

Women gymnasts, rugby team host foes

The undefeated Oregon women's gymnastics team hosts Seattle Pacific Saturday afternoon at 1 p.m. in B-54 of Gerlinger Annex. The gymnasts will be out after 98 points, which would qualify them for the nationals.

Meanwhile, the Oregon rugby team will meet Washington at 1 p.m. Saturday and Western Washington at noon Sunday in games to be played on the IM field.

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A place called Alpha and what you can do there

(Sometimes it's referred to as a relaxed state of inner consciousness. Or an altered state of consciousness. Or just a deeper level of the mind.) They've also found that we all dip into the Alpha level throughout our day. But rarely realize it. So we end up functioning as lesser people too much of the time.

The goal of Silva Mind Control is to help you learn to consciously function in Alpha, at will, wherever and whenever you decide. So you can expand your talents, improve your skill, develop your personality, and correct disturbing bad habits.

In short, to allow you to function as a superior human being.

We help you learn basic techniques you can use to make virtually any life situation easier to deal with. From handling your son's poor homework habits to handling your boss's impossible deadlines to handling your nose's allergic reaction to cat hair.

We help you learn to apply these techniques to insomnia, smoking, headaches, poor memory and overweight.

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A course called Mind Control and how it works

We've been offering Mind Control for over six years in the U.S. and several foreign countries and have graduated over 500,000 students.

Including a lot of "sounds too good to be true" types. In fact, some of the worst skeptics become our best graduates. And sometimes instructors.

The Silva Mind Control course evolved from 26 years on continuous studying and testing by research scientist, Jose Silva, in addition to the findings of on-going research projects at American universities and foundations.

We've been making news because what we do here for people works. And people are convinced.

If you're interested but not convinced, or want to know more, we invite you to attend our special seminar where you can find out just what goes on here in more detail. And you're invited to get real tough with us with your questions. The atmosphere is friendly and we can take it.

The course is taught in four, 10-12 hour sessions. Most people take them back to back. But you can do it separately according to your own time slots. And once you've graduated you can sit in on future sessions as often as you like, free.

We also hold open graduate meetings where you can come to practice techniques, develop newfound psychic abilities and trade experience.

Dress is informal and loose all the time. You wear whatever makes you feel comfortable and relaxed.

Are you ready for a place called Alpha?

See you there.

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Monday Feb. 9, 8 P.M.

for more info. write or call 687-8303

Oregon slates final home meet

A swim meet billed as "a championship meet for champions" returns to the University this weekend as the Ducks host the annual Oregon Dolphin Swimming Championships at Leighton Pool tonight, Saturday and Sunday.

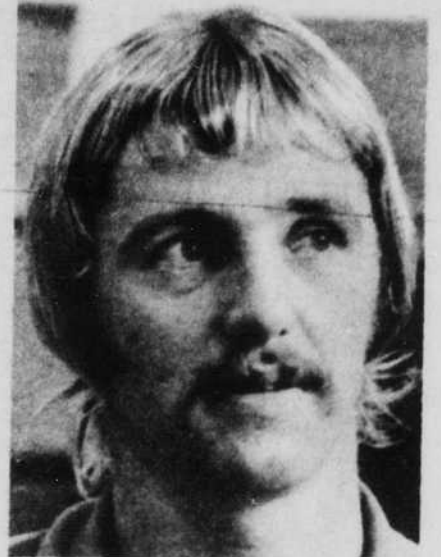
Although the Aqua Ducks are the largest group in attendance, the 23 other swim teams entered have their share of individual champions.

One of these blue-chip swimmers will be Rick Colella, out of Totem Lake Swim Club. Colella, a triple gold medal winner in last year's Pan American Games, is expected to enter several events.

Oregon coach Don Van Rossen calls him "one of the finest all-around swimmers in the nation."

The competition will be even more intense for the Duck swimmers. Based on the performances made in this meet, Van Rossen will decide who travels to the Northern Pacific Swimming and Diving Championships later this month in Moscow, Idaho.

This will also be the last home meet for the Oregon seniors—Rich Kent, Matt McCudden, John McConnochie and Roy Clark. Kent is undefeated in the 100-yard freestyle, while sophomore Steve Hamilton is unbeaten in the 200-yard backstroke.



McConnochie's last home splash

18° temperature didn't scare this Kamikaze b-ball fanatic

By BOB WELCH
Of the Emerald

Thursday's early morning temperature of 18 degrees didn't stop one Oregon basketball fan from making sure he got the same seat he's had in McArthur Court for the last four years.

Bob Mullins, a senior in journalism, made camp here at 12:30 a.m. yesterday in front of Mac Court, 19½ hours before the Ducks' game against Stanford.

"I'd rather wake up in a freezing sleeping bag here at Mac Court than have to get out of a warm bed and come here in the morning," said Mullins, the only person who chose to do so. "I didn't get cold until I woke up at 6:30. A bunch of noisy people going skiing woke me up."

Mullins is no rookie at such endeavors; he's stayed overnight before "five or six" games already this year.

Besides a sleeping bag, his survival kit includes a couple of peanut butter and honey sandwiches,

a bag of peanuts, a six-pack of Pepsi, two boxes of candy, a deck of cards and a textbook for his Law of the Press class.

"Ya get a little tired about 5 o'clock in the afternoon," said Mullins. "That's when the shoving starts to get through the door. I'm usually pretty dead until about halfway into the JV game, then I start gettin' into things."

As you might have guessed, Mullins digs Kamikaze basketball. "I like being close to the action," he said, "and I like venting my frustrations to the referees."

He says the refs are "better than last year but still not good. They're too old, too overrun and can't keep up with the game the way it's played now."

Despite the men in stripes, Mullins predicted the Ducks to sweep both games, "although it could go into overtime against Cal."

Mullins has to work tonight at the recreation center until 1 a.m. But don't worry. You'll find him camped in front of Mac Court soon after, awaiting Saturday's 3:30 p.m. game with Cal.

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