

Walktoberfest to raise funds for diabetes research

By Stephanie Sisson
Oregon Daily Emerald

The American Diabetes Association is urging Eugene residents to put on their walking shoes Saturday and join the rest of the nation in a walk to benefit diabetics.

Walktoberfest 1993 is a 15-kilometer walk for which participants solicit pledges and collect donations for each kilometer walked. Two-thirds of the money raised in Eugene will help benefit Oregonians with diabetes through advocacy, public education and patient programs. The rest will go to the national organization for researching prevention and a cure for diabetes.

"Just seeing people who live with the disease since I've started this job has made me realize how important it is to

find a cure," said Cindy Benton, community coordinator for Walktoberfest 1993. "The American Diabetes Association hopes to find a cure for the disease by the turn of the century."

The Eugene Walktoberfest will start and finish in Alton Baker Park. The walk goes along the Willamette River and Good Pasture Island Road.

Walkers also have a chance to win one of several prizes based on the amount of money they raise. Prizes range from a weekend for two at the Inn of the Seventh Mountain in Bend, to *Spiegel* and *Lillian Vernon* gift certificates and Walktoberfest T-shirts.

It isn't too late to participate in the Walktoberfest, Benton said. To register, call the Lane County chapter at 343-0735.

the Oregon affiliate at 1-800-254-WALK, or simply show up at Alton Baker Park Saturday morning before 9 a.m.

Benton said that only about one-fourth of the walkers are diabetic.

"Most of them know someone with the disease, or they care and want to get a cure for it," she said. "Normally everyone knows someone with diabetes."

More than 144,000 Oregonians are diabetic, according to the American Diabetes Association, and 14 million people — or one in 20 Americans — have the disease.

Diabetes, the fourth-leading cause of death by disease in the United States, affects the body's ability to turn food into energy. Normally the human body converts food into glucose and a hormone, insulin, allows the cells to process the

glucose into energy. In people with diabetes, however, the pancreas produces an insufficient amount of insulin. According to a report from the American Diabetes Association, there is no cure for diabetes.

Many diabetics don't know they have the disease, and won't find out until they are treated for one of its complications — heart disease, kidney disease, blindness, nerve damage and foot and leg amputations.

In this year alone, more than 750,000 people will be diagnosed with diabetes, according to the American Diabetes Association. Another 150,000 will die of diabetes and its complications.

The American Diabetes Association was organized in 1940 to find a way to prevent and cure diabetes.

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James, Ed, or Julie at 345-3393

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Bargains abound at Budget Annex

By Leslie Weinstein
For the Oregon Daily Emerald

The problem: How to furnish your apartment and dress yourself on a meager student budget. The solution: The new St. Vincent dePaul Budget Annex.

"You can probably furnish a living room for about \$50 and can scrounge through unsorted clothing where treasures ranging from grunge to yuppie can be bought for 75 cents per pound," Manager Val Burgess said.

In addition to furniture and clothing, the Budget Annex offers new and used mattresses, beds, televisions, stereos, bicycles, books, kitchenware and more — a cornucopia of junk.

"If it isn't at the annex now, either it doesn't exist or it will show up on a future delivery," Burgess said.

With the exception of rebuilt

mattresses and new furniture (built by St. Vincent dePaul), items are priced when you buy them and, "the more you buy the more you save," Burgess said.

St. Vincent dePaul is a locally run, non-profit agency.

Through monies generated from its stores, donations, contracts and grants, it provides emergency food assistance, prescription drug assistance, clothing, housing, financial help and job training for those in need.

St. Vincent dePaul also operates sheltered workshops and a "day center" that provides homeless people seeking jobs with laundry facilities and telephones.

St. Vincent dePaul also recycles appliances and operates Lane County's chlorofluorocarbon recycling program.

'If it isn't at the annex now, either it doesn't exist or it will show up on a future delivery.'

— Val Burgess,
Annex manager

The Budget Annex is located at 232 Lawrence St., in a former Eugene Planning Mill building.

The original Budget Store is at 1880 W. 11th Ave..

Both are open Monday through Saturday from 9 a.m. to 5:30 p.m. and Sunday from 10 a.m. to 5 p.m.

St. Vincent dePaul operates seven other stores in Eugene, Springfield and Cottage Grove.

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