

■ UNIVERSITY



LES ZACZEK/ Emerald
The University's Women's History Month festivities, sponsored by the Women's Center, came to an end Friday at the EMU Ballroom.

Speaker stresses women's rights to political office

Natasha Shepard
Oregon Daily Emerald

Only when women enter the political system in full force, will they be able to change the system, said visiting history professor Holly Bagett on Friday.

Bagett, one of two speakers during the women's history month closing ceremony, said women should take advantage of their rights to vote and hold office after such a long, torturous struggle to enter the political arena.

Representative Kate Brown, D-Portland, also encouraged the audience of more than 40 students and community members to make a difference by getting involved.

The closing ceremonies, which took place in the EMU, concluded two weeks of Women's History Month activities sponsored by the ASUO Women's Center. The events included speakers and a film series about the political and

social situations of women around the world.

The activities focused on encouraging women to take advantage of their political power and opportunity, said Edwina Welch, director of the Women's Center.

The theme of the month was "From Campus to Capital." Welch said it was suggested by a student senator concerned that although women constitute 51 percent of the University's population, only three women sit on the 18-person senate.

In her address, Bagett emphasized the historical struggle of women to enter the political arena.

"When Thomas Jefferson wrote that all men are created equal, he meant all men," Bagett said. "Feminism is the history of women to do what the [Ameri-

Turn to **CHANGE**, Page 6A

- journalism
- writing
- drama
- science
- math
- cliff notes
- schaums
- study guides
- textbooks
- reference
- science fiction
- mystery
- westerns
- romance
- languages
- novels
- dictionaries
- history
- film
- photography
- art skills
- art history
- architecture
- music
- ecology
- literary
- criticism
- plays
- theatre
- philosophy
- religion
- education
- anthropology
- minority
- issues
- war
- peace
- computers
- business

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Celebrate
Women's
History
Month
March 1995



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This two-term class offers six upper-division credits through EDPM, three credits per term.

Call the Health Education Office at 346-4456 and find out how to register, or pick up an application at the Health Education Office in the Student Health Center.

Manage your STRESS!

Stress can be positive; it can help you to perform better, be more efficient and reach peaks in personal experience. But stress can also be negative; resulting in personal difficulties, overload frustration, and the inability to function at one's potential.

During finals week, watch out for stress. Stress is indicated by temporary states of muscles becoming tense, heart rate increasing, blood pressure increasing, and adrenalin and other hormones flowing through the system. During finals week optimal stress loads can result in optimal peak performances. But it is important to balance one's stress. Here are some suggestions for your stress management:

- 1) Reduce your intake of alcohol, tobacco, caffeine and other drugs. These substances only add to the body's response to stress.
- 2) Avoid being exposed to loud noises such as loud stereos. Attempt to study in areas that are quiet and enhance concentration.
- 3) Play your day - if possible take a break after the challenging tasks of the day. For instance, when you finish a final, be sure to find a little time to let down and take a break. Exercise, walk the dog, or take a soak in the bathtub.

The Health Center will be closed during

SPRING BREAK!

The Student Health Center will close on **Friday, March 17th, at 6 p.m.**

We will reopen on **Monday, March 27, at 8 a.m.**



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