

German
AUTO SERVICE

VW'S MERCEDES BMW'S
DATSUN TOYOTA

reliable service for
your foreign car

"Since 1963"

2025 Franklin Blvd.
Eugene, Ore. 97403
Bus. Ph. 342-2912

the Hair Loft

Hair Styling
for Men & Women

1239 Alder 485-1202
1461 E. 19th 484-2565

MON, WED, FRI 9:00-7:00, TUES, SAT 9:00-5:00

Open
24 hours

kinko's copies

Quality
Copies

- Binding • Thesis
- Lamination • Reduction
- Enlargement • Self-Service Copies
- Resumes • Self-Service Word Processing

860 E. 13th Ave. 344-7894

...and to think we met
through an
ODE PERSONAL

Beatin' the Blues

Crisis Prevention Conference Saturday, January 16,
8:30 to 4:15 in the Erb Memorial Union

This event will provide you with the opportunity to develop skills responding to crises in your own life and in the lives of others.

The agenda includes an opening by **Scott F. Nelson** entitled, "CRISIS = OPEN DOORS". Mr. Nelson is a Minneapolis artist working in steel, aluminum, stone and small press books. He is afflicted with Retinitis Pigmentosa, a degenerative eye condition causing severe tunnel vision and loss of sight. He will provide insight on how you can creatively respond to and exceed your own physical and perceptual limitations.

Workshops will follow. Choose one workshop from each session to attend.

Workshops:

Session I
How To Study Effectively • Living Creativity • Overcoming Shyness
Dealing With Stress • How to Decide To Have Sex and What To Do If You Do

Session II
How To Get Out Of Angry Places
Dealing With The Cross Cultural Experience
Chemical Dependency:
How to Recognize it and Work With it
How to Help Those Living on the Edge
Dealing with Loss and Loneliness

Session III
Breaking the Cycle of Domestic Violence
The Catch 22: Eating Disorders
Mind Over Misery
If you Had Parents, You Have Problems
Elephant In The Living Room:
Outgrowing The Chemical Dependent Family

Develop skills for living and earn one CPSY 199 Credit
Enroll at the Counseling Psychology Office at 18th & Alder.
TLN 1781

Sponsored by The Crisis Center and ASUO with Special Thanks to
Lifestyle Planning Program, Druids and Mortar Board

Signs may indicate drug problem

By Bryan Houston
Emerald Contributor

What can you do if you think a friend might have a drug or alcohol problem? Learning some common symptoms is the best way to know for sure.

While differences exist between the warning signs of drug or alcohol abuse and between individual types of drugs as well, there are some universal signs that can tip off that there may be a problem, according to Dr. James Jackson, director of the University's Student Health Center.

"Each drug has its own way of interacting with the body, and the response can be different (in each individual), but dropping off in studying, grades going down, a drop off of participation in class or in class attendance, or the elimination of friendships and becoming less accessible to other people, is an indication of a problem that the person is not facing," Jackson said.

John Green, a staff counselor at the Serenity Lane Alcohol and Drug Treatment Center, 616 E. 16th in Eugene, gave a general explanation of who drug or alcohol abusers are and why they have a problem.

"Someone who continues to use mood-altering chemicals despite increasing economic, personal, social and spiritual disfunction is chemically dependent. The person is looking for an escape," Green said.

Alcohol is the most abused drug among young people, according to pamphlets available at Serenity Lane. The pamphlet has a "yes-no" questionnaire with ten questions to help the reader determine if someone they know has a problem.

Some of the questions asked are:

- Does someone you know drinks lose time from work or school due to drinking?
- Does someone you know avoid friends and social activities because of drinking?
- Does someone you know embarrass, harm or worry family or friends with his/her drinking behavior?

According to the pamphlet, one or more "yes" answers to the ten questions indicate a possible drinking problem and the need for prompt help.

Another pamphlet available at Serenity Lane, entitled "Drugs and You," lists warning signs that a friend may have a substance abuse problem if he or she:

- Takes drugs to relieve boredom.
- Takes drugs for a pick-me-up.
- Takes drugs to reduce anxiety and tension.

Again, the general suggestion is that if a person can see a friend using drugs for these reasons, then help should be sought for that person.

So how does one go about pointing out a substance-abuse problem to a friend? Both

Jackson and Green suggest doing it very gently.

"The best approach is a direct, forceful style but gently, not angrily," Jackson said. "Sit down and discuss it with the other person."

Green concurs.

"Point it out gently, lovingly, and caringly, not confrontationally, otherwise the person will get defensive."

"Let them know you care. Tell them that they cannot continue to destroy themselves and others through their chemical dependency. This approach allows the person to be willing to accept help," he said.

Often times there is lots of denial going on by the addict or abuser, and it may be tough for one person to point out a problem by themselves. To this end, it may take several friends getting together to confront the person and suggesting help, Jackson said. Once it is pointed out, friends can help the abuser find answers to such questions as where to go and what to do to get professional help.

After treatment, Green said that friends should continue to lend their support to a recovering friend.

"One of the best ways to do this is to let them know that you support their recovery, but not falling back. Understand that they are in recovery," he said.

"You don't need to be a professional to get involved (in helping a friend see a problem)," Jackson said. "Friends can have tremendous impact."

Grant to fund education program

By Christopher Blair
Emerald Contributor

As part of the Drug Free Schools and Communities Act of 1986, Congress allocated \$7.7 million in grants for colleges and universities around the na-

tion to develop programs to study drug abuse.

The University School of Education's grant, amounting to \$154,000, has been used to establish Drug Education for Beginning Teachers (DEBT), a program that will train pre-service teachers to help students deal with substance abuse problems, according to DEBT Co-director Dr. Dennis Pataniczek.

"We saw a real deficiency in terms of the kind of training teachers get about substance abuse issues," Pataniczek said. "Schools have had to just start playing a bigger role in substance abuse education, and they're in the process of catching up."

Up to now, unless an education student has a special interest in substance abuse issues, he or she is exposed to only three actual hours of information about drug use.

"It's presented as 'This is what the drugs are, this is what they do to you' as opposed to 'This is how you address those kinds of issues with students in schools,'" DEBT Project Coordinator Chris Hasegawa said.

Because of the sudden rise in interest concerning the drug issue in schools, attempts by school districts to deal with the issue may not be effective due to the lack of information, co-director Henry Disney said.

Turn to Training, Page 8

TAN
as low as
\$2/ VISIT
Wolff System
air-conditioned

It's relaxing
and
affordable!
SunShower
on campus
485-2323 • 874 E. 13th
Upstairs by Kinko's

Greek GYROS Sandwich
\$2.25 with coupon
Seasoned beef on hot pita bread,
red onions, fresh tomatoes, zesty
yogurt sauce.
STUFF IT EATERY • 1219 Alder
40¢ Value

BAMBOO PAVILION
CHINESE
RESTAURANT
省時快餐 經濟實惠

Oriental Buffet Lunch
Downstairs
& Try Our Dinner
Upstairs

Hours: Downstairs
M-Th 11:00 - 7:00; F-Sa 11:00 - 4:30
Closed Sundays
Hours: Upstairs
Su-Th 4:30 - 10:00
F-Sa 5:00 - 10:30

1275 Alder Street • 683-8886

Rags to Riches

Second Hand Clothing
NEED CASH?
We BUY used
clothing.
(New-2 yrs. old)

Call Mornings for Appt.
344-7039

10-6 Mon.-Sat.
360 E. 11th
between Mill & High