

# Eugene doctor will offer free screening for anxiety

■ **DISORDERS:** Students have one of the highest rates of anxiety and are urged to receive an exam

By Jennifer Schmitt  
Community Editor

University students and other Eugene residents who think their worries and fears go beyond typical reactions can receive a free screening today as part of National Anxiety Disorders Screening Day.

According to a report released from the Freedom from Fear group, which works as an advocate for anxiety disorder patients

and their families, 23 million people in the United States suffer from anxiety disorders.

There are five main types of anxiety disorders and each type has a different set of symptoms. The five types are generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, social phobia and post-traumatic stress disorder.

Students between the ages of 18 and 25 specifically are being encouraged to attend the free screenings because people in this age group have the highest incidence of anxiety but know the least about them, the report stated.

This is the first year that someone in the Eugene community is offering the free screening, Dr. George Kjaer said.

"A lady we know was concerned about being able to help people suffering from this disorder," Kjaer said. "[The screening] is not a hard thing to do. This is a day I usually take for discretionary, so why not take the day and help other people feel better."

During the screening, patients will take a screening test and watch a video about people who have anxiety disorders. Following the video, the physician will meet with each person for five to 10 minutes to go through the re-

sults of the screening test. If the person has an anxiety disorder, they will be given a list of providers in Eugene who specialize in anxiety disorders.

"We give people information about where to go for medical treatment or counseling," Kjaer said. "That way they have the option of taking medication or working through it some other way. It is entirely their decision."

The free screenings will be conducted from 8 a.m. to 5 p.m. on a drop-in basis or by appointment. For more information about taking a screening test call 686-2027 or drop by Dr. Kjaer's office at 132 East Broadway,

"We give people information about where to go for medical treatment or counseling. That way they have the option of taking medication or working through it some other way. It is entirely their decision."

Dr. George Kjaer  
Eugene Physician

Suite #301 (Eugene Professional Building).

# Disappointed test takers get another chance to make grades

■ **TEST:** After a frustrating mixup, University officials say the teaching certification exam has been rescheduled for May 31

By Amy Palanuk  
Higher Education Reporter

Would-be teachers will get another chance to take the teaching certification test on May 31 after they were unable to take their exams last Saturday.

The tests were missing as the result of a mixup in shipment, University test supervisor David Espinoza said.

But for Espinoza, the whole thing be-

came a "big mess."

After calling all of last week, Espinoza could get no explanation as to why the tests had not been shipped from Princeton, and following a Friday morning phone call to the distributor, was told the tests would arrive on his doorstep Friday evening via a cross-country plane.

Friday afternoon, however, Espinoza got a call from a New Jersey-based courier informing him the tests had not been put on the plane.

By that point, the tests were obviously not on their way, and there was nothing to be done except prepare to face people the

next day, Espinoza said.

Espinoza faced a distraught and frustrated crowd of nearly 200 teaching students and graduates who had expected to take the exam the next morning.

Many wondered who had messed up.

Espinoza could only say that he had not received the exams and had been calling the previous week trying to find out why.

An explanation as to why the tests did not arrive was not specifically given by ETS officials. But in a faxed statement from Donna Breckenridge, program administrator for the Praxis series at ETS, submitted Tuesday to Espinoza, the following steps will be taken: a reschedule of

the exam for May 31, and for those who can not take it on this day a full refund or option of taking the test in July.

"This type of problem does not occur frequently," Breckenridge said.

A letter was sent to the scheduled test takers by both the University and ETS, stating the above conditions. The Teacher Standards and Practices Commission, the state agency that issues teaching licenses, has also been notified that the test was not given and has been rescheduled for May 31.

This is important for individuals whose licenses may be expiring soon, Espinoza said.

## BEEN THERE. DONE THAT. AND MORE!

### RICK REECE

**DEGREE:** M.A. Asian Studies

**COUNTRY OF SERVICE:**

Philippines, 1992-95

**ASSIGNMENT:** Water and sanitation - I helped initiate an agricultural development/irrigation project designed to make the small island self-reliant in rice production.

**HOUSING:** Two-room limestone house with a typhoon-proof thatched roof - complete with an open-fire kitchen used to cure garlic, onions, tobacco and to keep the pig warm!

**LANGUAGES SPOKEN:** Itbayaten, Ivatan and Tagalog

**MEMORABLE MOMENT:** Holding the newborn daughter (my god daughter) of my host family in my arms for the first time.

**LESSONS LEARNED:** Extreme flexibility, tolerance and persistence, persistence, persistence!



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