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There is a 15 cent service charge per check. Make checks payable to the Erb Memorial Union and include Eugene address and phone number (or department and extension for faculty/staff) on the check. The limit on checks is \$10.00 unless otherwise posted.

When writing checks, double-check your bank balance. Make sure what you think will be a "good check" doesn't turn out to be a "bad check." If your check is returned, there is a service charge of \$7.50. This is in addition to any service charge charged by your bank. You will also lose the privilege of cashing checks at the Erb Memorial Union for the remainder of the year (July 1, 1982-June 30, 1983).

To abide by policies set forth by the banks: 1) We cannot accept counter checks, 2) There can be no alterations or changes made on checks, 3) We cannot accept personal second party checks and 4) If you do not have personalized checks additional I.D. must be presented.

I.D. FOR CASHING CHECKS PRIOR TO LAST DAY TO PAY FEES WITHOUT PENALTY.

New Students

1. U. of O. statement of admission with student I.D. number.
2. Valid I.D. with signature and description.

Returning Students

1. Previous term's certificate of registration.
2. U. of O. Plastic I.D. card with picture.

Hill

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"I'll be a leader in a sense — yeah," Hill says. "During practice I'll play a leadership role, during games it will be more of a supportive role."

In the past, Hill says Voelz has had co-captains for the team. Hill says that she set the example while the other captain provided the verbal side. Hill calls it a "good mix."

"I think I lead more by example," Hill says. "I need to work on being more verbal."

The examples that Hill wants to set are evident. She works hard, something she agrees with and takes pride in, and she, like most of her Oregon teammates has a strong desire to excel.

At "Dunes Day," the first official day of fall practice, which consists of an annual excursion to the Oregon coast at Florence for a full eight hour workout, Hill puts out exceptional effort in both the limited workout she did and through encouraging her teammates.

All day long Hill was in the thick of things with the rest of the team. She worked as hard to motivate the players as they did to complete a drill. During the workout, Voelz wasn't caught by surprise. "She always works hard," Voelz said with a knowing smile.

When the team did "bi-ups," which are technically perfect push-ups, Hill's exhibition of upper body strength was nothing short of phenomenal.

Bi-ups are one of a minimal number of exercises Hill is allowed to do. While most of the team grunted and sweated for 30, in the allotted 60 seconds, Hill popped off 67. Much hooting and

teasing from her teammates came with Hill's score, but most of it is admiration, little of it is surprise.

On the verbal end, Hill admonished her tired teammates through other drills at the dunes.

"Game point, get to that ball," Hill yelled. Frequently she was as close as an army drill sergeant. Unlike the drill sergeant, her demeanor was supportive not gruff. During several of the toughest exercises, Hill's voice is heard above the rest. "It's all mental now, it's all mental. Be tough!"

As far as the team goes, Hill will be missed up the middle, both at the net and in the back row. It is something both Hill and Voelz know.

And according to Voelz, part of the void, especially at the net, will be filled by Sue Harbour. "We're going to ask an awful lot of her," Voelz says.

Harbour, a freshman, red-shirted last year due to injuries. Hill unwittingly draws further similarities between her roommate and herself.

"I think Sue will emerge as a leader, by the example she sets," Hill says.

Another of the leaders Hill points to is Anetta Ensworth. "Cheetah," as teammates call her, spent last year on the sidelines because, as Voelz says, she just didn't want to play. Voelz is glad to have her back to guide the young Ducks.

While the team looks to Ensworth on the floor, and Hill off, Hill looks toward 1983.

At a workout on the sand dunes, Hill pops off 67 perfect push-ups in one minute.

Dunes

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and a short break.

A woman introduced as "Strauss" appears with several booklets.

As the players lie in the sand, Strauss explains a newly developed technique to relieve pain.

Strauss, an archer with aspirations for the 1984 Olympics, teaches high school in California. Voelz recruited Strauss to teach "myo-therapy," a technique Strauss learned at a recent conference, while she was vacationing in the area.

Strauss explains the central philosophy behind myo-therapy is that pain is caused by minor muscle spasms. Pressure on "trigger points" (there are literally hundreds listed in the booklet) will relax and untwist the muscle. The pressure is applied with the point of the elbow by pushing down and pulling back.

"There should be discomfort, but not pain," Strauss instructs. The players, stretched out in the sand look more comfortable than discomfortable.

After the myo-therapy, the players spend another two hours working at drills. A couple

of ardent fans and Karen Beamer, a senior on last year's squad have long since gone. Strauss has packed it in and hiked back to the van. The photographer and journalist leave to escape the wind and the sun that has left its mark on both of them.

The "flying, diving, digging Ducks finish their workout alone.

As the sun fades behind the sand dunes and the wind blows harder, the players pack up their equipment and hike back to the parking lot.

Once at the vans, the equipment is dropped and the players lean against the cars. Slowly one or two of the players pull themselves into the van. Tambe sits on the ground, she looks as if she isn't planning on rising soon.

After loading up, the vans head toward Honeyman State Park to showers and another brown bag meal. After dinner the vans turn toward Eugene. In the increasing greyness the team stretches out in the vans and the conversation turns to any topic — except volleyball and sand dunes.

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