

## Peer Health Educators offer advice for USC students

CHRIS DIXON Staff Writer

Raegan Hinson knows how to deal with people one on one.

She has to know — it's her job.

Hinson, a nursing sophomore, is president of the Peer Health Educators, a group that staffs the drop-in center at Open Door in the basement of Thomson Student Health Center.

Peers work with students individually on everything from fitness and nutrition to stress and time management. About 40 to 50 students visit the drop-in center each week, mainly for body-fat tests, the "Lighten Up" weight management program and the results of their cholesterol tests.

Peers are required to work at least one hour per week. Hinson works three.

Students come to the drop-in center to talk to Peers because it's easier for them to relate to someone their own age, Hinson said.

"It's helpful to talk to somebody that's already been there or is going through the same thing you're going through," she said.

The program is about 20 years old. It's important to have the drop-in center on campus because it provides information that "a lot of people want to know," Hinson said.

"People want to find better ways to improve their outside as well as their inside," she said. "Some people say they've heard of the body-fat test and wanted to check it out. Some have heard about it but didn't know where to get it done."

Hinson became a Peer because she likes working with people, she said.

"I want to be an instructor," she said. "I love explaining something that they don't understand and helping them understand it."

To become a Peer, Hinson had to take a three-credit class during the Spring 1997 semester. The course is designed to teach the Peers nutrition, fitness, stress and weight management. It also teaches them how to work with students on those

issues, said Elise Vaughn, a health educator at Health and Wellness Programs.

Peers have to learn how to actively listen and share information so people can solve their own problems with the appropriate information, Vaughn said.

"Usually, people have in mind what they can do with help and knowledge," she said. "If they come up with a solution on their own, it's a realistic change they can make in their life. Once people are armed with the correct information, it's easier for them to come up with solutions on their own."

The drop-in center benefits students because they receive health information from another student one on one, Vaughn said.

"Students have the unique ability to be able to talk to other students who eat on the same campus, face the same dilemmas and walk the same walk," she said.

The program benefits Peers because they learn more about themselves and their health, Vaughn said.

"Peers learn about what is true in nutrition, fitness and weight management," she said. "It's hard to keep up with new studies, and there is a lot of wrong information out there. They have the correct information, and they can apply it to their lifestyles."

Peers attend biweekly meetings with administrators at Health and Wellness Programs to stay updated with the latest health information, Vaughn said.

"There's so much information out there it's hard for people to know what's true," she said. "Peer Educators work from a number of large, well-done studies. They have to help people understand correct information."

Peers also go on retreats in the spring and fall to "refresh their minds and continue their education," Vaughn said.

Since Peers are not equipped to deal with serious problems like eating disorders, they must refer students suspected of having such problems to the Counseling Center, Vaughn said.

"They are very good about knowing their limits," she said.

### Site of the Day



### CONCERT CALENDAR

- **New Jack Rubies**, TBA, Thursday, Art Bar
- **Soul Mites**, TBA, Thursday, Monterey Jack's
- **Belizbeha**, TBA, Saturday, Elbow Room
- **Blues Traveler w/ Jonny Lang**, 7:30 p.m., Monday, Township Auditorium
- **Fu Manchu**, TBA, Nov. 13, Rockafellas'
- **The Wallflowers w/ the Jayhawks and Maypole**, 7:30 p.m., Nov. 13, Carolina Coliseum
- **Fleetwood Mac**, 8 p.m., Nov. 15, Lakewood Amphitheater, Atlanta, Ga.)
- **311 w/ Sugar Ray**, 7:30 p.m., Dec. 2, Carolina Coliseum

### ETC. BRIEFS

#### Modern dance company premieres with high-energy jazz

Random Dance Company, Columbia's own modern dance company, will present their premiere concert on Nov. 13 and 14 at Columbia Music Festival Association's Theater in the Vista.

The performance will include all original choreography and is designed to take you from a spiritual journey to the light-hearted atmosphere of high-energy jazz.

For ticket information, call 256-0481.

## Days, Y&R Soap Opera Updates

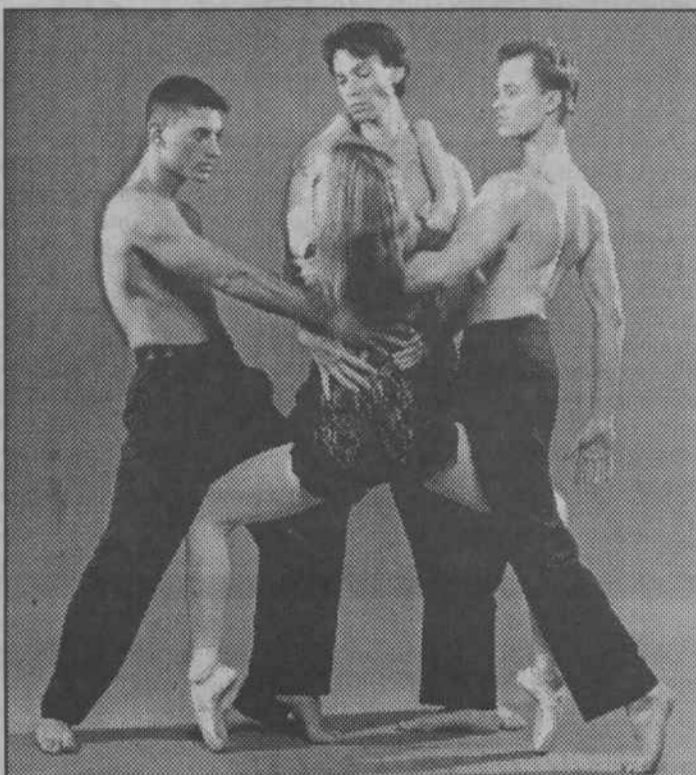
### COLLEGE PRESS EXCHANGE

**Days of Our Lives:** Travis tells T.C. the new guard is Jennifer. Jennifer doesn't know anyone is on to her. T.C. tells Jennifer to keep her trap shut in front of the warden. Roman is getting sicker by the minute and wants to marry Marlena before he checks out of his container. The doctor says he's got the cure for Roman, so they all hop on a chopper to bring it home. Of course, nothing is ever easy for this crew, and the helicopter flies through some turbulence and crash-lands. Carrie dreams of Mike but tells Austin he's the guy for her. How confusing is that one? Bo tells Mike that Hope is the only woman for him. Sami wants Debra to do something if she really wants to become Mike's significant other. Roman comes to, and Marlena says she wants to marry him. She knows John will understand. Sami plays the flying "nun" again after discovering that Austin, Carrie and Mike are on the same flight she's on. Meanwhile, John vows to marry Marlena when he gets home with the cure. I don't think so, John!

### The Young And The Restless:

Diane tells Victor she wants to have his child. He tells her it's too late because he just had a vasectomy. She is crushed that he did this without telling her. Ashley tells Jack about Cole and Victoria's time together, and she says she hopes they had time to talk. He doesn't quite get that. Sharon and Nick set up a dinner party for Cole and Victoria. Of course, Cole and Victoria believe they are the only guests. Daniel tells Danny his mother must really like Michael because he saw them kissing. Nina tells Ryan she told detectives all she remembers about the shooting and they want him back at the station house. Victoria shows with a date at Nick and Sharon's. Cole thanks them for a great dinner and some interesting potential best-seller material. Malcolm visits Neil and Dru to reveal one way they may be able to have another child. Detectives tell Ryan they believe Nina was forced to remember his version of the events. Nina falls while trying to get out of bed.

## Don't cry for her



### Columbia Classical Ballet to present 'Evita Before Peron'

Amanda Bowman dances the title role in Columbia Classical Ballet's Nov. 8 presentation of "Evita Before Peron." Pictured with her are Jarrod Ronhovde (left), M. Shane Meals (center) and John Cronin (right).

Tickets for the Saturday night performance are \$16.50 for adults and \$8.50 for students and seniors.

A silent auction with hors d'oeuvres begins at 6:30 p.m. at the Koger Center for the Arts by the performance at 8 p.m.

For more information or tickets, call (803) 783-8847.

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