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GO DUCKS!

Firefighters save offices at public market

Suzanne Marta
Oregon Daily Emerald

When Caroline Craven climbed up the stairs to her fifth-floor office at the 5th Street Public Market and saw the shattered glass from the broken window on the floor, she knew something was wrong.

Looking around, she noticed dryers blowing air on the water-soaked carpeting and smelled the scent of wet ash in the air and realized there had been a fire.

"I just thought, did I back up my computer on Friday," said Craven, director of marketing for Obie Media.

An electrical fire in the sign tower of the Fifth Street Public Market Friday night caused an estimated \$60,000 worth of structural damage.

The fire was called in by security personnel at about 10 p.m. and two ladder trucks and three engines responded to find flames shooting out of the market's sign tower.

The firefighters kept the fire restricted to the attic by ventilating the roof of the tower in order to protect the offices on the market's fourth and fifth floors.

The firefighters extinguished the fire by 11:13 p.m.

After engineers checked the structure for safety, the market



It took fire fighters a little more than an hour to extinguish an electrical fire in the sign tower at the Fifth Street Public Market Friday night. Many merchants said they were not even notified about the fire.

was reopened at noon on Saturday.

Craven was impressed with the performance of the fire department.

"They covered all the computers and equipment with plastic

tarps to protect them," she said.

Witness Geneva Manning, a student at Lane Community College was driving along Coburg Road when she saw the flames and smoke coming from the tower.

"There was a lot black smoke everywhere," Manning said.

Manning was just one of many people downtown that gathered to watch the fire.

"Eugene was totally into it," she said.

NUTRITION

Continued From Page 1

The peer health counselors, many of whom are studying exercise and movement science, can provide basic nutritional information, Olmos said. Books and other literature on various nutritional issues can be photo-copied or checked out.

In designing nutritional plans for students, she said she doesn't take a generalized approach because each person has different habits and needs.

"Merely giving a person information is the least thing that is going to make them change," she said. "I look at what the individual is currently doing and then give them information based on where they are at now."

Being careful how the information is decimated is important too, she said. If a person feels overwhelmed, they will maintain the same habits.

Many of Olmos's patients suffer from anorexia and/or bulimia, which she calls disordered eating. She said many students don't realize disordered eating can cause serious health problems.

Anorexics and bulimics are constantly preoccupied with food because they are starving themselves, she said. Some health effects of these conditions may include muscle tissue break down, fat storage, vitamin deficiencies and damage to the esophagus, heart and kidneys.

"It's really sad because most women have a history of anorexia and/or bulimia from when they were little girls," she said. "I can offer them strategies and healthy meal plans, and help them apply these to their lives so they can slowly begin to make changes."

Olmos is shaping another project in response to the numerous complaints the center receives from

dorm residents about the lack of nutritious food. She is planning to design "table tents," or triangle paper signs, which would list the fat, calories, protein and carbohydrate content of entrees served in the dorms.

Olmos said many students don't realize there is healthy food available in the dorms. It's a matter of choosing the correct balance and variety of foods. She believes the table tents — which will sit on dining room tables — will help students make better eating choices.

"We want to let them know they can make healthful choices and all foods fit into a healthful diet," she said.

"The table tents will help them make selections based on the nutritional content," she said, "so if someone wants to eat a high-fat dinner, they can, but they will know to eat a lower-fat lunch and a higher protein breakfast to balance it out."

The center also offers various free workshops each term on issues such as weight management, body image, low-fat and vegetarian cooking and smoking cessation. Information on next term's workshops and registration is available in the center.

Olmos is planning to offer cooks in the sororities and fraternities a free in-service next term on healthy cooking within a fixed budget.

Olmos said the center is in an evolving stage.

"We can do better and bigger projects to make students aware of the value of a healthy lifestyle," she said. "With student's suggestions and inputs, we can become more effective."



OLMOS

ET ALS

MEETINGS

Lesbian, Gay & Bisexual Youth Group will meet today from 5 to 6:30 p.m. at the Koinonia Center, 1414 Kincaid St. For more information, call 346-3360.

Pagan Student Union will meet tonight from 6:30 to 8 in EMU Cedar Room C. For more information, call 334-6842.

Student Senate will meet tonight at 7:30 in the EMU Board Room. The Senate will confirm the ASUO election board and hear special requests by: ASUO executives, Lesbian, Gay & Bisexual Alliance, ALAC, Philosophy Club and Amazon Child Co-op. The Senate will also hear an appeal of Student's for Choice's rejected goal statement. For more information, call 346-3749.

RELIGION

Chi Alpha Christian Fellowship will sponsor guest speaker Gary Clark of ECF tonight at 7:30 in Room 105 Esslinger. For more information, call 346-0910.

MISCELLANEOUS

Career Center will sponsor a "Finding Your Job" workshop today from 3 to 5 p.m. in Room 221 Hendricks. Sign up for the workshop is available in Room 244 Hendricks. For more information, call 346-3235.

Ecology & Evolution Group will sponsor a "Population Biology Breakfast" today at 9 a.m. in Room 121 Onyx Bridge. Dr. Russ will discuss the myth of sustainable development: optimal harvesting, economic discounting and extinction risk in fluctuating populations.

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