

LOUIE'S VILLAGE
Authentic Chinese Cuisine
RESTAURANT & LOUNGE
947 Franklin Blvd.
343-4480

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 or **SHOE-A-HOLIC**
57 W. Broadway BEHIND U.S. BANK or 957 Willamette NEXT TO DOWNTOWN ATHLETIC CLUB
687-0139

Free Peer Health Counseling

is available at the Health Center on the following health topics:

- nutrition
- weight management
- fitness
- eating disorders
- HIV/STDs
- smoking cessation
- stress management
- substance abuse
- sexuality



Peer Health Counselor, Melissa Crown

Peer Health Counselors are trained to provide health information, assist in setting realistic goals, and provide support and other resources for students that are ready to make healthy changes. Call 346-4456 to make an appointment or stop by the Health Education Room in the Health Center.

HEALTH CENTER • 13TH & AGATE • 346-2770
HEALTH EDUCATION PROGRAM 346-4456

Illness mimics symptoms of flu

HEALTH: Students can avoid the illness by taking preventative measures

By Ben Kwasney
Higher Education Reporter

A flu-like epidemic has caused unusually high numbers of visitors to the Student Health Center this term.

Symptoms include: fever, body aches, scratchy throat, harsh cough and upper-respiratory problems.

"It almost acts like influenza," said Dr. Gerald Fleischli, director of the health center.

Sharon Harbert, a registered nurse at the health center, said it sometimes lasts for two weeks and frequently reappears.

"The thing is that it seems to wipe people out," Harbert said.

There are preventative measures that can minimize the chances of contracting the illness.

Poor hand-washing, licking fingers, chewing on pens, sharing drinking glasses and kissing someone who is sick are all ways to increase a person's chances of contracting the illness.

"I think students get casual about germs," Fleischli said. "The campus is a hotbed of germs."

NOT FEELING WELL?

THE SYMPTOMS

Fever
Aching body
Scratchy or sore throat
Harsh cough
Upper respiratory problems

THE PREVENTION

Don't lick fingers, chew pens or share drinking glasses: The virus can be present on all of these.
Don't kiss someone who is infected: Saliva and droplets of respiratory secretions carry the virus.

Keep hands away from the face: Your hands can easily come into contact with the virus simply by shaking someone's hand.

Wash your hands: Good hand washing can't be stressed enough.

THE RECOVERY

Drink lots of fluids
Eat a healthy diet of fruits and vegetables
Get lots of rest
Use over-the-counter medication as relief of symptoms

Students need to think of the disease as a chain of transmission, he said. The illness could spread from a person sneezing on his or her hand and then shaking someone else's hand, only to have that person wipe their face with the hand that came in contact with germs.

"Good hand-washing can't be stressed enough," Harbert said.

But after it's too late and symptoms are already present, it's especially important to drink six to eight glasses of water, eat a healthy diet of fruits and vegetables and get lots of rest, Harbert said. Rest and a healthy diet are also important in preventing future illnesses.

A number of over-the-counter drugs can help alleviate some of

the symptoms associated with the disease.

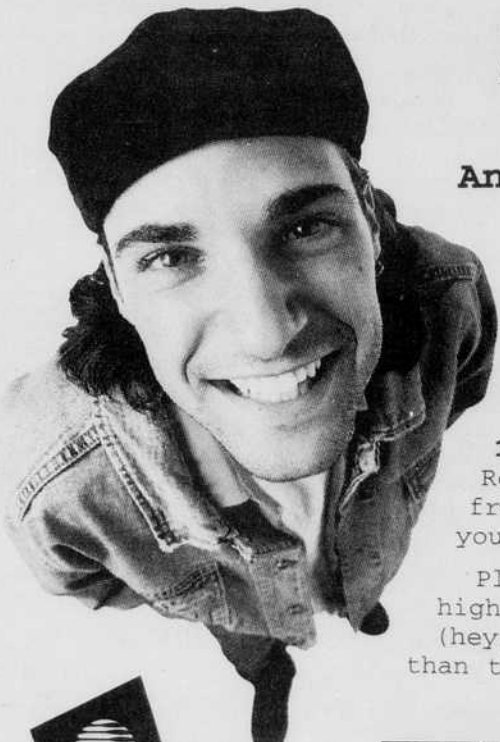
Advil cold and sinus, ibuprofen and a number of decongestants are just a few of the over-the-counter medications that can help an ailing person, Harbert said.

However, she said the most important thing is for students to have a healthy and positive attitude toward illness.

"People who believe they're going to stay well often do," she said.

Fleischli said health center staff are also becoming infected with the virus, which is causing a backup at the center. He said if students would take the proper preventative measures, the illness could be avoided.

"There is such a thing as a free ride."



Announcing the AT&T "Ultimate Road Trip" Sweepstakes.

Going abroad this school year? AT&T would like to help pay your way.

10 Grand Prize Winners -
Round-Trip Air Transportation from the U.S. to the country where you'll be studying.

Plus thousands of chances to win high-quality currency converters (hey, you may find it more valuable than the air transportation).

To enter, call
1 800 257-5424 ext. 300

Or you can enter on-line at
http://www.att.com/student_abroad

Do it today.

No purchase necessary. Void where prohibited. Sweepstakes ends 5/1/97. Open to residents of the U.S., 18 years or older, enrolled at a U.S. college or university during the '97-'98 school year and traveling internationally for 14 days or more. See your Study Abroad Counselor or http://www.att.com/student_abroad for official rules and details.
© 1997 AT&T

EMERALD The Oregon Daily Emerald is published daily Monday through Friday during the school year and Tuesday and Thursday during the summer by the Oregon Daily Emerald Publishing Co., Inc., at the University of Oregon in Eugene, Oregon. The Emerald operates independently of the University with offices at Suite 300 of the Erb Memorial Union. The Emerald is private property. The unlawful removal or use of papers is prosecutable by law.	NEWSROOM Editor-in-Chief: Steven Asbury Managing Editor: Thom Schoenborn Copy Desk: Sarah Kicker, chief, Jennifer Kavanaugh, Holly Sanders, Mike Schmiertach, Shannon Sneed Opinion: Ashley Bach, Brian Diamond, editors, Chris Hutchinson, illustrator PHONE: (541) 346-5511	Community: Jennifer Schmitt, editor, Eric Collins, Ryan Maughn Higher Education: Laura Cadiz, editor, Benjamin Kwasney, Amy Palanuk Student Activities: Angie Suchy, editor, Laura Baker, Autumn De Poe, Dana Williams	Sports: Mark McTyre, editor, Andrea DeYoung, assistant editor, Ryan Frank, Ryan Halvorsen, Chris Hansen Entertainment: Nicole Krueger, editor, Jesse Stephenson Freelance: Carl Yeh, editor	Presentation: Dennis Bolt, editor, Matt Garion Photography: Matthew Stiffier, editor, Michael Crisp, Vanina Eckblad, Wendy Fuller, Shannon Kilduff, Chad Pattenon On-Line: Nicholas Stiffier, webmaster	General Manager: Judy Riedl Business: Kathy Carbone, supervisor, Judy Connolly Distribution: John Long, Dave Ovali, Ferenc Rakoczi PHONE: (541) 346-5512	ADVERTISING Display Advertising: Becky Merchant, director, Anne Amador, Lee Yen Beh, Yujin Chi, Matt Johnson, Andrew Lakefish, Anne Miller, Trina Shanahan, Rose Soil, Matt Solomon, Greg Walsh Classified Advertising: Tara Sloan, manager, Kate Lamb, Debbie Levy, Natasha Lumpkin, Heather Moyer DISPLAY ADVERTISING: (541) 346-3712 CLASSIFIED ADVERTISING: (541) 346-4343	PRODUCTION Michele Ross, manager, Ingrid White, coordinator, Laura Daniel, Susan Head, Trevor Kearney, Tara Knight, Melissa LeBahn, Molly McCanta, Leanne Nelms, Broc Nelson
--	--	--	---	---	--	--	---