

The six-pack that got away

Is that once defined and firm "six-pack" of abdominal muscles you had as a freshman now a nice playful party ball? Is your gut the perfect resting place for your beer?

Horror of horrors — are your hormones youthful but your waistline middle-aged?

To their chagrin, many students put on extra fat sometime around their sophomore year. One of the reasons is that most don't know how many empty calories they're getting when they drink.

We're not here to tell you not to drink. We just want you to know that, among other things, too much booze makes you fat.

Let's say the average male college student has three beers at a party. That's 510 calories. If you later eat a double-cheeseburger and some fries, that's 1,300 calories, which is half the recommended daily intake for men.

Add to that the other junk food you've eaten that day, and you begin to see how the calories mount up.

If you'd like more information about diet and alcohol, stop by the Peer Health Education room at the Student Health Center. Or give us a call at 346-4456.

— Jeff Erickson

Absolute calories

That once firm hard cut shredded agile fast body of yours gets bouncy doughy soft flabby slow if you feed it too many calories. That's the absolute truth. Take a look at our calorie equivalency chart — it might explain a few things.



Two beers=340 cal.



Cheeseburger=320 cal.



Two shots of rum=270 cal.



Chicken sandwich=260 cal.



9 oz. champagne=213 cal.



Small fries=210 cal.



One beer=170 cal.



Breakfast sausage=170 cal.



One whiskey shot=130 cal.



One serving hash-browns=130 cal.



3 1/2 beers=570 cal.



Double cheeseburger=570 cal.

We make house calls

Campus organizations and student groups in need of speakers and presentations can take advantage of the Health Center's Outreach program.

Outreach, which is part of the Health Education department, provides student presenters who have specialized knowledge in health-related issues affecting the UO.

Possible topic areas include:

- Winter health
- Alcohol/drugs
- HIV, AIDS, and other sexually transmitted diseases
- Diet and nutrition
- Fitness
- Stress management

"Outreach is quite flexible," says Outreach coordinator Rick Ginsberg. "We can usually provide a speaker that fits the needs of any group at your

meeting place. All you have to do is call."

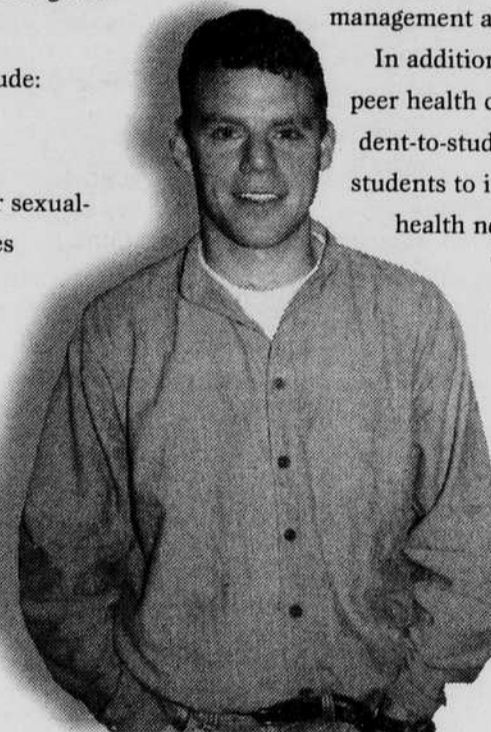
The Outreach program is part of a proactive effort by the Health Center to provide prevention and education services to help students to take full advantage of their time at the UO.

Free cholesterol screening, STD and HIV testing (for a small fee), and workshops on topics such as smoking cessation and weight management are available.

In addition, the Health Center provides peer health counseling, a confidential student-to-student program designed to guide students to information unique to their health needs.

There are several ways to find out more:

- ☎ Call Ginsberg at 346-2744, or email him at rgins@darkwing
- ☎ Call the Peer Health Education office at 346-4456
- ☎ Call the Health Education department at 346-2728



Call Rick Ginsberg for health presentations

— Tessa Moser

Wool welcomed. Cotton condemned.

There are plenty of wintertime outdoor recreational opportunities — skiing, snow camping, hiking, and snow shoeing to name a few — but winter requires an additional emphasis on wilderness safety.

An estimated 2.5 million Americans are at risk of dying from hypothermia — in which the body's core temperature drops below 95 degrees — each year.

Your choice of clothing is the single most important factor in the prevention of hypothermia. Experts recommend a waterproof outer shell with layered clothing underneath. Choose fleece, wool, and synthetics, such as polypropylene, which retain a great deal of insulating value even when wet.

You may be surprised to learn that cotton should never be worn for outdoor winter recreation. "Cotton cannot be condemned too highly," says wilderness medicine expert Dr. William Forgey, noting cotton's very poor insulating ability.

Simple things count in the outdoors. Wearing a hat will help keep you warmer, because you lose 60 percent of your body heat through your head.

People who know the winter wilderness not only dress right, they bring the necessary

survival gear. That includes a first aid kit. It's easy for UO students to put one together, because the Health Center sells the supplies you'll need.

Recommended first aid and survival gear:

FIRST AID	SURVIVAL GEAR
Bandages	Garbage bag (emergency poncho)
Ace bandage	Waterproof matches
Triangular bandage	Whistle
Splint	Emergency space blanket
Aspirin, ibuprofen	Instant pocket hand warmer
Antibiotic ointment	Snow shovel
Antiseptic cleanser	Avalanche transceiver (available from the UO Outdoor Program)

Of course, you should also bring your common sense. Know the risks involved, your abilities, and always tell someone where you're going.

The Health Education Room (near Area B) in the Health Center has additional information about wilderness safety.

The UO also offers a wilderness survival class every term.

— Dan MacLellan