

Improves to fourth in region

New attitude helps Jody Parker's running

By MARK STEWART
Of the Emerald

In last year's Region 9 cross country meet, Jody Parker finished 29th. This year she finished fourth behind teammates Robin Baker, Ellen Schmidt and Cheri Williams.

While Baker has shown herself to be Oregon's best runner this year, there is little doubt that Parker is the most improved.

"Her progress this year is an example of what an athlete can do when she gets it all together and gets confidence in herself," says Oregon coach Tom Heinonen.

Gaining confidence, while los-

ing 20 pounds, has helped Parker. Last year, her best finish was eighth against Oregon State. This year Parker's best was a second place finish against Oregon State and she has consistently been in Oregon's top seven. Her fourth place finish surprised Heinonen, but not her.

"Last year I told myself I could do it — I wanted to be third or fourth on the team — and I did it," Parker says. "My mental attitude has improved."

"You have to tell yourself you're good enough, that you can handle this. You have to want it bad. You have to say 'how important is this to me' and you have to want it all,"

she says.

That is the key that has unlocked Parker's talent this year.

Her improved mental attitude was put to a test Saturday and it pulled Parker through.

"A lot of girls acted sick after the first hill," she said of the meet. "Cheri (Williams and other teammates) wanted to drop out, and I did too. But I had to make up my mind that I wanted (to continue). I had to talk myself out of quitting," she says.

"There is a point in almost every race where you have to push yourself beyond what you've done before."

Saturday, Parker was in an unaccustomed position — near the leaders. But that didn't phase her.

"I'm familiar with having tons of people run in front of me," she said. "I thought that I shouldn't be out there, but I had to put that out of my mind."

"When I run (in practice) I always get beat. In races I do well because I talk myself into it," she says.

Part of Parker's improved attitude has been her weight loss. Last year she dreaded the Tuesday morning weigh-in sessions. This year is different.

"Last year I'd say 'you fat slob, what are you doing out there,'" she says. "(This year) I don't have to worry about my weight, but about what I have to do to win the race."



Photo by Mark Stewart

Jody Parker (number 2412) decided after last season she wanted to improve. Gaining confidence in herself and losing 20 pounds have helped her to become the fourth best runner in the Northwest Region.

what's happening

- | | | |
|--|--|------------|
| Nov. 8 | | |
| Blazers — Boston | | 4:30 p.m. |
| Ski repair and equipment preparation demonstration, | | |
| Room 21 EMU | | 7:30 p.m. |
| Nov. 9 | | |
| "Avalanche" — a movie, and presentation, | | |
| 107 Lawrence | | 7 p.m. |
| Pre-trip meeting for Sunshine Shelters clean-up, | | |
| Room 23 EMU | | 7 p.m. |
| Nov. 10 | | |
| Blazers — New Jersey | | 5 p.m. |
| Winter nutrition and food planning talk, Room 23 EMU | | 7 p.m. |
| Volleyball — Match Play, Seattle, Wash. | | TBA |
| Water polo — Northwest championships, Portland | | TBA |
| Field hockey — AIAW Qualifying, Moscow, Idaho | | TBA |
| Nov. 11 | | |
| Ski equipment festival, EMU lawn | | 9 a.m. |
| Rugby exhibition match | | 10:30 a.m. |
| Men's cross country — District 8-Pac 10 | | |
| Championship, Calif | | 11 a.m. |
| Men's cross country — District 8-Pac 10 | | |
| Championship, Fresno, Calif. | | 11 a.m. |
| Football — Arizona* | | 1:30 p.m. |
| Soccer — University of Puget Sound* | | 6 p.m. |
| Fencing — Tournament in Portland | | TBA |
| Volleyball — Match Play, Seattle, Wash. | | TBA |
| Water polo — Northwest Championships, Portland | | TBA |
| Field hockey — AIAW Qualifying, Moscow, Idaho | | TBA |
| Sunshine Shelters clean-up project | | all day |
| Nov. 12 | | |
| Blazers — Cleveland* | | 7 p.m. |
| Field hockey — AIAW Qualifying, Moscow, Idaho | | TBA |
| Sunshine Shelters clean-up project | | all day |
| Nov. 13 | | |
| Weekly Outdoor Program meeting, Room 23 EMU | | 3:30 p.m. |
| Nov. 14 | | |
| Winter Wilderness Adventures slide show, 107 | | |
| Lawrence | | 7 p.m. |
| Blazers — New Orleans* | | 8 p.m. |
| * home meets | | |

Moisture and heat incubates fungus that causes athlete's foot, jock itch

By STAN WILLIAMS
For the Emerald

Everyone has an occasional case of itchy feet, but if it's the kind that has to be scratched, it could be athlete's foot.

Athlete's foot and jock itch are familiar to many. These are popular names for types of skin infections caused by fungi; the medical terms are ringworm and tinea.

It is important to learn to recognize and care for these infections, especially athlete's foot. If these conditions are not treated promptly and properly, they could spread to other parts of the body and lead to a more serious bacterial infection.

Athlete's foot is ringworm of the

feet. Body ringworm or tinea corporis can appear anywhere. Athlete's foot is characterized by skin peeling between the toes. Symptoms include itching, accompanied by occasional burning and stinging.

There are other skin maladies that mimic athlete's foot. Allergies to wool or cotton give similar symptoms.

Jock itch begins as a red or brown scaly patch. Body ringworm causes circular, dry scaly patches. This infection is also found on the face, neck or hands.

Prevention is important because the infection-causing fungi grow in locker rooms, showers and swimming pools.

The average shower has enough fungi to cause problems. Wearing thongs is a good preventative measure, as well as drying feet with a clean, dry towel. Shoes, socks and jocks should also be kept clean.

Jogging shoes should also be kept clean and dry. Moisture on the skin, in addition to body heat, provides an ideal environment for the growth of ringworm.

Foot powders and sprays help relieve symptoms of athlete's foot and jock itch. They kill fungi on contact and help prevent recurrence. If any undue rash or irritation develops or increases, the use of the powder or spray should be discontinued and a physician consulted.



Second Annual
Fairview Travel Service
Christmas Charter Flight
Portland to New York
\$239⁹⁵ Round Trip

December 21, 1978 to January 5, 1979
Half our tickets are sold already so HURRY!

For reservations call collect to:
Fairview Travel Service
505 NE 223rd Ave.
Troutdale, Oregon 97060
Phone (503) 666-3893

Take advantage of low airfares by making early reservation
SAVE MONEY—Call "Honey" NOW! 666-3893



GREATEST SELECTION ANYWHERE!



10% Discount
to student
& faculty
All Year Round

ART and ARCHITECTURE SUPPLIES

MON—FRI ... 9 to 5:30
SATURDAY ... 10 to 4

339 EAST ELEVENTH
EASY PARKING AT REAR

COLE Artists' SUPPLIES