



Make it Happen! 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**
Vegetarian Cooking **Sports Nutrition**



YOU ARE WHAT YOU EAT...GET A FREE NUTRITIONAL ANALYSIS!

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 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.

HEALTH EDUCATION AT THE STUDENT RECREATION CENTER

Come visit our cart for updated health and wellness information on topics such as: alcohol and the effects on "workouts," training and fitness; food supplements and replacement fluids; effects of tobacco on physical fitness; eating disorders and much more!

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: <http://health.ed.uoregon.edu>

Gore calls Bush plan too severe for seniors

By RON FOURNIER
Associated Press

ST. PETERSBURG, Fla. — Al Gore warned Monday that George W. Bush's Medicare plan would strip senior citizens of their "sense of dignity" by forcing many into welfare offices for prescription drug coverage.

"I believe seniors deserve better than a plan that leaves out millions of middle-class seniors, varies in coverage from state to state and could run seniors through welfare offices," the Democratic presidential candidate said in this hotly contested state with a motherlode of elderly voters.

The accusation drew protests from Bush's campaign, though GOP aides did not deny that states could require seniors to go to welfare offices under Bush's plan. Gore's charge, based on self-serving

assumptions his staff has made about Bush's plan, caused independent analysts to question whether the vice president was playing racial and class warfare politics to court elderly voters, as well as suburban whites.

"He's trying to turn voters against Governor Bush by scaring seniors," said Bush spokesman Ari Fleischer.

The hyperbole-filled exchange opened a critical week of campaigning in which Gore will focus on Medicare while Bush highlights what he calls "an education recession" in America. National polls show the race is a dead heat, with Republican intensity rising and Bush regaining his footing.

In the all-important race for 270 electoral votes, Gore is faring well in states that Bush had hoped to sew up by now, including Florida, Nevada, North Carolina, Arizona and Colorado. Bush is still doing better than expected in Democratic-leaning Oregon, Washington state and Wisconsin.

The vice president will begin airing ads in Nevada on Tuesday. Democrats are polling in Arizona to determine whether their nominee should begin competing there, according to a senior Gore adviser.

After the first head-to-head debate next week, Democrats will poll voters in North Carolina, Georgia and Colorado to gauge whether to dramatically expand the vice president's target list, the adviser said.

Bush probably can't get 270 electoral votes without Florida, where his brother Jeb is governor. Despite spending \$5 million in TV ads since the conventions, Bush is mired in a tie with Gore in most polls.

Appealing to voters here, Gore called good health "a basic right" and pledged to increase penalties on HMOs that exclude seniors. He said he would protect and expand Medicare.

"I will veto the use of any money from Medicare, for anything other than Medicare," said Gore, though it could be argued that his own plan doesn't meet that standard.

Gore compared Bush's idea of Medicare reform to what he called

GOP efforts in the past to "dismantle the program."

"He's supported the Newt Gingrich assault on Medicare," Gore said of Bush on ABC News, referring to the former GOP speaker of the House.

The Gore campaign wouldn't provide details backing up the charge.

Bush spokesman Fleischer said he didn't know what Gore was talking about. He noted the Clinton-Gore administration in 1997 signed into law Gingrich's proposal to cut \$225 billion from Medicare over 7 years.

Gore promises to extend Medicare's solvency by five years, from 2025 to 2030, by using the anticipated \$400 billion, 10-year Medicare surplus to reduce the federal debt. He says that would save \$75 billion in interest payments, which would be used to shore up Medicare.

The vice president says he would spend \$338 billion over 10 years to add a prescription drug benefit to Medicare. Bush's \$198 billion Medicare plan would give states \$48 billion to provide prescription drug coverage while he implements a market-based approach on the national level.

Gore told reporters aboard Air Force II that 14 states already offer prescription drug plans and four of them — Connecticut, Delaware, Maine and Minnesota — require seniors to sign up for the program at welfare offices. Bush's plan "could mean" the same for seniors nationwide, he said.

His language was less absolute than Sunday, when Gore left no room for doubt by claiming that Bush's plan "would force" seniors into welfare offices. Aides said he stands behind Sunday's characterization.

The vice president said he wasn't practicing racial or class warfare. Instead, he said that, unlike welfare, Medicare "gives seniors a sense of dignity in receiving benefits without regard to income levels or employment status."

Fleischer said Bush's plan is modeled after a Pennsylvania program that does not involve welfare offices. Though states would not be required to follow the Pennsylvania example, the spokesman said, "That doesn't mean Bush requires people to go to welfare offices."

David Bositis, an expert on racial politics with the Joint Center for Political and Economic Studies in Washington, said Gore appears to be playing on the pride of middle-class Americans "who would find it insulting to go to a welfare office."

"You always wonder in terms of welfare issues if there is some racial subtext, but this message seems to be aimed directly at seniors," Bositis said.

Michigan pollster Ed Sarpolus, however said Gore's message touches a hot button among certain suburban Detroit voters who equate welfare with a whole set of racial issues that have divided whites and blacks.

"In lower Macomb County it is certainly a racial issues, but in most places it is economic," Sarpolus said. "Lots of people won't accept welfare, even if they need and deserve it, because of the stigma attached."



WRITE for the Emerald
For more information about freelancing for the Oregon Daily Emerald call 346-5511.