

Staff and faculty walk for wellness

The Wellness Consortium sponsored the walk to get people out of their offices

By Jeremy Lang
for the Emerald

University staff and faculty left their jobs, traded their sport coats for sweatpants and took a walking tour of campus Wednesday.

More than 100 staff and faculty members, including University President Dave Frohnmayer, head football coach Mike Bellotti and men's basketball coach Ernie Kent, celebrated National Fitness Month and Oregon Fitness Day with a one-mile noon walk around campus.

The University Wellness Consortium sponsored the event. The consortium is a group of University departments that promote health and fitness on campus. Besides the walk, the group publishes a quarterly newsletter and offers low-cost fitness classes for employees.

The goal of the walk and the Wellness Consortium is to promote a sense of community for the entire staff, said Karen Logvin, Work and Family Service administrator and event organizer.

"An event like this lets everyone get out of their offices, take a break together and clear their minds and bodies," she said.

Bellotti, a self-proclaimed fitness buff outside of coaching, said he thought the walk was the perfect way to achieve that goal.

"Sedentary lifestyles are dangerous," he said. "Walking is the easiest way to get exercise, and it builds life long benefits."

The groups and departments of the Wellness Consortium set up tables along the course to hand out information. Although many campuses have fitness programs, Logvin said the University is one of the first schools to be so coordinated. Both Bellotti and Frohnmayer agreed

that the University's program is as well organized as they have ever seen.

"I know every university is concerned," Frohnmayer said. "But I seriously doubt other campuses are this organized."

Frohnmayer, one of the few clad in suit and tie, would normally be in an executive staff meeting during the noon hour. He attributed the consortium's organization to the spirit of the campus and the Eugene community.

"Embracing the ethic of fitness has always been a deeper part of our culture at the University, especially since the 1970s and the 'Tracktown' days," he said.

Logvin hopes the support of Wednesday's walk will make it an annual event.

"All are concerned about promoting wellness in the workplace," she said. "We need opportunities like this to take advantage of the day."

Star Wars

Continued from Page 1

creation. "The Phantom Menace" began romancing audiences at 12:01 a.m. Wednesday, and Cinema World was sold out.

Movie executives predict the sequel will generate more than \$40 million in revenue the first day alone.

"I was in my mother's womb when she saw the second showing ever of the first 'Star Wars' at Mann's Chinese Theater in Los Angeles," UO theater arts major Rob Stockton said as he waited in the lobby for doors to open. "I know I'll love it because I love George Lucas and his 'Star Wars' trilogy unconditionally. It's definitely a baby for all of us."

A good portion of the fans hankering to see the movie were babies themselves when the original "Star Wars" premiered. That's part of the allure, Ruth Golar said as she anticipated her after-midnight rendezvous.

"The opportunity to be the first of my generation who grew up with 'Star Wars' to see the new movie is pretty exciting and so is sort of being part of that history,"

she said. "There's a little excitement to see if they can actually pull off something that could even be better than the first three movies."

Like most fans, Golar said she stayed away from the publicity as much as possible so this was her "experience and not the media's experience." Others apparently hooked up with a few images beforehand, as there was a smattering of devotees dressed to thrill.

"It took me four hours to paint my face and get on this costume," said Michael Knotts, who was made up as Sith Lord Darth Maul and stood in line to see Cinema World's 1 p.m. showing on Wednesday. "I got hooked on it when I was 7 years old, the whole 'Star Wars' universe. This is just a way for me to enjoy the movie more, make it a fuller experience."

A few enthusiasts were still a bit drowsy when the early morning credits began to roll, but the sleepiness was nothing a little surge of excitement wouldn't cure.

"I was ready to fall asleep until

it went on, then I woke up. Well, I couldn't help but wake up," laughed Nicola Noetic, after watching Wednesday's 10 a.m. show. "That scene with the pod race was killer."

Noetic attended the movie with her 14-year-old son, Joe Bowles, which caused her to reminisce because she saw the original at the same age. Bowles looked guilty when asked if he was missing school but quickly added, "Mom said it was OK, so I'm not really skipping."

Movie industry prognosticators say "Phantom Menace" has all the charm to surpass the genuine "date movie" "Titanic" as the top box office smash of all time. Most of the money should come from adolescent boys and young males, they add, a fact Davison takes issue with.

"There are plenty of women out there who are interested in science fiction, and there are more and more writers in the genre," she said.

A "date" that appeals to both men and women? Now that's something to marvel.

It's not English as usual this summer...

American Indian Humor
SIDNER LARSON, 9:00 A.M., MUWH
ENG 399/CRN 41616

English in
SUMMER

1999 SUMMER SESSION - JUNE 21-AUGUST 13
Register by telephone registration now. Pick up a free summer bulletin in Oregon Hall or at the UO bookstore. It has all the information you need to know about UO summer session. <http://uosummer.uoregon.edu/>

at the University of Oregon

Check out our web site

CHARLEY'S
707 Willamette

Eugene's Premier Comedy Club Presents
A Night of Absolute Improv

Thursday night
Special Spaghetti Dinner
&
Absolute Improv only \$6.95

all ages welcome until 10:00

8 pm showtime

Stand Up Comedy • Fri & Sat, 8 pm

683-5160

AWESOME OPPORTUNITY!

Versity.com Inc. (www.versity.com), is an Internet startup company offering free class lecture notes, local content, contests and other cool services to college students - all for free! Get excited - we're coming to your school this fall!

We are hiring an entrepreneurial undergrad to manage our on-line notetaking service locally.

If you're highly motivated, business-oriented, and want to get involved with something big, you'd be perfect for the opportunity! Compensation is excellent, please apply for details! Positions are filling up quickly, apply today!

Apply online at <http://www.versity.com>

Email: jobs@versity.com
Fax: 734.483.8460
Phone: 734.483.1600 x888

Versity.com
free lecture notes on the Internet

The Rec Center at the EMU!

Billiards TOURNAMENT

Last Event of The Year
This Saturday

- 9-Ball Tournament
- UO Students Only
- Entry Fee: \$4 Advance, \$5 Day of Tourney

PRIZES!

Table Time and Billiards Gear for the **Top 3 Finishers**

8

But wait, there's more...

The Rec Center is HIRING a Billiards Coordinator for the 1999-2000 school year. Plan tournaments, sharpen employment skills (and cue sticks) and be part of the best team working in the EMU!

Get details and an application at the Rec Center today.

Come Out and Play!

we're here for you at the University of Oregon

Cheap tickets.
Nice people.
Great advice.

Council Travel

CIEE: Council on International Educational Exchange
University of Oregon | 877 1/2 East 13th Street
In the EMU Building | Eugene
Eugene

(541)344-2263

please recycle this paper!