

# Festivities commemorate 30 years of Earth Day celebrations

By Eric Pfeiffer  
Oregon Daily Emerald

More than just Leonardo DiCaprio and a day at the beach.

This year marks the 30th anniversary of Earth Day, and the University will host a full week of events to mark the occasion. The Survival Center, located in Suite 1 of the EMU, serves as the campus nerve-center for environmental and humanitarian action during Earth Week.

A series of lectures, workshops and environmental action will

take place throughout the week, culminating with Earth Day on Saturday. Contact the Survival Center at 346-0620, or OSPiRG at 346-4377 for more information on Earth Week events.

## Earth Week Events: April 17 to April 22

**Monday:** "Leave No Trace" presentation by the Outdoor Program. A presentation on methods of low-impact camping. 100 Willamette Hall.

**Tuesday:** "Solar Architecture" presentation by Solar Information Center. 177 Lawrence Hall.

**Wednesday:** "Alternative Energy Day" features music by Workman Project, Habaneros and others on solar-powered sound system. Amphitheater. 11 a.m.-3 p.m.

**Thursday:** "Global Warming:" Darcy Davis speaks on the effects of global warming, sponsored by the Greenhouse Network. 100 Willamette. 7:30 p.m.

**Friday:** "Alternative Transportation Day" features music from Edison Elementary and MacKenzie Project. Free "on the spot" bike repair by Jason

Living" expert Brookrod speaks on waste reduction. Music by Courtesy Clerks and Basic Assumption. Amphitheater. 11 a.m.-3 p.m.

**Women's Safety Run,"** a run to promote alternative transportation and safety. EMU East Lawn. 6 p.m.

**"Banff Film Festival"** highlights outdoor adventures and landscapes. 100 Willamette. 7:30 p.m.

**Friday:** "Alternative Transportation Day" features music from Edison Elementary and MacKenzie Project. Free "on the spot" bike repair by Jason

Agar, and bicycle presentation. Amphitheater. 11 a.m.-3 p.m.

**"Pick Axe,"** a film on protecting Warner Creek. 100 Willamette. 7:30 p.m.

**Saturday:** "Teach-In," a workshop to discuss environmental issues. Walnut Room, EMU. 8 a.m.-3 p.m.

**"Earth Fest,"** an Earth Day celebration with music from Kudana and Big Hippy. Followed by food and a march to protest the Riverfront Research Project. EMU East Lawn. 3 p.m.-10 p.m.



Road Rule #11: It will take more than eighteen months before they let you run the place.

Road Rule #82: Office gossip is fascinating and dangerous to play.

Road Rule #25: Don't wear heels higher than your ambition.

Hear the Rules of the Road expert Eve Luppert discuss:

## How to Survive Your First Job Out of School

Monday, April 17

Noon

Gerlinger Lounge

Working full-time is a whole new world. Let author and human resource expert Eve Luppert be your guide on how to succeed in the 9 to 5 arena with tips on everything from how to deal with office politics to doing stupid jobs brilliantly. Ms. Luppert is former director of Human Resources and Administration for Chiat/Day Advertising, Inc. She has hired, helped, and even promoted tons of recent graduates.



**Get the book:** Autographed copies of Rules for the Road: Surviving Your First Job Out of School will be available for purchase at Gerlinger Hall Lounge before and after the presentation. Also, the book is available at the UO Bookstore.

Sponsored by the Career Center as part of Spring Career Fair activities. The fair will be on Wednesday, April 19 from 11 a.m. to 4 p.m. in the EMU Ballroom.



## Marriage

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stress by using electrodes to measure physiological arousal.

Psychologists know that a supportive social setting is good for health, but it is less clear why. The negative effects that conflict has on people — changes in blood pressure and heart rate — have been studied in the past. What is unique about Harris' project is that he is looking at the positive effects couples can have on each other when in an argumentative or stressful setting.

With little research done on the positive effects of social support, this is the first study looking at the way married couples support each other in stressful situations.

"We're studying the things that couples do that get each other riled up and calmed down," Harris said.

He predicts measurable differences in heart rate, blood pressure and physiological arousal that can help show how stressful situations can aid couples in learning about their relationships and be better able to support each other at these times, eventually leading to higher satisfaction in the marriage.

Angela Hong, a residential designer, and her husband Nick met with Harris to examine their relationship.

"Participation in the study was great for increasing awareness of each other," Angela Hong said.

The whole process takes about two to three hours beginning with a 26-item questionnaire. Couples rate their relationship in areas that can cause arguments, such as sex, money and household chores.

The area in which the couple experiences the most conflict is then selected and the couples are instructed to have a discussion with the goal of solving that problem on video.

Sherrie Brunell-Neuleib and her husband, Greg Neuleib, talked about household chores during their taped discussion.

"Greg and I both left there feeling pretty good," she said. "We had solved our household chore problem, and we felt energized about our marriage."

After completing about half of the field work for this experiment, Harris is surprised with the effects the research has had on the couples.

"Couples have told me that

once they sign up for the study, it changes the nature of their conversations," Harris said.

After completing the study, couples have reported feeling as though they see their relationship through new lenses.

"I learned several things about myself and my relationship," Brunell-Neuleib said. "Watching yourself on the videotape can be very strange."

After the videotaped problem-solving portion of the study, Harris talks to each individual of the couple separately about what brings him or her the most stress in the relationship.

Before and after each interview, Harris' team checks the blood

Participation in the study was great for increasing awareness of each other.

Angela Hong  
marriage study  
participant

pressure and heart rates of the subject. Their skin conductivity — in lay terms, "sweaty palms" — are also monitored through the whole process.

After the interviews, his research assistants attach electrodes to the subjects' faces and a computer monitors their muscles as they watch the video of their interaction. The couple watches the tape together and holds a dial on which they indicate how supported or supportive he or she feels throughout the tape.

Though Harris is conducting what is called a "convenience" study, meaning he is not actively seeking to represent the demographics of the city, greater diversity in participants would make the results more accurate.

Each couple will receive \$25 for its participation. Keith Harris will be running couples through the experiment through the end of the term, and those wishing to participate may contact him at 346-4964.

"Whatever time you can put toward productively talking about conflict with each other, or with work or school, is investing in your relationship," Nick Hong said.

"Plus, there's money involved," he added. "It's a nice dinner for two."

## Oregon Daily Emerald

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