

Budget

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since Measure 5, which revised Oregon's property tax rules. When that measure was passed in 1990, the University was forced to eliminate the School of Health and Physical Education and other popular programs.

"It resulted in a decrease in academic quality," Tublitz said.

Moseley said that over 50,000 Oregonians did not have access to higher education in Oregon as a direct result of Measure 5.

Twelve years later, the new budget cuts may cause a similar decline in academic access.

"There's no way to absorb it without layoffs," Moseley said.

The provost said when he moved from the Deep South to

Proposed OUS budget cuts

Gov. John Kitzhaber proposed an \$84 million cut (10%) to the state funding of Oregon higher education institutions. Changes include:

- Eliminating state support for a top-tier engineering school (\$5 million)
- Reduction of statewide services including agriculture and forest research (\$17.3 million)
- Reduce direct support for undergraduate education (\$19 million)
- Reduce investment in engineering graduates (\$2.9 million)
- Reduce campus-based service programs (\$1.5 million)
- Cut state support for research (\$2.4 million)

The University would lose \$12.4 million in state funding, the largest loss since Measure 5 in 1991.

Oregon, he was glad to be in a state that prioritized the funding of higher education.

"We used to make fun of the states in the South. They're ahead of us now," Moseley said. "We're operating very close to the edge. We could become the next Appalachia."

University President Dave Frohnmayer concurred with Moseley.

"Now is not the time to revert to the decade of disinvestment the University faced," he said.

E-mail community reporter Brook Reinhard at brookreinhard@dailyemerald.com.



News brief

ASUO gears up for elections

Aspiring student government leaders now have three weeks to file for candidacy in the 2002 ASUO general election, which will be held Feb. 27 to March 1.

The filing deadline for all ballot measures and open positions, including the ASUO president and vice president, is 5 p.m. Jan. 30. A primary election will be held Feb. 20-22.

ASUO presidential candidates may run alone or with a running mate. Both executive positions require a one-year commitment, and pay a monthly stipend. ASUO executives hire ASUO staff members, oversee campaigns and projects and administer ASUO funded programs.

Thirteen ASUO Student Senate seats also will be on the ballot, in-

cluding two seats on the ASUO Programs Finance Committee and two seats on the Athletic Department Finance Committee. Senators are responsible for dispersing more



than \$8 million in student incidental fees annually to University programs, and represent stu-

dents at the University Senate and the University Assembly. Term lengths for senate seats vary, and senators are also paid a monthly stipend.

For information on other open positions for the ASUO 2002 winter elections, contact ASUO elections coordinator Courtney Hight at 346-0629. Filing packets for the election are available in the ASUO office in Suite 4 of the EMU.

— Kara Cogswell

Depression

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ple who are depressed by short days and overcast weather suffer from Seasonal Affective Disorder (SAD) — a depression associated with the absence of light, typically during the winter months.

"The short days and the cloudy weather can bring people down," Fleischli said.

Some human bodies need a certain amount of daily sunlight to function normally, according to the United Kingdom's SAD Association. With the gray skies Oregon shares with Britain, the lack of sunlight can affect people's bodies, bringing on SAD depression.

The health center offers "light therapy" to those who are diagnosed with SAD, Fleischli said. By

being exposed to light in the morning hours, a student has a 50 percent chance of reducing SAD symptoms. He said the health center can also help students buy the special therapy lights or direct them to further treatment.

"Students should get examined if they have any symptoms of depression," Fleischli said.

Mental and emotional anguish doesn't originate solely from the weather, said Ron Miyaguchi, Counseling Center senior staff therapist. Some of that distress, he said, is self-supplied.

"Sometimes (depression) is a self-fulfilling prophecy," Miyaguchi said. "If you anticipate being depressed by the weather, it will happen. Sometimes people bring it upon themselves."

He said students sometimes do this by "cocooning" themselves —

staying indoors alone.

Miyaguchi said he mainly deals with the social and academic stresses of students who come into

"It's important for people to do the things they learned in kindergarten. Wash your hands. Don't pick your nose. Don't chew on pencils."

Gerald Fleischli
University Health Center director

the Counseling Center.

Miyaguchi said relationship stress also contributes to the winter blues.

"People who come to the University for (their) first term form relationships, whether that's social or romantic," Miyaguchi said. "These relationships seem to be pretty successful, though they're still in the honeymoon stage. But in winter term, these relationships start to struggle."

Students are also stressed by the need to do well academically, Miyaguchi said.

Miyaguchi said it's common to see students struggle to get back on track grade-wise after a disappointing fall term.

"I wasn't really satisfied with my first term," Howard said. "I got kind of distracted scholastically. I'm ready to get back to work and start over."

For some, the change from holiday to schoolwork is tough in itself.

"I've been sleeping until noon, and all sudden I have an 8 a.m. class," Barksdale said. "I've got to just kick myself into gear."

If depression and academic anxiety aren't enough for winter term, there's also the increased chance of becoming ill.

Fleischli said during winter break, students go all over the world picking up "exotic germs." Then they come back to school, stay indoors and share those germs with their friends. There's a wide variety to choose from, Fleischli said, with 200 to 300 different germs for upper respiratory infections floating around, not including cold and flu bugs.

"It's important for people to do the things they learned in kindergarten," Fleischli said. "Wash your hands. Don't pick your nose. Don't chew on pencils."

Just as it was in kindergarten, school should be fun during winter term, Barksdale said, and students should take classes that interest them.

"Sign up for classes that will make you look forward to getting out of bed," Barksdale said. "Find something you're passionate about."

Although Miyaguchi said relationships are a big stress for students during the winter, Barksdale said he thinks having a significant other can help alleviate winter stress.

Exercise has also been shown to lower stress and depression in individuals, Fleischli said.

Miyaguchi said exercise is important for the connection of mind and body.

"When the weather's not the greatest, it's easy to lose track of doing physical activities and exercise," Miyaguchi said. "A great way to be proactive is to make it a point to exercise."

The three most important factors to balance this term and all terms, Miyaguchi said, are social life, academics and physical fitness. If a person has those things in balance, then he or she is "in a good place."

E-mail features reporter Marcus Hathcock at marcushathcock@dailyemerald.com.



www.emu.uoregon.edu



Since 1950, the Erb Memorial Union has been the gathering place for campus activities at the University of Oregon.

The EMU provides lounges, art galleries, a variety of food venues, a pool hall and arcade, a number of services, group meeting rooms and a staff of program consultants to assist student groups. This is where the more than 150 student groups call home, making the EMU a center for community interaction, activism and socializing.

The EMU is located on the corner of 13th Avenue and University Street at the heart of the UO campus.

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