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SMOKE

Continued from Page 1

their addiction, she said.

But 18-year-old Berchtold is not alone in his struggle to quit. About 71 percent of the undergraduate smokers interviewed for a 1992 University health survey said they had tried to quit within the past two years.

About 10.3 percent of the health survey respondents smoked. About 83.8 percent of the 241 undergraduates in the survey, both smokers and non-smokers, said they would definitely not be smoking in five years.

Many smokers have trouble quitting because they use cigarettes to relieve stress, said Mary Stine, a smoking management clinic instructor at McKenzie-Willamette Hospital. Ironically, smoking causes people to become more tense, she said.

When smokers inhale, they take a deep breath of smoke. It is the deep breath that relaxes them. In contrast, the nicotine in cigarettes causes the body to release adrenalin, which makes smokers tense. Smokers respond to this nervousness by lighting up again.

The level of people's addiction when they seek help varies. Some people may only need three cigarettes a day. Other people may smoke four packs, Stine said.

Junior Sean Hesford, 22, smokes almost three packs a day. Two years ago, he quit for three days, but couldn't resist the urge to smoke.

"It was like when you want something so bad, you can feel it on the end of your tongue," he said.

Hesford plans to quit after graduation. He said he needs to smoke now to ease the stress of school, but worries about getting cancer when he's older.

'There's that statistic about every cigarette taking seven minutes off your life. I've wasted a lot of minutes.'

— Dave Berchtold, University freshman

People usually decide to quit when they are in their 30s or 40s and begin worrying about cancer and other smoke-related diseases, Niblock said. Most people of college age quit because they feel like social lepers or because they no longer want to spend up to \$100 a month on cigarettes.

Many young smokers say they want to quit because of health reasons. But Stine said she believes it is social pressure more than health that motivates them to quit.

"They say they feel like second-class citizens," she said.

Junior Alex Kasner, 20, is an exception to the rule in his motives for quitting. He said he tried to quit about 10 times, but he kept returning to his habit. Finally, one day he quit cold turkey because he worried about his health.

"I started coughing up blood," he said.

Berchtold now smokes one or two cigarettes a day and wants to ultimately quit altogether, but he said it's tough. However, he said he believes the benefits of being a non-smoker will make his present struggle worthwhile.

"There's that statistic about every cigarette taking seven minutes off your life," he said. "I've wasted a lot of minutes."

RESEARCH

Continued from Page 3

ical methods, works with both graduate and undergraduate students. Both Patterson and Sheppard are students of Tucker's and said that being research attendants is a profitable experience for their psychology majors.

"I find doing this is very interesting and fun," Patterson said. "It's a better learning experience than in the classroom."

The psychology department is looking for several research attendants for spring term. Credit is available and students don't necessarily need to be psychology majors.

Tucker said the students are selectively chosen to work with him in the lab. They have to be committed to working in the lab for a few terms because he said it takes a long time to train people.

Currently, Tucker is in the planning stages of starting

his own company once he raises enough money to rent an office space in the Riverfront Research Park complex.

The company, which will develop technology to use for research purposes in classes, will involve a few of Tucker's students. Tucker has already received one grant from the National Institute of Mental Health to develop special amplifiers. The amplifiers, which are attached to computers, provide a more detailed picture of brain activity.

"Originally I had asked the University to help me develop this, but because of Measure 5, the University couldn't do it," Tucker said. "I had to find the funding on my own."

Tucker, whose research work has appeared in numerous scientific journals, said he liked having the best of both worlds.

"(My job) is neat for me because my teaching and my research go hand-in-hand," Tucker said.

EMU

Continued from Page 1

IFC member Anne Wagoner said hearing each EMU program's budget on a different day will guarantee student fees are allocated to meet the requirements of students, not EMU management and administration.

However, EMU board members said two IFC members on the EMU Budget Committee already get a chance to determine whether student money is used in students' best interests.

Those same two IFC members, Steve Masat and Lydia Lerma, haven't attended many EMU board meetings this year, which prompted the EMU board to vote for their removal from the committee, said Joe Grube, EMU board chairman.

Masat and Lerma are now back on the EMU Budget Committee and have committed to attending more meetings, Grube said.

Masat said his and Lerma's removal from the committee was politically motivated, and other members of the committee with equally poor attendance were not asked to leave the committee.

The IFC has requested a mediation hearing with the EMU board to settle their differences, Masat said.

TAX WORKSHOP

for INTERNATIONAL STUDENTS AND FACULTY
Preparation of U.S. Tax Returns for Income Taxes

Wednesday, February 17, 1993
7:00 - 9:00 pm
Willamette Hall, Room 100

Resource People: Susan Gary, Tax Attorney
Ginny Star, International Student Adviser
Ennis Wuite, Certified Public Accountant
Tina Zamora, UO Accounting Graduate

U.S. Tax Forms, 1040 NR, information sheets and instruction booklets will be provided

Participants should bring with them their W-2 forms, December 31 paycheck stubs, and other documents needed to help them complete their state tax forms.

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For more information, call 346-3206