by Mary Hammond, a representative from Adult Children of Alcoholics. It will be held in Room 129 of the University law school.

The presentation for the afternoon will be held in the Bean East Conference Room, and in the evening a talk will be given

on "Substance Abuse Education" by Michael Leeds, an expert who spoke at this year's convocation. Leeds will give his speech in 150 Geology.

Information about the symposium and its events will be published in the Oregon Daily Emerald in the form of advertisements, Chong added.

"I believe that 'Wellness' will be the theme with most of the University for the rest of the year," Regan said. "All we want to do really is save lives."

Debate team gets second

The University Debate Team took second place overall at its first Northwest-designated tournament at Lewis and Clark College in Portland.

In individual events, five people placed in four different events. In Novice Extemporaneous speaking, Tara Gamas placed third. Cheryl Brady took first in Junior Dramatic Interpretation. Pete Messer was a finalist in Senior Extemporaneous, and Alec Boyd took second. And in Senior Duo Interpretation Brady and Michael Buck place second.

In debate, the University team fared well. In Novice Debate, Steve Nichols and Tami Larson placed third. In Senior Debate, two University team "closed out." This happens when two teams from the same school reach the final round. The teams of Boyd and Messer and Carolyn Nestor and Greg Oakes tied for first.

Next weekend, the three senior teams: Boyd/Messer, Nestor/Oakes and Tina Roe/Elizabeth Risbrough will compete at the Colorado College in Colorado Springs.

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