

Free Weight Management Workshop

Learn about:

- ◆ why diets don't work
- ◆ nutrition
- ◆ exercise
- ◆ self esteem/body image
- ◆ making positive choices for a healthier life



When: Wednesdays Oct. 20, 29 & Nov. 3, 10, 17.
3:30-5:00 p.m. in the Student Health Center Medical Library.



UO Student Health Center
Health Education Program

To register, or for more information, call
346-4456

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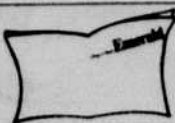
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Wild Life Safari Day

• Springfield's annual leaf collection program begins Monday. The program, called "Leaf it to Springfield," offers free, biodegradable plastic bags to people living in the Springfield city limits.

Bags are available on a first-come, first-serve basis Oct. 18-23 at City Hall, the city Maintenance Division, Lively Park Swim Center and Willamalane Senior Center. Leaf pickups are scheduled to begin Nov. 29. For more information, call 726-3637.

• Saturday is Wildlife Safari Day at Willamette Science and Technology Center.

Judy Zeno from Wildlife Safari in Winston and a variety of wild animals — including an Arctic fox and an American alligator — will be at WISTEC from 10 a.m. to 6 p.m. Admission is \$4.50 for adults, \$3 for children and senior citizens and \$12 for a family. WISTEC is located at 2300 Leo Harris Parkway in Eugene.

• "Beyond Color: Painterly Art of Planting" is the topic of a horticulture lecture Oct. 21 at Agate Hall.

Nori and Sandra Pope, a Canadian couple who revived a walled garden and nursery in England, will speak about their gardening experiences. A plant sale will follow.

The lecture begins at 7 p.m. and is part of the Hendricks Park Horticulture Lecture Series. Admission is \$3.

• Tickets are on sale now for a ski expo and special showing of Warren Miller's new ski film, *Black Diamond Rush*, Oct. 27 at South Eugene High School.

The event begins at 7 p.m. and benefits high school ski teams at Sheldon, South Eugene, Churchill and North Eugene. Tickets are \$6 and can be purchased from ski team members or at ULLR Ski & Sport, Willamette Pass office, Berg's Ski Shop, Anderson's, Oregon Trail Council, Board Sports and the Emu Main Desk.

• Oregon Food Bank has scheduled a statewide food drive to help hungry people through the holidays.

Food collection barrels will be at all Thriftway stores in Eugene and Springfield on Saturday. Shoppers are asked to donate a grocery bag with non-perishable food to the food bank.

• The Eugene chapter of the Sierra Club will discuss President Clinton's forest plan at a program meeting Oct. 19.

Mark Hubbard of Oregon Natural Resource Congress and Rick Johnson will discuss ways the plan could be revised and improved. The meeting begins at 7:30 p.m. at Roosevelt Middle School library, 680 E 24th Street.

• The United Way needs volunteers for the following positions: gym supervisor at Roosevelt Middle School, two to three hours per week; appointment companion to accompany individuals with disabilities at doctor appointments, two to three hours per week; yard-work volunteers to do basic yardwork for people with disabilities, half or full days; data entry clerk or driver for the Tree of Joy gift tree, three one-hour shifts; registrar or video operator for November workshop.

For more information, contact the Volunteer Connection, 683-9000.

ET ALS

MEETINGS

Returning Students Association will meet today from 5 to 6 p.m. at Rennie's Landing. For more information, call 346-4305.

Japan Exchange and Teaching Program will meet today from 2:30 to 4 p.m. in the EMU Walnut Room.

MISCELLANEOUS

Jewish Student Union will present "Denmark, October 1943 — Commemorating the Rescue of Danish Jews" tonight at 7 in the EMU Ben Linder Room. For more information, call 346-4366.

Academic Advising and Student Services will sponsor a discussion on applying to medical and dental school, interview formats, costs and consequences, and typical questions today at 8 a.m. and at 3:30 p.m. in Room 164 Oregon Hall. For more information, call 346-3211.

Center for Asian and Pacific Studies will present the lecture "Thailand's Rural Industrialization Project: A Model for Developing Countries" by Ken Ramsting today from 12:30 to 1:30 p.m. in EMU Century Room F. For more information, call 346-1521.

Deloitte and Touche will conduct a presentation tonight from 6:30 to 8 in the Geringer Lounge.

U.S. Peace Corps will conduct presentations today from 12:30 to 1:30 p.m. and from 7 to 9 p.m. in EMU Cedar Rooms A and B. The Peace Corps will have an information table in the EMU from 10 a.m. to 3 p.m. For more information, call 346-6026.

Immigration and Naturalization will have an information table in the EMU today from 10 a.m. to 2 p.m.

Athletes in Action will present "Fast-break" tonight at 7:30 at 2710 Harlow Road. For more information, call 485-4723.

Friday Oct. 15 \$3

**Sowbelly
Backhom
Panda**

Saturday Oct. 16 \$6

**The Renegade
Saints**

Sunday Oct. 17 \$3

**The Betners
China My Eyes**

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