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Seminar

WIN
WOMEN'S
INFORMATION
NETWORK

Packet and refreshments provided. Free parking in the Hilton's underground parking lot. Additional parking is available in the Hult Center parking garage and the Parcquade at 7th and Willamette.

FREE

At the Eugene Hilton Hotel
Playwrights Hall
Tuesday Evening
October 2, 1990
7:30 - 9:30 pm

FEAR OF FAT: Living In A Woman's Body & Liking It

Speaker: Jean B. Rubel, ThD, Therapist Consultant

Today, women of all ages are concerned about their weight and the shape of their body. Much of this concern about appearance has to do with the importance our society places on physical beauty. Self-esteem is at the base of how we feel about ourselves and requires a balance of appearance, performance, and identity.

WIN and Jean B. Rubel, founder and president of ANRED, Inc. invite you to come learn more about body image and self-esteem.

For further information call 686-7272



Free admission. No preregistration or reservations are necessary.

SACRED HEART GENERAL HOSPITAL
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VOLUNTEER

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ers about management, the hiring process, production, and marketing. Kisko said the total time commitment would be about 10 hours.

Van Dusen said that many University students who come to the Volunteer Connection are interested in doing counseling work. Although most students aren't qualified to do one-on-one counseling, opportunities do exist to do related work.

For example, the Rape Crisis Network, which works to support people who have been sexually assaulted, needs volunteers to staff its crisis line. Jerry Stanley, advocate coordinator for the Rape Crisis Network, said that crisis line volunteers are asked to do four shifts per

month and to make a year-long commitment. Once volunteers have experience working with the crisis line then they may be able to do peer counseling.

Not all volunteering has to be related to your major. If a student has a few hours free in the afternoons, and wants to get a little exercise, he or she might consider coaching a kids' soccer or flag-football team, or becoming a Big Brother or Big Sister for a child who needs a friend or role model.

Van Dusen said University students comprise about 10 percent of their volunteers and the people at the Volunteer Connection are hoping that number increases this year.

Students interested in volunteering should the Volunteer Connection at 683-9000.

WINE

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p.m. on weekdays through September. From October through June, the winery will be open on weekends from 12 p.m. to 3 p.m. Magnuson said large tours should call in advance for reservations.

Hinman Vineyards, the largest winery in Lane County, and one of the third largest wineries in Oregon, produced 30,000 cases of wine last year, Smith said.

"Hinman has not hung their hat on any one particular variety of wine," she said.

The eleven-year-old winery is in Eugene, off of Highway 126. The tasting and production rooms are open to the public from 10 a.m. to 3 p.m., Saturday and Sunday.

Free

Water Bottle with a \$10.00 purchase

1 per customer, please.

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