

WELFARE

Beyond stereotypes

A recent survey shows America's hungry often have jobs, live outside cities, and defy long-held beliefs about the poor

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SPORTS

Game, set, match

Erwan Kergroach, an exchange student from Paris, has been serving up success for Oregon tennis

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TUESDAY, MARCH 10, 1998

TODAY

The Outdoor Program will hold a garage sale at 7:30 p.m. in the EMU Ballroom.

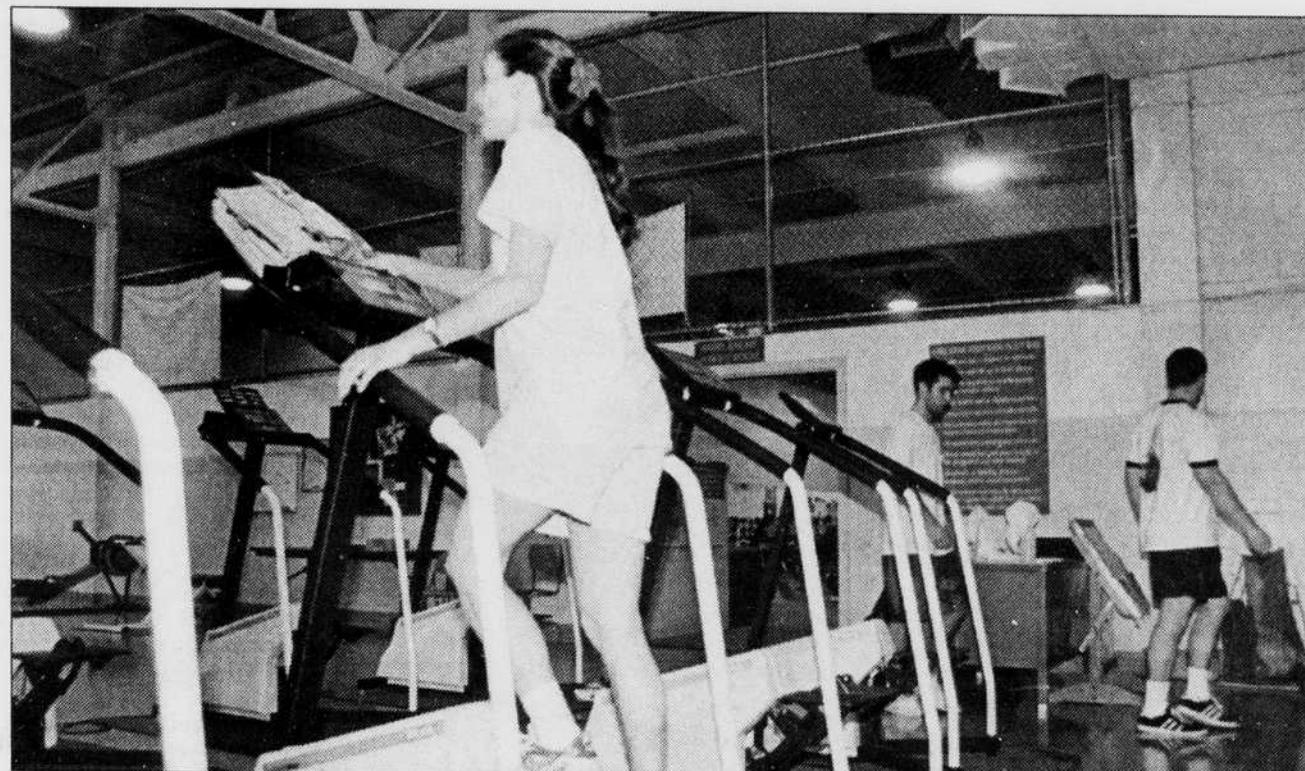
WEATHER

Today Showers High 61. Low 40.
Wednesday Showers High 61. Low 46.

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LAURA GOSS/Emerald

Jennifer Lindb, a Continuing Education student, reads a health magazine while working out on the stairclimber in Esslinger.

Spring's coming; better hit the gym

"We see an increase in spring term because there's a spring fever...."

Brent Harrison
RIM director

Students have many options at Esslinger Gym in order to lose those extra winter pounds

By Kristina Rudinskas
Student Activities Reporter

The sun eventually shines through the clouds of Eugene. Students slowly peel off the layers of sweaters, thermals and jeans. They strip down to shorts, skirts, tank tops and dresses.

Spring is on the way, and students start to worry about how to lose those winter pounds.

Students have options at Esslinger Gym when those late-night pizzas start to catch up with them.

The University Health Center

does not keep statistics on winter weight gain, but anecdotal examples reveal a natural tendency to gain weight during the winter months, said Annie Dochnahl, peer health education coordinator.

"It is my personal opinion that having short days and long nights is less conducive to vigorous physical activity than are the bright and long days of summer months," she said. Diet may also cause weight gain during the winter.

"For many students there is a tendency to eat differently in colder, dark months," Dochnahl said, "perhaps as some remnant of behaviors necessary to help us survive seasons where staying warm and finding enough to eat was more critical."

When the weather heats up, students want to indulge and let their skin feel the sunshine. Esslinger offers open recreation hours, intramural team sports, drop-in aerobics and other opportunities for students to get involved.

"We're packed at around noon and 3 p.m.," said facilities coordinator Molly Kennedy. "Not only with students ... faculty and staff are religious users."

She estimates about 1,500 people use the gym facilities every day. Esslinger sees a rise in use during winter quarter because of New Year's resolutions students try to keep. Kennedy said the other jump in use comes during spring term when the swimsuit season hits.

Turn to FITNESS, Page 3

Class will examine fact, fiction in television's use of science

A new freshman seminar will allow students to critique TV shows like 'ER' and 'Star Trek'

By Teri Meeuwsen
Higher Education Reporter

Captain Kirk talked to computers with verbal interfaces in Star Trek. And for that matter, so do some people today.

A new freshman seminar offered spring term will examine television's use of science and how close it comes to reality.

"Science and TV: The Absurd and the Realistic" will critique, compare and contrast television shows and how science is represented in them.

"Some people would say everything on TV isn't true, but even 'Star Trek' has a couple things that could really work," Pro-

fessor Jill Holman said. "'Star Trek' actually came up with a couple ideas and named them before science actually did. They came up with phenomena that eventually came true."

Other shows like 'ER' come close to representing real-life science, she said.

"In 'ER,' although there are some things that aren't realistic, they do use some basic fundamentals like first aid to try to make it more realistic," she said.

Holman came up with the idea for the seminar. As a television watcher, Holman is also an electronic services librarian in the Science Library.

"Science is a personal interest of mine," she said.

In the class, students will study television shows through reading, writing and discussion in a scientific context.

The interdisciplinary work will offer students three elective credits but will give them personal gratification as well, she said.

"Number one, it will be fun," she said. "It will also be good at building skills like reading, researching, writing and discussing. It will be very interdisciplinary. We'll learn and use techniques of finding information on the Internet and in the libraries in order to discern fiction and fact on TV."

The class will also allow students to learn backgrounds in science and also study the theory of studying television, she said.

"A lot of people say you're not supposed to study television in college, but we'll be able to do that in this class," she said.

Freshman seminars

Other freshmen seminars being offered spring term include:

Small Group Communication - Academic Learning Services

Primates, Politics and People - anthropology

Art and the 'Green City' - arts and administration

Nutrition Quackery: How to Protect Yourself from Fraud - biology

Crossroads of Centuries: Pilgrims and Crusaders - English

Journey to the Interior - fine and applied arts

Russian Yesterday and Today: From Perestroika to the Present - Russian

SOURCE: Office of Student Academic Progress