

health happenings

Relax and Renew: six week meditation series.

Develop and strengthen your meditation practice for relaxation and mental clarity.
Wednesdays
4:30-5:30 pm
Oct. 15- Nov. 19
 Bowerman Building
 Heritage Hall
Free
 call 346-4456 for info and registration

CPR Certification Class

Two year certification class from the American Heart Association
Mondays
Nov. 3, Dec. 1
5:00-9:00
 UO Health Center
 Cafeteria
\$30
 346-2770 to register

CHAT

Campus Health Action on Tobacco Study. Students and staff are invited to join a campus advisory board which will help design programs to reduce tobacco use on campus.
Orientation meeting
Thursday, Oct. 16,
4:00 p.m.
EMU Fr Room
 contact Paula Staight for more info
 Pstaight@uoregon.edu

Best Dressed Breast

A Breast Cancer Awareness Fashion show
Monday October 20th,
7:00 p.m.
EMU Ballroom
Free

Boiling water 101: cooking workshop

Learn to prepare quick, easy and nutritious meals. Workshop fee of \$15 includes mixing bowls, skillet, utility knife and other helpful kitchen tools. PLUS you get three weeks of hands on cooking and great meals.
Wednesdays,
4:00-5:30 pm
Oct. 22-Nov. 5th
 UO Health Center
 Cafeteria
 call Kristen Olmos at 346-2794 to register



Sports' Psych

By Claire Hugo

Have you ever been at the peak of your physical training, moments short of scoring the winning goal or pulling the crux move, only to fall short of victory? Psychological factors in sports can be as influential on athletes' performances as their physical training. It is critical when striving for peak athletic ability to consider both types of training.

Sports psychology is the science of psychology applied to athletes and athletic situations. The field includes studying psychological factors that influence performance and participation in any

type of physical activity. It is applied to areas such as improving performance, dealing with stress during competition, helping with psychological stress of injury and rehabilitation, or creating a positive atmosphere in sport or physical activity. Many coaches seek sports psychology professionals for game preparation, team cohesion, communication skills, and other issues that could impair athletic performance.

I have played sports all my life, including water polo for the last seven years. Sports have strengthened many of my values by helping me learn how to contribute my full effort and how to com-

bine my strengths with those of teammates for the most efficient play. Sports have helped me deal with failures and successes. I have realized firsthand the importance of a strong mental perspective. Mindset can be everything; it can even take precedence over training.

The utilization of sports psychology helps advance performance by increasing motivation for the athlete. It can also lead to more effective means of leadership in coaches. For further information check out Sports Psychology journals at the Knight library such as *Journal of Sport Sciences* or *Medicine and Science in Sport and Exercise*.

Hittin' the Books

Vegetarian Cookbooks

By Rebekah Lebwohl

On a recent trip to the Peer Health Education's lending library, I picked up a great cookbook entitled "Meatless Meals for Working People, Quick and Easy Vegetarian Recipes", by Debora Wasserman and Charles Stahler. This book defines vegetarianism and places emphasis on maintaining a well-balanced, nutritious diet. I knew I could really sink my teeth into this one.

VEGE DIETS CAN HAVE WHAT IT TAKES

The authors state up front that "American Dietetic Association has affirmed that a vegetarian diet can meet all known nutritional needs", and their book clearly explains how to do so. This book should be especially appealing to college students who are cooking for themselves for the first time, eating in the dining halls, or for those who want to become a vegetarian but don't know where to start.

GROCERY SAVVY

Although Wasserman and Stahler advocate that "fresh is best", they offer a helpful grocery

store guide on how to find nutritious frozen foods, canned and pre-packaged foods. They also walk the reader through vegan-friendly foods in the dairy case. A quick reference list is what a busy college student seeks and it's nicely laid out here.

DINING AT THE CHAIN

Another perk in the book is an extensive list of vegetarian and vegan menu items that are served at national restaurants and fast food chains. Find out your menu options for specific restaurants such as Applebee's, Burger King, The Olive Garden, Pizza Hut and many more.

TEMPTING RECIPES

Finally, they offer many quick and tasty recipes with simple ingredients that are easy to make including beverages, spreads and dips, salads, main entrees and desserts. Try the vegetarian chili. It is hearty and packed with vitamins. If this book is already checked out, rest assured that there are numerous other cookbooks for two week check out. The lending library is located in the Health Center's Health Education office.

VEGETARIAN CHILIE

INGREDIENTS:

- 1 tablespoon oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 large green pepper, chopped
- 3 cups water
- 1 cup kidney beans (pre-cooked or canned is fine)
- 4 large ripe tomatoes, chopped
- 1 cup corn kernels, (fresh, frozen or canned)
- 1 teaspoon of salt
- 1 large spoon chili powder
- Pepper to taste

TO COOK:

Sauté the onion, garlic and green pepper in the oil. When tender add all of the rest of the ingredients, bring to a boil, then simmer for at least 3 hours. Remember, this chilie tastes better the next day, so it is a good idea to make it in advance.

Fall 2003 Contributing Writers and Peer Health Educators



(left to right) Danielle Chiaccio, Anna Hall, Jennifer Helms, Sara Hodges, Claire Hugo, Susie S. Jing, Phyllis Lee, Rebekah Lebwohl, Shannon Stout

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