

# Health Education Program

University Health Center

## Free Services

### WORKSHOPS

The following workshops are offered most terms and are designed to help you make positive health changes. Call 346-4456 for more information.

**Smoking Cessation**

**Weight Management**

**Low fat or Vegetarian Cooking**



### INDIVIDUAL HEALTH COUNSELING

Peer and Staff Health Educators can address your specific health concerns and assist you in making health promoting changes in your life. Call us at 346-4456 to schedule an appointment.



### IS IT TIME FOR A NAP?

Too many calories? Not enough calcium or iron? Let us help you find the answers. If you are concerned and/or curious about the nutrient breakdown of your diet then NAP is for you. The Health Education Program now offers a FREE Nutrition Analysis Program to all registered students. Simply pick up an application at the Health Education room.



### TOTAL CHOLESTEROL SCREENING

Every Tuesday from 9:30-11:30 a.m. you can get free total cholesterol screening. Simply check in at the Health Education room on the first floor of the Health Center.



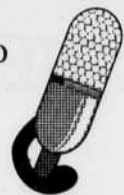
### LENDING LIBRARY

Excellent books, cassettes and videos are available for loan to U of O students from the Health Education room in the Health Center. There you will also find health related newsletters, articles, and pamphlets. Just stop by.



### GUEST SPEAKERS AND PRESENTATIONS

Peer Health Educators and Health Center Staff are available to speak to your organization on any of the listed health issues as well as others. Call us for details.



#### Topics Addressed:

*HIV/AIDS, Nutrition, Alcohol, Sexuality, Smoking, Cholesterol, Eating Disorders, Fitness, Stress, Relationships, Weight Management*

**Health Education Program  
at the Health Center**

**346-4456**

Visit us at our web site: [darkwing.uoregon.edu/~uoshc](http://darkwing.uoregon.edu/~uoshc)

## OUS

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get Request. Employability after graduation and effective spending, including sponsored research and the state's investment in the system, are also goals in the new model.

"It's a very good thing for the U of O," University President Dave Frohnmayer said. "It will create more competition and serve students better. It will also create more resources to serve them better."

In the old model, each school placed its tuition revenues into a state-wide melting pot and petitioned for funding each year based on student enrollment and special projects.

Now, with tuition and fees not going into the OUS pot, only state money will be distributed based on enrollment, programs and projects at each University. The type of student — such as the more expensive engineering student vs. the less expensive liberal arts student — is one factor considered in doling out money both before and after the change.

The legislature will decide how much money will go into the system by June 1999 for the 1999-2001 budget.

"There's kind of a lot of worry, not specific to the University of Oregon, but to the state as a whole," ASUO Vice President

Morgan Cowling said.

Ed Dennis, Oregon Students Association executive director, said with full funding the new model will probably benefit Oregon universities. For example, he said the University of Oregon could benefit by having more faculty, raising faculty salaries, adding programs and improving student services.

If the legislature doesn't approve the OUS budget — including an additional \$115 million to operate the new system — Dennis said the model will force universities to support each other anyway.

However, Frohnmayer said there should not be worry about receiving enough state funding.

"[The new system] gives the legislature new incentives to allocate enough money for the system," he said. "No one loses."

The model reform began when Oregon voters passed Measure 5 in 1990. The reduction in state support for the OUS created a decrease in programs, increases in tuition and declines in enrollment, according to the budget request. In December 1997, Gov. John Kitzhaber called for an "overhaul of Oregon's higher education policy framework and governance" while supporting the increase in autonomy of the seven universities.




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## Yom Kippur

S E R V I C E S

**Gerlinger Lounge**  
(ACROSS FROM EMU)

**Tuesday, Sept. 29:**  
7:00 pm Kol Nidre Service

**Wednesday, Sept. 30:**  
10:00 am Morning Service  
5:00 pm Evening Service  
7:30 pm Break Fast in Gerlinger

CALL HILLEL @ 343-8920 FOR MORE INFORMATION