

LONDON \$299

FRANKFURT	\$399
COSTA RICA	\$269
GUATEMALA	\$259
HONG KONG	\$315
BANGKOK	\$350
TOKYO	\$275
NEW YORK	\$167
SYDNEY	\$598

FARES ARE EACH WAY FROM PORTLAND BASED ON A ROUNDTRIP PURCHASE. FARES DO NOT INCLUDE FEDERAL TAXES OR PFCs TOTALING BETWEEN \$3-\$45, DEPENDING ON DESTINATION OR DEPARTURE CHARGES PAID DIRECTLY TO FOREIGN GOVERNMENTS. ORS#289

Council Travel

715 S.W. MORRISON, SUITE 600
PORTLAND, OR 97205

(503) 228-1900

FAX: (503) 273-8450

NATIONAL RESERVATION CENTER
1-800-2COUNCIL (800-226-8624)

[HTTP://WWW.CIEE.ORG/TRAVEL.HTM](http://www.ciee.org/travel.htm)

EURAILPASSES ISSUED ON-THE-SPOT!

sell everything you own

none of it will make you happy anyway



all you need are the clothes on your back and... well... some shoes of course

Simple Shoes

**LAZAR'S
BAZAR**

57 W. Broadway
BEHIND U.S. BANK

SHOE-A-HOLIC

957 Willamette
NEXT TO DOWNTOWN ATHLETIC CLUB

687-0139

College is expensive. Visiting friends and family shouldn't be.



Planning your next visit has never been easier or more affordable. With more than 2,400 destinations, Greyhound® can take you anywhere you want to go at prices you can afford. So, whether it's the holidays or home for summer, call Greyhound today at 1-800-231-2222 and leave the driving to us.



Go Greyhound.
and leave the driving to us.

<http://www.greyhound.com>

© 1996 Greyhound Lines, Inc. Some restrictions and limitations may apply

going overseas? catch the *oregon daily emerald*
on the world wide web: <http://darkwing.uoregon.edu/~ode>

Isolation discussed by returning women

■ **GROUP:** Non-traditional students find friendship, positive reinforcement at ASUO Women's Center

By Angie Suchy
Student Activities Reporter

For some University students, the realm of residence hall life, bar-hopping and late-night studying is a foreign concept.

They compose the group Women in Transition, a support-type group sponsored by the ASUO Women's Center to provide an open arena for non-traditional students to "vent," group leader Lynn Sweet said. These women, most of whom are returning to the University later in life, are focused on independence, studying hard and working toward gaining more credentials.

"This group provides an arena for building support systems and to keep ourselves from feeling isolated as outsiders on this campus," Sweet said.

Isolation is a common theme discussed at the weekly meetings. Other than classes, group members often speak of their lack of involvement in the University, Sweet said. Sweet recognizes a regular pattern of the women going to classes and then heading straight home to either study, take care of children, or prepare for a part-time night job. The group discusses how this isolated repetition isn't healthy.

"The longer people are isolated, the more unhealthy it becomes," Sweet said.

Another topic often raised in the group's informal atmosphere is the tendency for the women to overload, with many taking a full-time course load in order to meet financial aid requirements, Sweet said.

At the last meeting, members of the group joked about how the University catalog recommends that students with families, or returning students in general, should take only nine credits in order to balance their time — a far-fetched ideal, said group member Michele Victor-Edwards.

"We all tend to overload, both at

“

We are stable, independent students who are a valuable asset to the University, so we shouldn't discredit the questions and concerns we have in classes and our entire learning process.

— Lynn Sweet

Women in Transition group leader

”

school and at home," Victor-Edwards said. "But this group allows us time for reflection, for ourselves, as well as time to discuss issues we all relate to," she said.

Group members relate to the common dilemmas faced when returning to school as "older" students — surpassing the median age of 22, Sweet said. Members range in age from late 20s to about 50, though all share the same plight as "outsiders."

"The group meetings offer a place for me to go," member Cheryl Welton said. "It's not easy to meet students with similar issues on their minds."

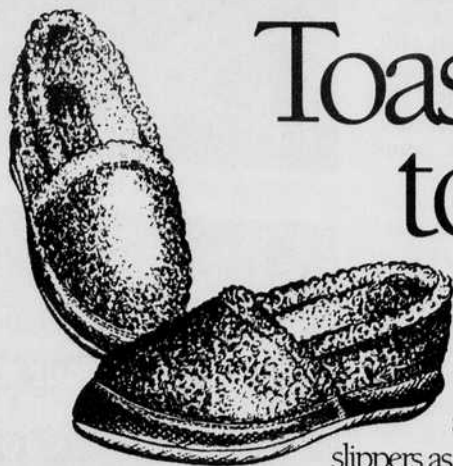
The group members also offer positive reinforcement for each other. Members said they discuss problems in classes and at home.

"We are stable, independent students who are a valuable asset to the University, so we shouldn't discredit the questions and concerns we have in classes and our entire learning process," Sweet said.

Like the younger University students, these women all have their own backgrounds. Many members have children in their 20s, leaving an "empty-nest" feeling, Sweet said. Common dilemmas such as this allow for group members to relate to each other and feel safe confiding in one another.

"Coming to this group helps me feel like I'm not alone," member Nancy Pratl said.

Women In Transition meets every Wednesday at noon in the EMU, and Sweet encourages interested women to join. For more information, call the ASUO Women's Center at 346-4095.



Toasty toes.



Check out our selection of warm slippers as well, as wool and Polartec® socks. We've got what you need to winterize your feet!

Come Celebrate the reopening of Willamette...
and get your Passport stamped here!

Footwise

THE BIRKENSTOCK STORE

181 East Broadway • 342-6107 • Hours: Mon.-Sat 10-6, Sun 11-5
Open 'til 8pm on Fri. for First Friday Gallery Walk.