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**Stress**  
continued from page 1

with all your stressors." Students also shouldn't forget to get enough sleep during the last weeks of the term, said Aaron Everhard, an intern at the University Counseling Center.

"Not resting or eating properly or exercising can actually have a negative impact on your studying," he said.

At the University Counseling Center, there has been an influx of students looking for help coping with end-of-the-term stress, Everhard said. A combination of depressing winter weather and heavy course loads has led to many students getting stressed out or burned out on school, he said.

"Certainly towards the end of the term, we see more people struggling with school-related issues," Everhard said. "The last half of this term has probably been our busiest this year."

School is stressful enough, but when students pile on problems with finances or relationships, the load can sometimes feel unbearable, Everhard said.

If stress is left unresolved, it can eventually manifest itself in physical symptoms such as headache, backache, stomach ache or insomnia, said Dr. Gerald Fleischli, director of the University Health Center.

"Stress usually presents itself as

some kind of physical symptom," Fleischli said. "That's when students should seek some medical help."

If a student is facing several papers and finals, Everhard said, the best thing to do is take each project and break it into manageable chunks.

Most students' stress usually comes from poor time management, he said.

"Oftentimes, they could have saved themselves a lot of stress if they'd just organized better in the beginning," Everhard said. "But I realize that is easier said than done."

Planning ahead for major projects and papers would help a lot of students avoid becoming stressed next term, agreed Fleischli.

"What they might learn from the end of this term is how to better manage their time at the beginning of next term," he said.

Looking ahead to next term, students can also sign up for a yoga or meditation class to learn practical relaxation techniques, Weinsolt said.

Students who find themselves overburdened with schoolwork can take advantage of free drop-in counseling at the counseling center. The service is available to all registered University students on a first-come, first-served basis. Students can also call the University's 24-hour crisis line for help or advice at 346-4488.

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**EWEB**

continued from page 1

cost increases since 1991." Smith said this year marks the end of some strategic business contracts that held EWEB in a very good position since 1991. In a comparison with residential electric bills from the Northwest's 16 largest utility providers, EWEB was the third lowest at \$55.19 a month. Compared with 12 other cities in Oregon, Eugene's average water bill is the fourth lowest at \$12.16 a month.

With the proposed increase, Eugene's average residential water

bill will increase to \$12.79, and the average electric bill will raise to \$59.89.

But for people like Al Kritz, an EWEB customer who spoke at the hearing, a rate increase of this size can have a big monthly impact.

"There are a lot of people out there like me who are struggling to pay the bills," Kritz said as he directed the audience to his two sons sitting in the back of the room. "I brought them here to put a human face on this rate hike."

Commissioner Sandra Bishop urged low-income customers to let EWEB know that they are struggling because they are likely to qualify for utility assistance programs.

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