HEALTH

Antibiotic use

The Student Health Center is looking to reduce the number of unnecessary antibiotic prescriptions

PAGE 6

SELF DEFENSE

Being a black belt

First-degree black belt Josh Mangerson says tae kwon do is for everyone

PAGE 10

MONDAY, MARCH 30, 1998

TODAY

"The Dead Sea Scrolls and the Development of Jewish Prayer" will be discussed at 4 p.m. in 330 Gilbert.

WEATHER

Today
Mostly coudy
High 59. Low 31.

Tuesday
Rain
High 50. Low 36.

Oregon Daily Emerald

University of Oregon
Eugene, Oregon

An independent newspaper
Volume 99, Issue 118

SMASH DIET

Local restaurant Andrew Smash offers nutritional alternatives to the traditional fast food menu

By Nicole Krueger
Managing Editor

Try this one the next time you pull up at McDonald's: "I'd like a large shake with extra calcium and vitamin B — and hold the dairy, please."

You won't find one of these under the golden arches, but you'll discover an array of such concoctions at Andrew Smash.

Andrew Smash, located at 840 Willamette St., looks like a misplaced attraction from Disneyland's Toon Town. At first glance, its menu, which is full of burgers and shakes, appears to be that of any other fast food joint.

But Andrew Smash isn't your typical fast food restaurant.

Created by Jason Landau, his wife Katie and his brother Kenny, all of whom moved from California several years ago, Andrew Smash opened in October 1995 as Eugene's answer to Burger King and McDonald's.

"[The owners] wanted a restaurant that offers a healthy alternative to fast food — burgers and fries in a low-fat, fun atmosphere," said manager David Best. Andrew Smash accomplishes this goal in several ways.

For starters, there's no meat in the burgers. The french fries, which aren't fried, are actually called "spuds." And the shakes — well, they're not shakes. They're Smashies.

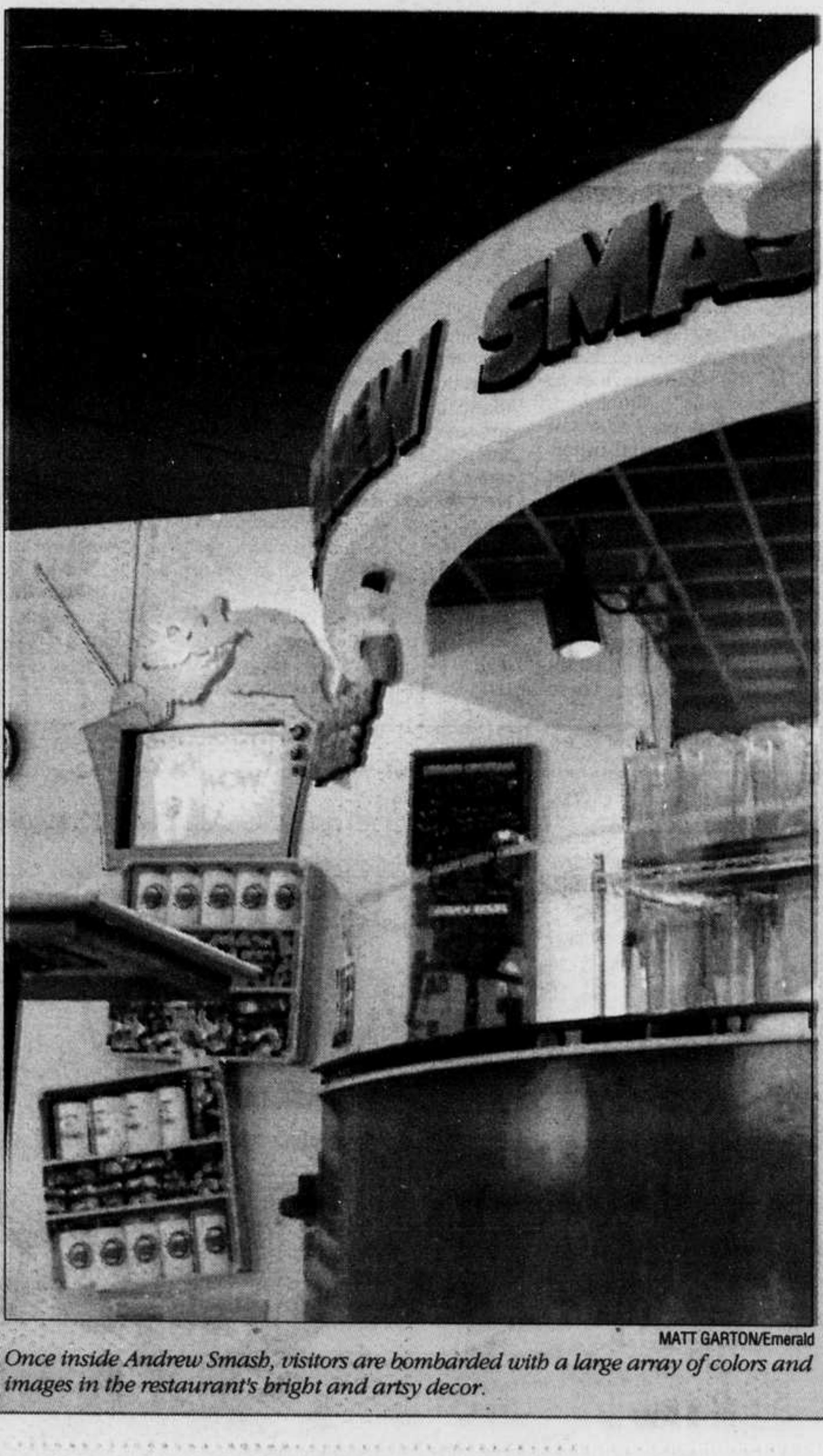
Made from blended fruit, juice, ice and sherbet, Smashies are Andrew

Turn to **SMASH**, Page 11

Smash facts

■ **HOURS:** The restaurant is open from 10 a.m. to 8 p.m. Sunday through Thursday and from 10 a.m. to 10 p.m. Friday and Saturday.

■ **ADD-ONS:** Nutritional add-ons, which can be added to any Smashie, include multi-vitamin, B complex, protein, iron, lecithin, vitamin C, calcium, fiber, zinc and vitamin E. The first two add-ons are free — both multi-vitamin and B complex count as two.



MATT GARTON/Emerald

Once inside Andrew Smash, visitors are bombarded with a large array of colors and images in the restaurant's bright and artsy decor.

Spring break causes drop in business

Some local businesses that rely heavily on student patronage suffer during the school break

By Chris Kenning
Student Activities Reporter

While students may be unhappy to be back at school, local businesses — especially those close to the University — are breathing a sigh of relief.

"Almost all of our business is students. They make up at least 80 or 90 percent," said Mike Schwartz, an employee at Bagel Sphere on 13th Avenue. "When they're gone for spring break, business really drops off."

Bagel Sphere is just one of many businesses close to the University that depend on student spending. Most people who work on 13th Avenue say students make up 80 percent of their patronage.

Sadie Byington, manager of Coffee People, said the store loses money during breaks, although she wouldn't say how much. She did estimate financial losses in the thousands of dollars during a school break.

"We usually serve about 1,200 drinks a day," she said. "When the students are gone, it drops to around 300. When the kids are gone, you can really feel it."

Student discretionary spending on such things as restaurants, hotels, retail goods,

Turn to **BREAK**, Page 4

UO students are good for the money

Administrators credit the low default rate on loans to a smart, well-prepared student body

By Chris Kenning
Student Activities Reporter

The University boasts a low rate of student-loan default — well below the national average, according to the most recent numbers from the Department of Education.

While the average default rate for four-year public institutions was 7.1 percent in 1995, the University's rate was only 5.3 percent — a greater payback rate than even banks enjoy. The national average for all types of schools was 10.4 percent.

Two-year college students default at a rate of 14.2 percent.

"We have a darn good default rate at the University," said Edmond Vignoul, director of student financial aid. "It's so low we really don't have to worry about it too much."

Student loans are considered in default when payments are not made within 180 days for monthly payments and within 240 days for less frequent payment plans.

Turn to **LOANS**, Page 4