

## Take Off into The Future with LIGHT YEARS AHEAD

A weight control program  
from Nutrition Associates.

You can take pounds off and keep them off into the future with Light Years Ahead—a weight control program that works.

This is not a fad diet or miracle cure, but a training program that teaches you how to change your eating habits and control your weight successfully.

Daytime, evening and Saturday classes are starting soon in Eugene and Springfield. So call today for more information about individual or group classes, and you'll be looking forward to Light Years Ahead.

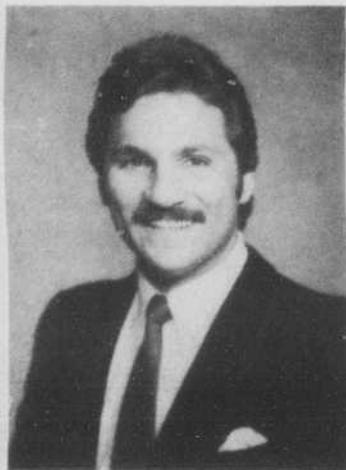
Classes co-sponsored by Sacred Heart Hospital and The Behavior Change Center.

**NUTRITION ASSOCIATES**  
Registered Dietitians Specializing in Weight Control  
Call 343-1649

## Maranatha Campus Ministry Running for the Prize...

An inscription on the University Library reads: "You shall know the Truth and the Truth shall set you free," (John 8:32). That Truth is a Person; His name is Jesus. This is the prize that we are running for at the U of O.

Upcoming Event: Sept. 28-Oct. 11; 7:30  
nightly



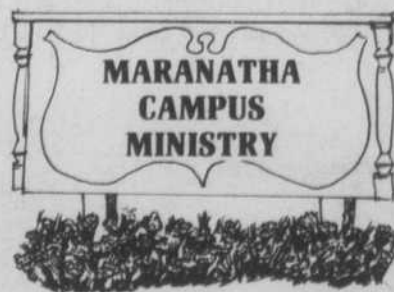
### How to Run the Race

- Fulfilling your goals
- Reaching your true potential
- Keys to Absolute Success

**Nick Pappis**  
Internationally  
Known Speaker

- Sunday Worship Service,  
10:30 a.m.
- Tuesday Celebration,  
7:30 p.m.
- Friday Bible Study,  
7:30 p.m.

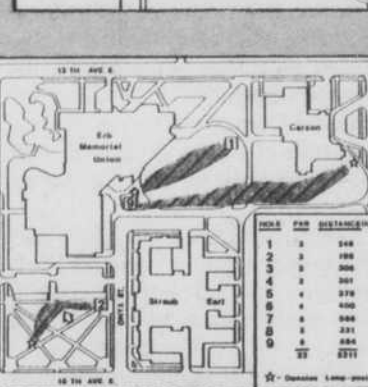
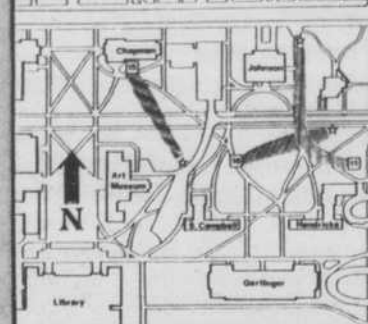
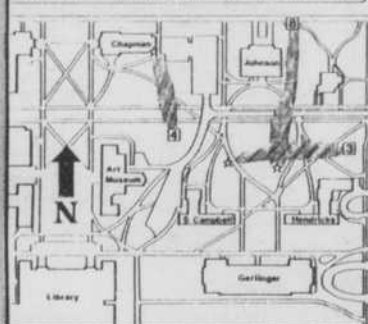
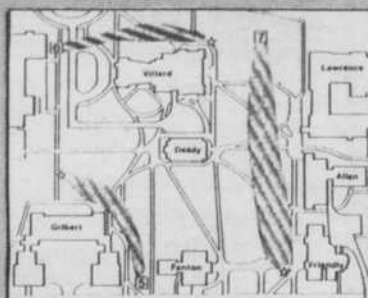
(informal gatherings at  
various residence halls  
call for details.)



**Come Join the Race!**

15th and Alder • 343-0451

## University frisbee course



The most challenging hole is the par-3, 96 yard 17th hole. Golfers have to throw their frisbees over hedgerows and a parking lot full of cars.

RIM has, during spring term, sponsored frisbee golf tournaments. The tournaments incorporate teams of two players with a choice of nine or 18 hole competition at the novice or advanced skill levels.

## Frisbee golfers play through

Frisbee golf. It sounds like a mixed metaphor. But frisbee golf is one of the most popular sports played by students at the University.

There's some controversy about how the sport came to the University. Many say it was imported by enthusiasts from the East Coast or Southern California, who devised a rude course from landmarks on the campus. Since then frisbee golf has become a mainstay at this and other campuses around the country.

Enthusiasts at the University have marked out an elaborate and challenging 18 "hole" course that crisscrosses the entire campus. The "holes" are lamp posts that have yellow guide stripes. The object is to hit the posts below the yellow stripe and above a lower ring. A copy of the rules for frisbee golf is available from the Recreation and Intramurals office in Gerlinger Hall.

Frisbee golf is quite similar in many ways to conventional golf. The activity provides exercise, sunshine, competition and an enjoyable tour of the campus for the players. Then again, there are similar hazards in both sports. Many a golfer has blown his top and thrown his clubs into the lake after hitting a tree, losing his ball in the rough, getting a bad lie, missing that easy putt, or dropping twenty bucks to the Presbyterian minister in his foursome. Frisbee golfers suffer the same frustrations.

The front nine begins on the hill of the grassy area between the EMU and Carson Hall. The first hole a par three, 248 yard, is played to the lamp post of the southeast entrance of the EMU. The course winds south to an area across from

Leighton Pool, west toward Susan Campbell and then north past Chapman Hall all the way to the Law School. The course then goes behind Villard and turns south to Hendricks Hall. The tee for the ninth hole is on a mound by the southeast entrance of the EMU. It's a five-par to the "hole" on the other side of Carson Hall by the bicycle racks.

The back nine reverses the front nine, with minor course variations. The entire course is a par-65, covering a total of 6,448 yards.

Players say the most challenging "hole" is the par-three, 96 yard 17th hole. Golfers tee-off on the hill on the southwest corner of the EMU and try to fling their frisbees over a row of hedges lining the parking lot. The difficult part is to clear the hedges and the cars in the lot in one shot and still be in position for the two-putt to the "hole".

RIM has, during spring term, sponsored frisbee golf tournaments. The tournaments incorporate teams of two players with a choice of nine or 18 hole competition at the novice or advanced skill levels.

There are also community sponsored frisbee golf tournaments. Westmoreland Community Center is the site for two tournaments on Oct. 9 and Oct. 30. Both tournaments begin at noon. The fee is \$1 for the Oct. 30 tournament with a men's, women's, and age group divisions.

Frisbee golfers are much maligned because the course crosses pedestrian areas and the places where students sunbathe. Because of the popularity of frisbee golf it is advisable that students walk and sunbathe defensively when on the course.



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