

# Student Health Center offers many free workshops

By Sarah Clark  
Emerald Reporter

Graduate student Joan Thorne had been steadily gaining weight since she was a teen-ager.

Frustrated with her situation, she enrolled fall term in the University Student Health Center's weight management workshop, where students — primarily women — analyze why they have had trouble controlling their weight.

The weight management workshop is one of several free workshops run through the health center. Other workshops this term include smoking cessation, vegetarianism, adult CPR certifica-

tion and another weight workshop concerning women's weight and body image.

Room is still available in many of this term's workshops, Frank said. Students can call 346-4456 to register.

Subjects for the workshops are selected based on student input at the health center, said health educator Joanne Frank.

"It's what we see students wanting," Frank said.

Similar workshops will be offered spring term, she said.

"There isn't much calling from students for anything different," Frank said. "If I heard from students that they want

something else, that'd be great."

The vegetarianism workshop turned out to be so popular this term the health center started another one, which also filled up.

Students are interested in vegetarianism for more than health reasons, said Jane Katra, a graduate teaching fellow nutrition counselor who runs the vegetarianism and weight management workshops.

"A lot of the vegetarianism is because of the awareness of environmental problems and world economic and hunger problems," Katra said.

Students who participate in the weight management workshop are often strugg-

ling to get control over other parts of their lives, such as school and loneliness, Katra said.

Most workshops are limited to 12-15 people in order to allow the group to function better, Frank said.

Joanne van Dyck, who is enrolled in the weight management workshop, said she likes the support the group offers.

"You don't feel you're all alone," she said.

Thorne, who took the workshop fall term, said she's taking it again because she found it so helpful.

"I graduated last spring and registered for graduate classes just so I could take the workshop," Thorne said.

## Oregon Daily Emerald

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### 103 GREEK HAPPENINGS

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**Sigma Kappa informational meeting**  
Jan. 25, 7:30pm

Please contact Debbie Cole, Rush Chairperson 484-1337

### ATTENTION GREEKS!

Proofs from Fall Term are now on display - Order now before the negatives go to the Archives. Wally Kempe and Associates 344-6750.

### Congratulations to the new KAP officers:

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We are so Proud of you!  
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### DELTA TAU DELTA

Winter Informal RUSH  
For list of activities  
Call 344-7510

14:1 WINTER RUSH  
Fri 22nd - Open Rush 6pm  
Sun 24th - Brunch 11am  
Mon 25th - Broom Ball 10pm  
Call Blake R., 342-8590 for details

### 105 PERSONALS

DON'T BE DUPED!  
- so sayeth Bob.



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Call 343-3366

Marnie at King St Station, noontime Dec 28. Gordon wishes to further acquaintance. 206-725-3725.

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FOUND: One large glossy black earring in Career Placement and Planning. 346-3235.

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### 120 TUTORING

## Are you worried about succeeding in your courses this term?

Academic Learning Services offers small group tutorials for the following courses:

MATH 096	3:30pm UH	CH 222	3:30pm MW
MATH 111	2:00pm UH	EC 202	3:30pm MW
	2:30pm MW		
MATH 112	3:30pm UH	FR 102	2:30pm MW
MATH 241	2:30 pm MW	FR 202	3:00pm UH
MATH 241	10:30am MF	GER 102	3:30pm MW
MATH 242	1:30pm MW	GER 202	2:30pm MW
	3:00pm UH	PH 202	1:30pm MW
MATH 243	2:00pm UH	SPAN 101	3:30pm MW
MATH 251	3:30pm UH	SPAN 102	2:00pm UH
MATH 252	3:30pm UH		2:30pm MW
MATH 253	2:00pm UH	SPAN 202	3:30pm MW

\*Additional groups will be opened as necessary.

If you are interested in joining one or more of these groups, see Kim Lilley at Academic Learning Services, 68 PLC. The fee is \$60 per group.

If you need assistance in courses other than those listed above, our tutorial registry can provide names and telephone numbers of qualified tutors.

For more information contact: Academic Learning Services - 68 PLC - 346-3226

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343-2747

### 130 FOR SALE MISC.

'67 Ford Pickup- STRONG! \$1500. Fax/phone, \$300. Software, ask. '88 Honda Scooter, \$900. 726-6630.

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Printers - Star 9-pin, lots of extras, \$100. MPS 801 plus C-64 and all acces, make offer 344-5199 live msg.

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Panasonic Stereo System \$85 obo. Call 485-8673.

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9-2, Sat  
Smith Family Bookstore

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Last Day is Jan 23<sup>rd</sup>

for book refunds for winter term.

Bring in receipt, ID, & books for speedy service!



### 190 SKI EQUIPMENT

Blizzard Thermo RS 205cm w/ Salomon 957R, \$175. Fischer Vacuum Technic SL 200cm with MRR, \$225. Matt 485-7219.

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### 210 HELP WANTED

**Cruiseship/Alaska jobs.** \$1200-\$5000. Summer! Career! Guide, Cassette, Newsservice! (916) 922-2221 Ext 178.

**Resident Assistant 1993-1994!**  
University Housing is now accepting applications for the position of Resident Assistant for 1993-94! Deadline: Mon, Feb 8th, 1993. In order to be considered an eligible applicant, you must be of Junior class standing by Fall term 1993, & have a cumulative GPA of 2.5 or higher. Please see our display ad for more info (Mon's & Fri's through Feb. 5th), or call University Housing at 346-4277. University Housing, University of Oregon is an EOE/AA institution committed to cultural diversity.

### 210 HELP WANTED

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**Cruise Line** entry level on board/landside positions avail. summer/year round. 310-281-5912

**Earn cash** stuffing envelopes at home. All materials provided. Send SASE to PO Box 9643, Springfield, MO 65801.

**Great Student Jobs!** Set your own full or part-time schedule. min wage plus commission, paid weekly. Call Oregon Jobless Foundation at 746-1435.

### SUMMER JOBS

**Tennis Jobs** - Summer childrens camps northeast - men and women with good tennis background who can teach children to play tennis. Good salary, room and board, travel allowance. Women call or write: Camp Vega, PO Box 1771, Duxbury MA 02332. (617) 934-6536. Men call or write: Camp Winadu, 5 Glen Lane, Mamaroneck NY 10543, (914) 381-5983. We will be on campus 2/1/93 from 11-4 in the EMU, rooms Cedar A and B.

### SUMMER JOBS

**Waterfront jobs** - WSI Summer Childrens Camps Northeast - men and women who can teach children to swim, coach swim team, water ski (slalom/trick/barefoot), sail. Inboard motors, beautiful pool and lakes. Good salary, room and board, travel allowance. Men call or write: Camp Winadu, 5 Glen Lane, Mamaroneck NY 10543, (914) 381-5983. Women call or write: Camp Vega, PO Box 1771, Duxbury MA 02332. (617) 934-6536. We will be on campus 2/1/93 from 11-4 in the EMU, rooms Cedar A and B.

### SUMMER JOBS

**Counselors/support staff**-childrens camps/northeast-top salary, rm/bd/laundry, travel allowance. Must have skill in one of the following activities: archery, baseball, basketball, bicycling, crafts, dance, drama, drums, fencing, field hockey, football, golf, guitar, gymnastics, hockey, horseback riding-hunt seat, juggling, karate, la crosse, nature, photography, piano, rocketry, rollerblading, ropes, sail boarding, sailing, scuba, tennis, track, water ski, weights, wood. Support staff-kitchen steward/workers, bakers, cooks, bus drivers, maintenance, nurses, secretaries. Men call or write: Camp Winadu, 5 Glen Lane, Mamaroneck NY, 10543, (914) 381-5983. Women call or write: Camp Vega, PO Box 1771, Duxbury MA, 02332. (617) 934-6536. We will be on campus 2/1/93 from 11-4 in the EMU, rooms Cedar A and B.

### 210 HELP WANTED



## ANNOUNCING

Resident Assistant Positions for 1993-1994!

The University Housing Office is now accepting applications for the position of Resident Assistant in the U of O residence halls for the 1993-94 academic year. In order to be considered an eligible applicant, you must be of Junior class standing by Fall term 1993, & have a cumulative GPA of 2.5 or higher. You must also attend one of the following mandatory orientation sessions:

Tues, Jan 26, Carson Gold Rm, 7-8:30PM

Wed, Jan 27, Ramey Rm, 4-5:30PM (Hamilton Cafeteria)

Wed, Feb 3, University Inn, 7-8:30PM (Living Room, 1st Fir)

University Housing, University of Oregon is an EOE/AA institution committed to cultural diversity.