

Substance abuse tackled in classroom

■ The nine-week string of education seminars will relay the importance of substance abuse prevention

By Brooke Ross
Oregon Daily Emerald

University and community experts will focus on a variety of issues from stress management to juvenile delinquency during seminars this winter, to help students understand the causes and effects of substance abuse.

In a series of nine weekend workshops, the Substance Abuse Prevention Program will examine addictive behaviors that lead to substance abuse, intervention methods and ways to avoid the thinking and behavior patterns that can lead to substance dependency.

"It's important that students are prepared for these kinds of issues when they leave the University because they aren't always taught in the classroom," said Miki Mace, SAPP administrator.

Mace, who will speak at several of the seminars, said drug abuse is present throughout today's society, so the seminar topics cover a wide range of issues in which substance abuse may exist. In addition

to teaching about drug addictions and relapses, there will also be topics on homelessness and stress management, she said.

"Both homelessness and stress can be precursors to using [drugs]," she said, adding this is often because of feelings of hopelessness or depression.

Each presenter will examine his or her issue first at the national level and then narrow down to the problem at the local level by using a variety of speakers, lectures and videos, Mace said.

"We're really trying to make students aware of and understand the seriousness of drug abuse," she said.

Janai Lowenstein, international trainer in self-help programs, will teach the Success with Stress workshop to help participants cope with stress in healthy ways instead of turning to drugs.

"People who abuse are looking for something outside themselves to change what they're experiencing internally," Lowenstein said.

She said to prevent unhealthy behaviors, she will teach quick and natural ways to increase personal energy so people will not be as likely to need drugs.

Lowenstein said she will focus on how to change feelings of nega-

tive self-worth, tips for conflict resolution, personal stress inventory, communication skills and ways to discover key stress signals that help prevent stress-related behaviors, such as drug abuse.

"If a person's attention toward what they're doing is positive, they'll want to do it again and again," she said.

Ann Kukkeler, program coordinator for SAPP, said students need to know about substance abuse for their own sake, and for the sake of others.

"Prevention is part of education," she said.

Kukkeler said students must complete a take-home essay exam of five pages due 10 days after the seminar. The essay entails comparing readings from SAPP's Web site to lecture notes from the seminar, she said.

Kukkeler said even though the seminars are at the 400 level, the content can be managed by all students.

"I think the level scares off a lot of freshman and sophomores, but this is not a workload they can't handle," she said. "Information on substance abuse is valuable for everyone, and the earlier they get it, the more valuable it is."

Students can earn one elective credit for one-day workshops,

Substance abuse workshops include:

Saturday, Jan. 27: "Attachment Disorders," discussing the symptoms and strategies for working with children who fail to bond with their families.

Saturday, Feb. 10: "Preventing Juvenile Delinquency."

Saturday, Feb. 24: "Success with Stress," how to use one's own resources to reduce stress when dealing with life's challenges.

Saturday and Sunday, Feb. 17-18: "Meth Use and Consequences." ✕

A complete schedule is available on SAPP's web site:

<http://darkwing.uoregon.edu/~sap>

To register for a seminar, call the Office of the Registrar at 346-3243.

which cost \$40, and two credits for two-day seminars, which cost \$80. The seminars and workshops are listed under Education 407/507, and students can register through the Office of the Registrar through the Friday before the weekend session. The workshops run from 8 a.m. to 5:20 p.m., with breaks throughout the day.

Calendar

Wednesday, Jan. 24

Discussion: A panel featuring Suzanne Chanti, Susan Stoner, Serena Cruz, Aruna Masih and Michael Dale will discuss "Opportunities in Labor in Human Rights Law," sponsored by the Wayne Morse Center for Law and Politics and the University Women's Law Forum. 4:30-7 p.m., Room 184, Knight Law Center. Free.

Presentation: Peter Maurer presents "Oz, Ayers Rock and 'Roos: The Australian Student Experience." 4-5 p.m., International Lounge. Free.

Meeting: KWVA Board of Directors. 5-7 p.m., Century Room F, EMU.

Winter Career Fair: Employers share information about their employment and internship offerings with University students. 11 a.m.-4 p.m., Ballroom, EMU. Free.

Human Resources Workshop: "What You Don't Know Can Hurt Others." Preregister. 1-4 p.m., Alsea/Coquille Rooms, EMU. Free.

Russian Film Series: "Eugene Onegin," a Bolshoi production of Tchaikovsky's opera. 6:30 p.m., Room 115, Pacific Hall. Free.

WISTEC

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The expansion includes adding 12,100 new seats, which requires additional parking to be built in accordance with Eugene building codes. As an alternative to adding more parking space, the University will add a transit center to allow more fans to be bused to games, rather than drive.

Eugene City Councilor David Kelly said his goal during Monday night's meeting was to find a way to move the Autzen Stadium development forward, while still keeping WISTEC open.

"We wanted to find a way that the University could provide compensation for the loss of WISTEC's revenue," Kelly said.

Kelly also said that the amount

the University suggested could have been increased, had Councilor Bonny Bettman's defeated amendment been passed by the council. The amendment also proposed providing other city lots as sources of revenue for WISTEC.

"We wanted to find a way that the University could provide compensation for the loss of WISTEC's revenue."

David Kelly
Eugene City Councilor

"If Councilor Bettman's amendment had been passed, we wouldn't need to close our doors," Trender

said.

Three other locations for the transit station had been considered, but Kelly said the University and the City Council decided the lot next to Autzen was the most practical.

Williams argues that the lot is leased to the University, which let WISTEC use the lot in the first place.

"WISTEC has known since last fall that we wanted the lot back, and it's not accurate or fair for them to make the University seem responsible [for the museum closing]," Williams said.

Regardless of where blame might lie, Trender said it was the council's decision to allow the University to go ahead with its plan to build the transit station.

WISTEC will decide Monday on a plan for closing the museum.

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