

More than a heart-shaped box



MARCUS LARSON | FREELANCE PHOTOGRAPHER

The best presents for a loved-one don't have to come from a store

A gift involving an inside joke, a secret or something that brings back memories from the relationship can be a great, inexpensive sign of affection for Valentine's Day.

"I'd prefer to receive a sentimental gift on Valentine's Day rather than something expensive," junior Alishiya Halaney said.

For couples who have been dating for an extended period of time, a scrapbook full of pictures, mementos, quotes and song lyrics can be a touching gesture.

"Once I sketched a picture of us together that (my girlfriend) liked and framed it," freshman William Reynolds said.

Making a delicious dessert, such as a cake, cookies or cupcakes brings out the sugar in a traditionally sweets-filled holiday. To personalize treats, top them with a message in icing. Candy hearts can help provide inspiration for the message.

For a significant other who loves candy, stop off at Sweet Factory to select his or her favorites for \$2.19 per one-fourth pound. Put the candy in a glass jar, and personalize it with paint. For the chocoholic, a decent-sized box at See's Candies is about \$10.

In the flower department, there are options beyond roses, which can get extremely expensive as Feb. 14 approaches. Carnations and tulips are less expensive alternatives.

Overall, remember to think of what the person wants to receive. It doesn't have to be anything too fancy, because Valentine's Day is about putting in time, effort and thought.

— Kaitlin Stewart

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A healthy Alliance

Allen Hall Public Relations and HIV Alliance team up to educate students about HIV and AIDS

BY ASHLEY GRIFFIN
SUPPLEMENT FREELANCE EDITOR

Monday is National Condom Day, and at least two groups in Eugene want University students to know about it.

Allen Hall Public Relations, the student-run public relations firm in the journalism school, and HIV Alliance, a nonprofit organization in Lane County, have teamed up in a campaign to promote HIV and AIDS awareness.

According to HIV Alliance, one in every 250 people living in Lane County is infected with HIV. Nationally, half of all new HIV infections occur in people ages 15 to 24. Its campaign is, in part, an effort to raise awareness about these numbers. Titled 'Wrap it Up', it is designed to be a kind of prototype for other college campuses to follow.

One of HIV Alliance's main goals is to educate as many students and community members as possible about the facts of HIV, how it is transmitted and how it can be prevented. It also wants to raise support for individuals living with HIV or AIDS.

Laura Bishow, AHPR assistant general manager, said it is definitely worth the effort.

"They are a really great organization, and we're really excited to help

them out," she said. "There's been a lot of work so far. We helped them table out in front of the bookstore and talk in large lecture classes."

The group's next big event will take place on National Condom Day, when it will place an educational table at the EMU Amphitheater to hand out condoms and fact sheets with its mascot, Captain Rubber.

According to the Centers for Disease Control, condoms have been the surest way to prevent the transmission of HIV and other sexually transmitted diseases. In fact, analysis of studies conducted by the National Institutes of Health found an 85-percent decrease in the risk of HIV transmission among consistent condom users.

Both groups realize the seriousness of the situation and say this is an important event for them.

"We started working with them at the beginning of school. This is a pretty big event and gets a push on National Condom Day to tie it in with the national theme," Bishow said.

After this event, both groups will continue to work together in an effort to increase HIV and AIDS awareness. They will run a similar campaign the first weekend in March at local bars.

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