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OAKWAY
GOLF COURSE

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MAN'S WORLD

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24

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University Health Center

Today is the Great American Smoke-Out

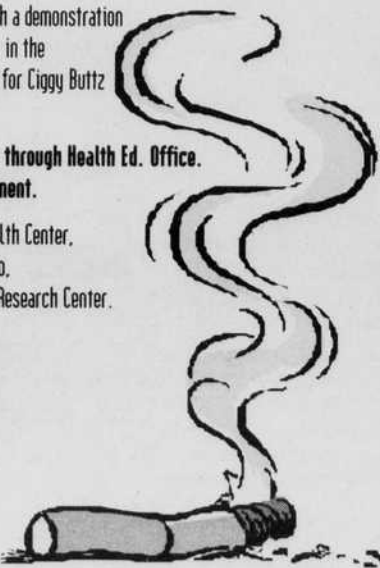
Celebrate Smoke-Free Air:
Check out today's events

November 18: Cigarette butt contest
12-2pm, EMU lobby
Guess the number of cigarette butts picked up outside of Knight Library in one hour. Guess correctly and win a \$100 UD Bookstore gift certificate.

November 18
Quit smoking for 24 hours. Catch a demonstration and get some useful information in the EMU lobby, noon-2pm. Look out for Ciggy Buttz around campus.

Free HRT fall and winter term through Health Ed. Office.
Call 346-4456 for an appointment.

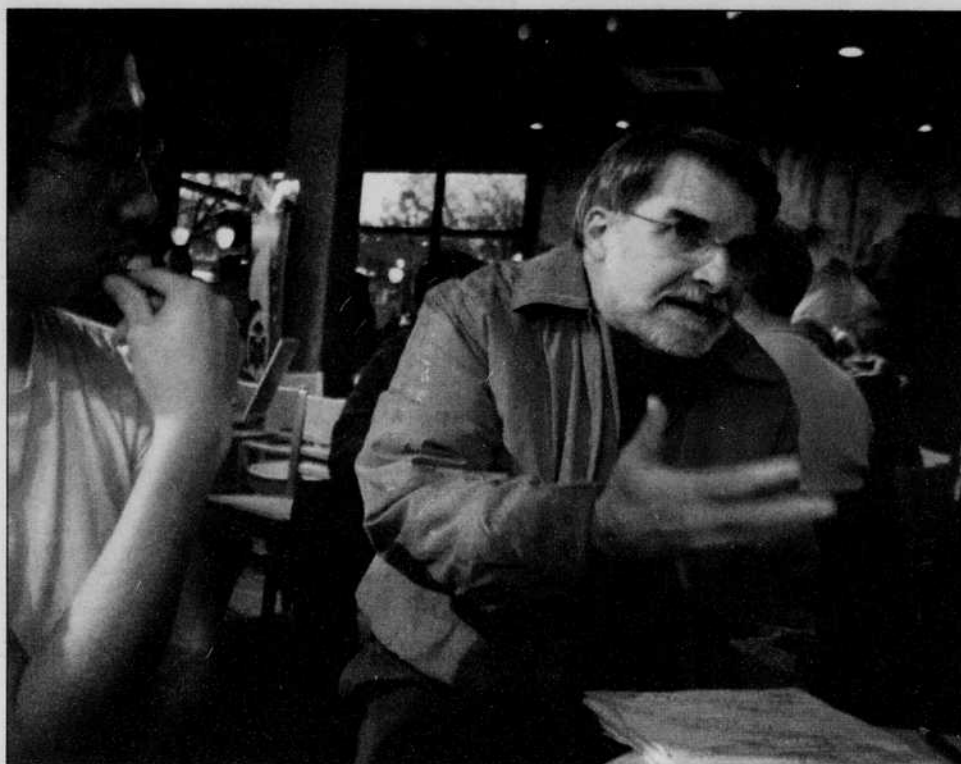
Sponsored by the University Health Center,
Campus Health Action on Tobacco,
and the Fred Hutchinson Cancer Research Center.



O

UNIVERSITY OF OREGON

http://healthcenter.uoregon.edu
appointments: 346-2770



Jon Davies, psychologist at the University Counseling and Testing Center, discusses problems men face that decrease their longevity, and the upcoming Men's Civil War Relay. John Lin, the Men's Center Coordinator, listens with seven others.

TIM BOBOSKY | PHOTOGRAPHER

Relay: Risky behaviors shorten life spans

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of cooperation" to share the importance of men's health.

A typical man lives seven years less than a typical woman, a discrepancy caused by risky behavior rather than genetics, Davies said. He said men are more likely to engage in risky activities, such as speeding and using alcohol and drugs, and are less likely to seek help for problems, leading to illness and shorter life spans.

"Men think they're pretty healthy, when in fact they're more risky and less healthy than women," he said.

Testicular cancer will also be a focus of the discussion. The disease is the most common form of cancer in men 15 to 40 years old, according to the National Institutes of Health. Between 6,000 and 8,000 men are diagnosed

with testicular cancer each year.

"These are all areas that can kill or do harm to men in particular," he said.

To promote healthier choices, the team will wear T-shirts that say "real men vs. realistic men," Davies said, adding that "realistic men are men who seek health when necessary."

Davies said the Men's Center also aims to help men seek out healthy behaviors. He said about 90 percent of University Student Conduct Code violations are committed by males, while only about one-third of Counseling and Testing Center clients are male.

"So what we know is men are out there and struggle with issues, but are not coming in for help," he said.

Miller said the event will also emphasize fitness "by its very nature."

The team includes team captain

freshman Anne Riley, as well as freshmen Stephen Navarro, Laura Bocko, Sarah Shoop and Craig Harford.

Davies said women are a vital part of men's health because men often rely on them for advice and support, but he added that promoting men's health includes helping men to rely more on each other.

"Women shouldn't have to bear all the burden of taking care of men," Davies said.

Miller said the Men's Center has always had a policy of opening its events to everyone.

Harford said he hopes more teams from the University will become involved in the future, adding that several teams from OSU will compete this year.

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