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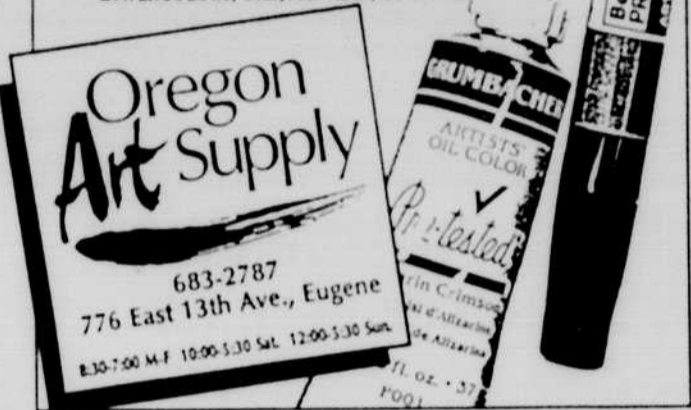
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ET ALS

MEETINGS

Latin American Support Committee will meet tonight at 5:30 in EMU Century Room B. Call 346-5897 for more information.

What's Chi Alpha? Find out tonight at the Christian fellowship group's first informational meeting at 7:30 in EMU Cedar Room A. Call 688-4181 for more information.

Vietnamese Student Association will meet tonight at 7 in the Smith Lounge. Call 683-8285 for more information. Student Health Insurance

Committee will meet today at 8:30 a.m. in EMU Cedar Room D.

Mortar Board will meet tonight from 5:30 to 6:30 in EMU Cedar room B. Call 746-6325 for more information.

Incidental Fee Committee will meet tonight at 6:30 in the EMU Board Room.

SPEAKER

"Restructuring of the USSR: Why and How" will be the topic of a lecture by Professor Ron Wixman tonight from 7:30

to 9:30 in Room 100 Willamette. Call 346-4555 or 346-4078 for more information.

Deadline for submitting Et Als to the Emerald front desk, EMU Suite 300, is noon the day before publication. Et Als run the day of the event unless the event takes place before noon.

Notices of events with a donation or admission charge will not be accepted. Campus events and those scheduled nearest the publication date will be given priority. The Emerald reserves the right to edit notices for grammar and style.

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Guido's

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DIETS

Continued from Page 5

mental cycle is by not feeling guilty. Self-acceptance is also a part of the process.

The multi-billion dollar diet industry thrives on women fearing and not accepting their bodies.

"Weight is not that important," Ellis said. "Body composition is more important."

Hackman feels a healthy range for women is 15-25 percent fat to lean body mass.

Campus options to determine body composition are caliper measurements or underwater weighing.

Instead of deprivation dieting, lifelong sensible eating and regular exercise is the best way to achieve a healthy body composition.

For further information on weight loss, body composition and other health issues, call 346-4456.

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13TH & Kincaid M-F 7:30-6:00 SAT 10:00-6:00 346-4331

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