

Oregon Daily Emerald

Another loss, this one to OSU Page 5A

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EASY DOES IT



Senior Rana Houshmand measures brown rice for her Quick N' Hearty Bean Soup she is making as part of the University Health Center's cooking class Wednesday evening.
Adam Amato
Photo Editor

Smart cooking

Classes at the University Health Center teach students how to prepare quick and healthy meals

By Chelsea Duncan
News Reporter

The first lesson students learned at the University Health Center cooking classes is not to take themselves too seriously in the kitchen.

When the health center's registered dietitian Kristen Olmos began teaching the first class, she spilled all over the floor the spinach and baby greens that students would have used to make a salad.

"See, everybody has accidents in the kitchen," she told the budding chefs.

In an effort to help students learn how to cook quick and healthy meals, the health center is offering three-week cooking class sessions once a term. The health center has been offering the classes sporadically since 1994, and this

term's session began on Oct. 22.

Olmos said students are charged a fee that pays for their lessons and some equipment. Students pay \$15 for three classes, but they come away with a \$30 value, including a skillet, mixing bowls, a utility knife and Tupperware.

Senior Leigh Schroeder said she is taking the classes, which offer a vegetarian menu, to learn how to eat healthier.

"I eat a lot, a lot of refined sugar and refined flour, and I don't eat a lot of vegetables," she said. "The more vegetables I can incorporate into my diet the better."

Olmos said the class focuses on teaching students that eating healthy doesn't mean they need to shell out a lot of cash and a lot of time.

"I want students to learn healthy eating is not necessarily buying gourmet items," she said.

She said she feels students have a strong desire to have healthy eating habits, but many think they don't have enough time and end up eating fast-food instead. She added that healthy

eating habits start with a well-stocked kitchen and suggests students keep a supply of whole grain foods such as brown rice, whole wheat bread and canned beans.

Junior Justin Weiler said he is taking the class because he wanted to learn how to cook.

"I'm a college student and I never cooked in high school," he said. "Now that you're on your own, it's nice to know how to cook for yourself."

He added that he thinks he has a typical student diet, and he likes learning how to incorporate healthier foods into it, other than SpaghettiOs.

"You learn how to cook also with other sorts of vegetables, spices and oils," he said.

Olmos said for students who don't have time to cook all the time, a meal that yields larger servings can be saved for a later day. She suggests freezing leftovers or keeping them in Tupperware, but encourages students to remember "when in doubt, throw it out."

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Cell phone tower set to be built on campus

Community members worry that the cell phone tower will be located too close to nearby residential areas

By A. Sho Ikeda
Senior News Reporter

Students may soon see another structure built on campus, although this one won't house any classes or be home to any incoming freshmen.

Eugene Planning Director Susan Muir approved the plans for the construction of a Sprint PCS-owned cell phone tower near Hayward Field on Tuesday. Unless there is an appeal, the 120-foot galvanized steel monopole will be constructed just south of the west grandstand by the track field.

"I think this was the most acceptable location," Associate City Planner Kent Kullby said, adding that the tower will blend in with nearby light poles and, unlike many other towers, will not have any external antennae.

The authorization comes after months of planning and public testimony by concerned residents from nearby neighborhoods. Concerns included the health risks associated with microwave and radio emissions from the tower, the risk of impact to birds and the height of the structure. To resolve some of those issues, Sprint PCS relied on an environmental consultant, a radio-frequency engineer, an aeronautical specialist and other professionals to aid in the tower's design.

The cell phone tower will also be built with a small building used to house equipment and serve as a ticket booth. Existing lights currently attached to the

Turn to **TOWER**, page 8A

Pipe leak at Autzen Stadium causes \$200,000 in damage

A beverage machine hose in the press box disconnected and caused water damage on three different floors

By Jennifer Marie Bear
News Editor

Autzen Stadium suffered more than \$200,000 in water damage when a beverage machine hose became disconnected and gushed water through three different floors, according to an Athletics Department official.

Tom Larson, director of the Ath-

letics Department's business office, said cleanup will cost between \$50,000 to \$75,000, and repairs are estimated at \$150,000. Larson said the University has already filed an insurance claim with the state of Oregon insurance fund and is now waiting to hear back from them.

Bob Beals, assistant athletics director for operations and events, said the Athletics Department discovered the leak on Sept. 23, but it is still investigating why the hose became disconnected. Beals said the pipe could have been leaking water

for as long as 24 hours.

"We don't know exactly what happened there," Beals said. "We think this is just kind of a freak accident."

The damage began in the press box on the top floor of the south building, Beals said, and then the water seeped into the lower two floors and caused the most damage to the roof of the club room, which is located on the bottom floor.

Athletics Department Food Services Director Eric Brandt said the beverage machine is similar to the ones found in fast-food restaurants and gas sta-

tions, except that it serves from both sides of the machine. This makes it unique from the other beverage dispensing machines at Autzen.

"There's only one of its kind in the stadium," Brandt said.

Beals said they are unsure how much water the hose leaked before it was discovered, but it was enough to ruin the drywall on all three floors.

"(Drywall is) like a piece of cardboard when wet," he said. "It doesn't do well in floods."

He added that it took workers two weeks to repair and replace every-

thing that was damaged by the leak.

Besides having to replace and repaint the drywall, workers also had to vacuum out the water from the carpets. But Beals said they were lucky and got to the problem in enough time that they were able to save the majority of the flooded carpets. He added that two 27-inch televisions also had to be replaced.

The water-damaged areas have been completely restored to their original states, Beals said.

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