

health happenings

Relax and Renew Meditation Series

Develop and strengthen your meditation practice for relaxation and mental clarity. Join Jude Kehoe for this free six-week series. Wednesdays 4:45-5:45 p.m., October 12 - November 16 in the Bowerman Building, Heritage Hall.

Call 346-4456 to register.

Boiling Water 101: A Vegetarian Cooking Workshop

Learn to prepare quick, easy and nutritious meals. Workshop fee of \$15 includes mixing bowl, skillet and other helpful kitchen tools. Plus you get three weeks of hands-on cooking and great meals.

Call Kristen Olmos at 346-2794 for current term schedule and to register.

FPEP

Family Planning Expansion Project is the federal grant providing free contraception and family planning services for qualified students.

Call 346-2770 or fill out the online application at <http://healthcenter.uoregon.edu> to see if you qualify.

Therapeutic Massage

Located in the Student Rec Center's Physical Therapy and Sports Medicine Clinic. Cost can be billed to your Oregon Hall account.

Call 346-4150 for an appointment.

CAB on Tobacco

Students and staff are invited to join a campus advisory board to help design programs and policies to reduce tobacco use on campus.

Call Paula Staight at 346-2728 for more information.

Best Dressed Breast: A Breast Cancer Awareness Fashion Show

Monday, October 24th, 7 p.m., EMU Ballroom. Free and open to the public.

Health Resource Center in EMU

Lending library, online health assessments, health literature, Peer Health Educators.

Open Monday - Friday 10 a.m. - 2 p.m. Across from the Fir Room.

Cholesterol Screenings Thursdays 11 a.m. - noon Oct. 6 & 20; Nov. 10 & 17

Keep sporty! Join Club Sports

By Andrew Hardy

Did you participate in a sport or activity before college, but stopped once you got here? Looking to get back into playing again but don't want to compete at the collegiate level? Then Club Sports are for you!

Club Sports is a co-ed, competitive sports program that is available for students, faculty, and staff of the University of Oregon. The Club Sports office is located in the bottom floor of the Erb Memorial Union.

There are 42 different teams whose activities range from soccer and aikido, to skydiving and the triathlon team. While the various collegiate sports focus on competing at the highest caliber in order to win, the Club Sports program places its emphasis on just getting out there and participating in an activity with



others who share your interests.

Students are in charge of organizing each club and selecting a volunteer coach for their team. Every year the Club Sports office holds an open house where all of the 42 club teams will have informational

tables with people to answer any questions. Most clubs are free of charge to join while others hold fund raisers to collect any money necessary for competitions.

Club practices are usually informal and not mandatory, yet since each club is run by

the students themselves, this may vary.

In my experience as a member of the triathlon team, I really enjoyed the interaction with people who have similar interests and goals. Because of the supportive atmosphere that the triathlon team fostered I was able to develop a much greater sense of self discipline. This helped me make my workout regularly, and I was better able to manage my school work.

If you are interested in more information on Club Sports or wish to sign up for a club, all of the clubs are listed on the Club Sports web site, <http://darkwing.uoregon.edu/~clbsprts/> or you can drop in the Club Sports office under the EMU near the computer lab. You can also get in touch with the Club Sports Director, Sandy Vaughn at (541)346-3912.

Eating well on a budget: Economical nutrition

By Caley Joyner

Are you among the misguided who claim they can't afford to eat well? Do you compromise nutrition because you don't believe you can afford healthy food...afford in terms of either time or money? You know, fast food, prepared food, snack food on the go? If you say yes, yes, yes... take heart and read on.

Many of us make last minute decisions and grab prepared foods that are quick, cheap, filling and often not particularly nutritious. You may base "quick grab" hunting and gathering on a series of myths. Allow me to challenge a few of them here.

Myth #1 Expense. Buying groceries to cook your own meals is more expensive than eating out.

Myth #2 Organic. Organic ingredients are more expensive than already prepared conventional foods.

Myth #3 Satiety. As long as the food is filling, it is justifiable.

Consider the nutritional value of McDonald's Big Mac as listed on the McDonald's website.

560 calories

Total fat: 30 grams (or 47% of daily value)

Saturated fat: 10 grams (52% of daily value)

Cholesterol: 80 mg

Fiber: 3 g

Sodium: 1010 mg (42% of daily value)

Cost: \$2.79

Now consider my selection from "Everyday Cooking: 150 easy, low fat, high flavor Recipes" by Dr. Dean Ornish. The recipe is White Bean Pasta

Serves 4 people, each serving contains:

509 calories

Total fat: 2 g

Saturated fat: 0 g

Cholesterol: 0 mg

Fiber: 23 g

Sodium: 677 mg

Cost per serving: \$2.81

So back to the myths.

Myth #1 Expense. White bean pasta cost 2 cents more per serving than the Big Mac; so the economic argument is untenable. True, the time to prepare the pasta dish is about 30-40 minutes. But when you think about how much time, gas and traffic it takes to get to the drive-in, that half hour at home with the smells of home cooked food starts sounding like time well spent.

Myth #2 Organic. True, organic ingredients tend to cost more than conventional ingredients. For the pasta recipe, try selecting one or two organic ingredients (like the beans and onions) rather than

going exclusively organic. This may up the price per serving a few cents, but will create a meal that is nutritious for you as well as the environment and farm workers. Many stores close to campus carry a fine selection of both conventional and organic ingredients and prepared foods. Try PC Market of Choice, Sundance, Trader Joe's and Kiva for starters.

Myth #3 Satiety. Sure, we all want to feel "satted" after a meal. Yet there are many ways to satisfy our hunger. Consider the excess of certain problematic nutrients (saturated fat, cholesterol, and sodium) compared to the amounts of helpful and often insufficient nutrients (fiber, vitamins and minerals). I challenge you to try "white bean pasta" and compare how satisfied you feel after dining on this vs Big Mac.

One of the best ways to eat well, whether you're on a budget or not, is to learn how to cook your own meals. Come to the Health Resource Center in the EMU to check out one of the terrific Health Ed cookbooks. White bean pasta and other healthy recipes can be found on <http://www.vrg.org>. Sign up for Boiling Water 101: A cooking workshop, offered through the UO Health Center to refine your cooking skills. Boiling Water 101 happens at the Health Center cafeteria and

is taught by Kristen Olmos, R.D. For \$15, participants receive mixing bowls and other basic kitchen tools, healthy recipes and hands on cooking and dining for 3 weeks. Call 346-2794 for times and to register.

White Bean Pasta (serves 4)

1 c. sliced onions
1 tsp. minced garlic
1 c. vegetable broth
2 (15 oz.) can white cannellini beans, drained and rinsed (or 3 c. home cooked cannellini beans with 1 c. cooking liquid)
1 c. sun-dried tomatoes (not oil packed) quartered
1 tsp. dried thyme (or 2 tsp. minced fresh)
1 tsp. dried basil (or 1 tbs. minced fresh)
salt and pepper to taste
1 lb. whole wheat penne pasta
2 tbs. chopped fresh parsley

Combine the onions, garlic, and a splash of the broth in a large pot. Simmer over moderate heat until the onions are soft, about 5 minutes. Stir in beans with their liquid (or an equivalent amount of water if using canned beans), remaining broth, tomatoes, herbs and spices. Bring to a simmer and cook, uncovered, over moderate heat, stirring often, 15-20 minutes. Thin, if desired, with additional broth. Meanwhile, bring a large pot of water to a boil. Add pasta and boil until al dente (about 12 minutes) Drain and transfer to warm bowl. Add sauce and toss to coat. Serve topped with chopped parsley.

Fall 2005

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