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\$14.00



Monday - Friday (all day)
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Weight Management and Health Promotion

October 21-23 & November 4-6, 1994. Instructor: Robert M. Hackman, Ph.D., Associate Professor of Nutrition and Human Performance, University of Oregon

Up to 3 academic credits are available for this seminar designed to teach practical strategies for achieving the prerequisite for successful weight loss: metabolism and mental health working together for optimal health. Learn how to maximize loss of body fat, maintain and build muscle, and take control over food choices. The course is for everyone interested in a higher level of energy and health. It is also particularly useful for dietitians, counselors, physical therapists, athletic trainers, school teachers, school counselors, and mental health workers. No prerequisites are required.

The instructor for this course, Professor Robert Hackman, is an active researcher and instructor in the area of weight management. Dr. Hackman has helped hundreds of people develop healthy eating and lifestyle programs. His knowledge of the research, practical, first-hand experience with dieting and weight loss issues, and dynamic teaching style will give this course a rich and unique perspective.

Content	Date	Time	Cost
Physiology Track	Fri., October 21	6-9 pm	\$90.00
	Sat., October 22	9 am-5 pm	
	Fri., November 4	6-9 pm	
Psychology Track	Sat., November 5	9 am-5 pm	\$45.00
	Sun., October 23	9 am-1 pm	
Entire Course	Sun., November 6	9 am-1 pm	\$135.00
See Times Above			



University of Oregon
Continuation Center

To register call 346-3537

NEED A ROOMMATE?

ADVERTISE YOUR VACANCY IN THE OREGON DAILY EMERALD CLASSIFIEDS.



Kenya Luvert, former co-director of Black Women of Achievement, reads a list of events the group plans to sponsor this year. BWA began its first year as an independent group Wednesday.

New BWA ready for business

Tasha Eichenseher
Oregon Daily Emerald

Black Women of Achievement, which had its first meeting of the year last night, is beginning its first year as an independent student organization at the University.

Last year's Incidental Fees Committee allocated \$3,316 for the 1994-95 school year to BWA, which has been active for four years without being recognized by the ASUO as an independent organization.

"We went to budget hearings and let [the ASUO] know that we do too much on this campus to not be funded," said Danielle McConaga, co-director of BWA. "Now we can expand and become more effective."

"We wouldn't have approached them if we hadn't been active. The fact it's been this long upset some people," explained Black Student Union Director Zeenab Johnson.

BWA's goal statement states that the organization serves as a foundation for African-American women to come together and discuss issues which effect them. The group's new budget is allocated for speakers, events,

organizing social functions and paying office expenses.

BWA previously funded itself by organizing fund raisers and asking for donations.

BWA attempted several times to have its budget approved by the ASUO, according to Johnson and McConaga. BWA members said that its budget requests got lost in the political structure of campus and this is why it has taken so long to receive funding.

This year BWA, which has an ultimate goal to benefit the African-American population on campus and in the rest of the community, would like to start by creating a library of African-American literature not already available on the University campus, initiating a BWA chapter at a local high school and obtaining its own office space in the EMU.

BWA, an "affiliate organization" of the BSU, according to the BSU mission statement, currently operates out of the BSU office but describes itself as an independent organization. The BSU does not fund BWA. Other organizations on campus affiliated with the BSU are the African American Male Support

// **We went to budget hearings and let [the ASUO] know that we do too much on this campus to not be funded**

— DANIELLE MCCONAGA
Co-director BWA

Group and Historically Black Greek Organizations.

"Everyone wants to put black student organizations together but we are totally separate," said BSU Director Zeenab Johnson.

"People need support, need to come together and say look this is happening to me, is it happening to you? And it is. It is not easy to be a black woman on this campus in Eugene," said LaRoya Hankins, previous BWA co-director as she explained the need for BWA.

"As long as we stay active, organized and in people's faces, this campus will thrive as far as black people go and hopefully we will get more black people on campus," Hankins said.

FREE! BREAKFAST (at 9:00) LUNCH (at NOON)

(University of Oregon Full-Time Employees Only)

EARLY RETIREMENT MADE EASY!

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SPACE IS LIMITED, RESERVATIONS REQUIRED, CALL 345-7466

DATE: Tuesday, October 11, 1994 TIME: 9:00a.m. and 12:00noon

PLACE: EMU Boardroom

"I recently attended a seminar at the University of Oregon by Retirement Planning Group. The purpose of my attendance was to receive additional information regarding my retirement options. The valuable information that I received and the level of professionalism that was displayed, made this a very enjoyable seminar." Mr. Gus Pusateri, Business Manager, Computer Center