

UHC workshops

The following workshops are available, free of charge, to currently enrolled U of O students. Watch for ads in the Oregon Daily Emerald for more info.

NUTRITION MADE SIMPLE

Carson Dining Hall Lobby

This four-part workshop will approach nutrition from a number of perspectives. Sort out fact from fiction. It will cover the following topics:

- Nutrition Basics: Feb. 1st 5-6pm
- Vegging Out: Feb. 8th 5-6pm
- Shedding Excess Weight: Feb. 22nd 5-6pm
- Eating Disorders on Campus: March 1st 5-6pm

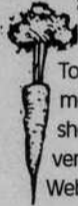
VEGETARIAN COOKING WORKSHOP

Mondays, 5:00 - 6:30 p.m.

February 12-March 5

Cafeteria, University Health Center

Prepare nutritious, quick and tasty autumn vegetarian dishes. Tips for shopping, ingredient selection and saving time will be highlighted. Come hungry and ready to cook.



To register for or to learn more about these workshops, check out the University Health Center's NEW Web site at

<http://healthcenter.uoregon.edu>. You can also call 346-4456 or stop by the Peer Health Education Office on the first floor of the University Health Center.

Winter 2001

Health Information Tables at the Rec Center

Wednesdays, 3:00 - 5:00p.m.

January 17:

Healthy Vegetarian

January 31:

Safer Sex

Seasonal Affective Depression

February 14:

Legitimate Exercise

February 28:

Eating Disorders Awareness & Prevention

March 14:

National Nutrition Month

Who Pays for Macho Drinking

When masculinity mixes with alcohol, the results can be severe.

Choose a safer, healthier lifestyle by avoiding the social pressures to drink.

By Daniel Self

The masculine ideal of the typical college man: Attractive, intelligent, articulate, and of course—he drinks. The world of the typical male college student is a blur of classes, work, romantic endeavors, and social events. We live in a stressful environment that tends to promote drinking as a social activity and as a way to relieve the stress associated with a busy college schedule. In our society drinking is seen as a masculine activity, even part of the definition of being a “real man.”

According to Health Center statistics, men tend to out-drink women not only in terms of the amount of alcohol that they consume, but in most areas of what we might call “problem drinking”—frequent intoxication, dependence, and alcoholism. Most college students who do drink (just over half drink at least once a month) do so in a social manner, however men are far more likely to drink as an attempt to relieve stress or simply to get drunk. Specific reference statistics and articles

related to these problem-drinking trends are available through the Health Education Program.

There are, of course, other reasons why men drink. We drink to feel like we belong. Often, this is the case in the Greek systems. Fraternities are organizations focusing on social brotherhood, and the trademarks of many Greek houses are their unique social events. Many of these social events provide readily available alcohol, and foster a desire to be like the rest of one's peers—confident and sociable.

Drinking always has consequences, whether they involve immediate physical response (intoxication), law related (MIP's and DUI's), or long-term health hazards such as liver disease. Everyone knows that they shouldn't drink and drive, and still the macho drive within some men makes them insist that they are sober enough to drive. This is part of the reason why over sixty percent of fatal traffic accidents involving young people are alcohol related. Male alcoholics often black out and lose memory because they drink frequently. Men who black out often tend to be less inhibited and more aggressive, which can lead to sexual assault, a serious problem for men and women asso-

ciated with male drinking behavior.

“It is not binge drinking that makes a rapist or an abuser,” says Lara Mosidete, Sexual Assault Prevention and Education Coordinator for the Women's Center. She adds “Drinking can act as a perpetrator's scapegoat rather than a correlating factor. It is essential to hold perpetrators responsible for their actions whether or not alcohol is involved.” In 85% of sexual assault cases, the attacker knows the victim. This can lead to a false sense of security for females. Also disturbing is that roughly 85% percent of sexual assault cases involves alcohol in some way.

If you or someone you know blacks out when they drink, drinks alone, and drinks very often or too heavily, they need help. Asking for help is not seen as a manly thing to do. Ask yourself if it is worth putting away your macho pride to save your health, your relationships, your academic standing, or a friend from alcohol abuse. Please don't hesitate to contact the following organizations for more information or support:

The UO Counseling Center (541) 346-3227

Alcoholics Anonymous:

<http://www.aa.org>, (541) 342-4113.

What To Do When The Weather Sucks

Just because it's raining, doesn't mean you can't go outside and get happy.

There are plenty of fun, outdoor winter activities if you're willing to get your feet wet.

By Basil Fedorchenko

Do you find yourself indoors more and more as the rain continues to come down? Is watching re-runs of the Dukes of Hazards getting old? Are these factors leading you to have a case of the blues? Then consider this: a recent study conducted by Duke University, and published in the New York Times, made a correlation between exercise and depression (a.k.a. “The Blues”). It stated that consistent exercise in half hour duration can decrease levels of depression. It also stated that if the exercise was kept up, symptoms didn't return in most cases (New York Times, Oct 10, 2000).

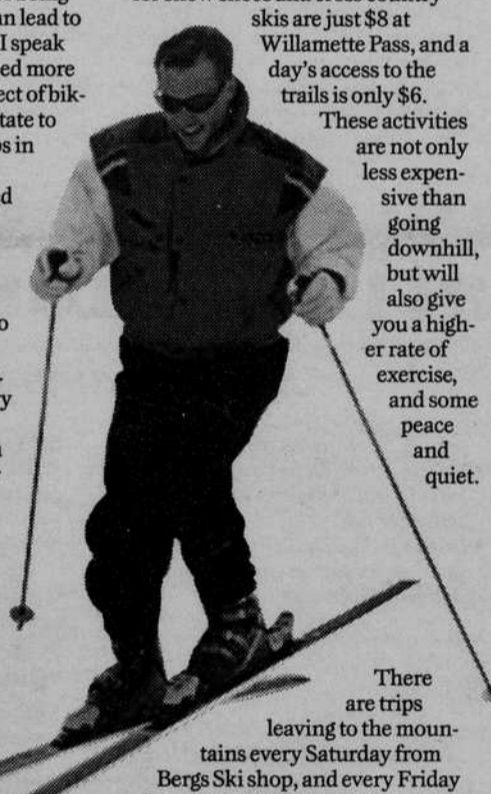
Lucky for you, Oregon offers a very diverse range of outdoor activities which will provide exercise and fun that can help you chase 'dem blues away.

The first and most accessible activity which one can do in the winter is bike riding. Eugene offers bike lanes to go almost anywhere, from a simple trip to the mall, to something more elaborate such as a ride to the coast. And don't let the rain stop you from getting out there, as fenders and some rain gear will keep you dry and happy. Just make sure to wear a helmet, as metal surfaces such as man-

hole covers are notorious for being very slick when wet, and can lead to some pretty nasty crashes (I speak from experience). If you need more information about any aspect of biking in the winter don't hesitate to stop by any of the bike shops in town. They will tell you all about the gear you may need as well as great rides.

But biking is by no means the only thing one can do during the winter months. An alternative is to head to one of the many mountains around Eugene. These include the legendary mountains such as Mt. Hood or Mt. Bachelor, both about a three hour drive, or to the small and locally operated areas such as Willamette Pass, only an hour's drive. All of these areas offer diverse activities ranging from skiing and snowboarding to snowshoeing and cross country skiing. Skiing and snowboarding are expensive, with lift tickets running \$43 per day at Mt. Hood and Mt. Bachelor, and \$31 at Willamette Pass. The snowshoeing and cross country skiing are less expensive alternatives which can be done in the fresh air of the mountains. Rentals

for show shoes and cross country skis are just \$8 at Willamette Pass, and a day's access to the trails is only \$6.



These activities are not only less expensive than going downhill, but will also give you a higher rate of exercise, and some peace and quiet.

There are trips leaving to the mountains every Saturday from Bergs Ski shop, and every Friday through the Outdoor program.

If traveling for recreation in winter is not your style, then try some of the various activities at the Student Recreation Center, located on campus. Activities here include weight training, rock climbing, indoor basketball, tennis, swimming, or run-

ning on the indoor track. There is also a plethora of outdoor facilities, like a soccer field and track. If, on the other hand, you want to get as far away from everything as possible the Outdoor Program offers a variety of trips to exotic winter locations, or warm places South of the border, you can find out more at OP office on the bottom floor of the EMU, or by calling 346-4365. The Outdoor Program also offers many resources for getting outdoors, ranging from planning a trip to transportation.

Some of my personal favorite activities include, getting a bunch of friends together and heading to the mountains for some snowboarding. Or if the long ride doesn't appeal to me that day, then simply going for a bike ride up Coberg Rd. to purchase my groceries, or taking my bike on one of the many “river paths” located around the Willamette River.

So don't let the rain force you indoors to be depressed during the winter months, as there is a large variety of activities to be done outside, even while the rain drops keep falling. All it takes to enjoy the outdoors in the winter is some basic rain gear and a sense of adventure.

The outdoor options in the winter are by no means limited to what is described above, and any such activity, as long as it includes movement, should lift your spirits. Stop looking at the rain as something that will limit your exposure to the outdoors and start looking at it as just another part

Winter 2001 Peer Health Educators



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health hi-lights

Health HI-Lights, Winter 2001

FPEP

The University Health Center is participating in a federal program FPEP, Family Planning Expansion Project. This program allows the Health Center to provide men and women FREE family planning services, birth control and reproductive health care.

For more information on how to qualify for this program, stop by the Health Center or call 346-2770 or check our website at <http://healthcenter.uoregon.edu>