Health

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ASUO president Geneva Wortman spoke at the event and cited the importance of having awareness of women's health issues.

"We need to leave here tonight knowing we have the power and the tools to take care of ourselves," she said.

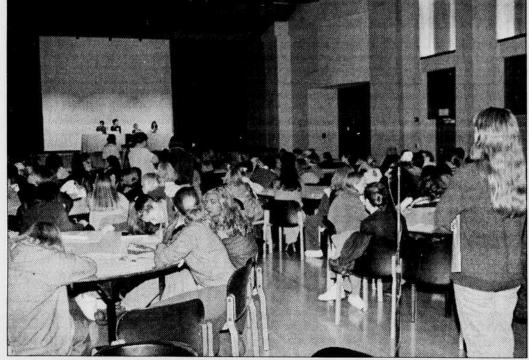
Wortman urged students to use the on-campus health facilities, mentioning the fees students pay to the health and counseling centers every term.

Mark said the decisions students make now can have farreaching consequences.

"We are not immune to disease," she said. "... We have to be careful. We need to protect our health."

Although the event focused mainly on women's health, Mark said she also hopes to get the word out to men. Many of the issues being discussed are applicable to men as well, she said.

She hopes a similar program in a different format will be made available to men so they can learn about women's health issues.



Scott Barnett/Emerald

Students had the opportunity to ask a panel of women's health experts questions last night in the EMU Ballroom.

Mark, along with a panel of experts from the University, addressed a variety of questions from the audience. The questions ranged from daily calcium intake to breast cancer preven-

tion.

The panel included Mark, Marie Harvey, Ph. D, director of research for the study of women in society at the University; Dr. Donna Scurlock of the University Health Center; and Jolene Siemesen, R.N., also from the health center.

The University is one of six schools chosen to host the program nationally.

Wushu

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Wushu became a standardized art in China during the 1950s, Tamimi said.

"What makes up wushu is the individual form," Tamimi said. "Forms focus on flexibility, balance, and stretching."

Wushu became a club sport on campus in 1995 when Dan Wu began teaching the Chinese martial art. In 1997, the University hosted the first intercollegiate wushu

Wushu had been practiced at different colleges, but had not been organized at the collegiate level.

Members of the club have been successful in competitions, Wolf said. Tamimi and Wolf respectively took first and third places in a tournament last year at the University of California at Berkeley.

At competitions, performers' two-minute routines are judged based on the accuracy of their movement.

Anyone is welcome to join the club, both coaches said. The club's attendance varies between 20 and 30 participants.

"From any level, anyone can enter and learn wushu," Tamimi said. "One thing we emphasize is consistent improvement."



Oregon Emerald

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