

Intramurals

RIM deadlines:

•Men's and Women's Badminton Singles entry forms are due Nov. 2 and play begins Nov. 3.

•Men's and Women's 3 x 3 Basketball forms are due Nov. 2 and play begins Nov. 6.

•There will be a Cross Country Meet Nov. 7, and entry forms for men's, women's and coed teams are due Nov. 5. There is a four member minimum per team.

Football

Friday, Oct. 19

Men's I

Lame Ducks d. Beta I 26-0
Sigma Chi d. Theta Chi 7-0

Men's II

Destiny's Last Chance d. N. Molokai Barrel Club 28-0

Ground Zero d. Zoo 20-7

Coed Razzle Dazzle

KE-AX d. Sweetser 27-17
UI 2 d. Killer Carsonites 19-7

Oct. 10

Saturday, Oct. 20

Men's I

Lonely Collier Boys d. Fiend Machine 7-0
Coral Reefers d. Moore Maraanders 27-0

Men's II

Delts d. Caswell 13-6
Grant Generals d. Sig Ep II 7-0
Simplex IV d. Caswell II 7-0

Coed Razzle Dazzle

BQTT vs. SAE/Delta Cramma (double forfeit)

Tuesday, Oct. 23

Men's I

Coral Reefers d. Pikes 13-7
SAE A d. Tortfeasors 20-0

Men's II

Sigma Chi II B d. N. Molokai Barrel Club 32-6
Phi Delta Theta II d. Zoo 7-0

Coed Razzle Dazzle

Sweetser d. V.I. 2 40-18

Wednesday, Oct. 24

Men's I

Chi Psi d. Phi Psi I 7-0

Phi Delta Theta I d. Sig Ep I 20-0

Men's II

Lame Ducks d. Sweetser 26-0
Simplex IV d. Black Label 7-0

Coed Razzle Dazzle

KE-AX d. Kama Kaysers 45-18
Biff Boppers d. Cloraanimals 32-18

Thursday, Oct. 25

Men's I

Sigma Chi I d. Pounder Rehab Center 12-6

Theta Chi I d. Ramblin' Wreck 12-0

Men's II

Destiny's Last Chance d. Rebels 20-0

Ground Zero d. SAE 7-0

Coed Razzle Dazzle

VI Bombers d. Parson's Dorm 25-24

Volleyball

Monday, Oct. 22

Coed I

Mixed Bunch d. Molokai Fisheads 2-0

Theta Chi/Cramma Phi Beta d. Ball Busters 2-0

Coed II

Chemical Physics d. Running Rebels 2-0

Team Beach d. Subclones of Dr. Funk 2-0

Carson 4 d. Sweetser (forfeit)

Potpourri d. Zoo (forfeit)

Wednesday, Oct. 24

Coed I

Guam Bombs d. Theta Chi/Gamma Phi Beta 2-1

Ball Busters d. SAE/Pi Phi (forfeit)

Coed II

Carson 4 d. Decou 2-0

Poi Pounders I d. The Slammers 2-0

Debusk Destroyers d. Rag Tag 2-1

Team Beach d. Health of It 2-1

Tri Hard d. Thornton Slugs (forfeit)

Young Lovers d. Robbins Rads 2-0

Ragers d. Chemical Physics 2-0

Indoor Soccer

Tuesday, Oct. 23

Take 1 Independent d. Henderson's Goldfeins 3-0

Thornton d. Goal Miners 2-1

The Donuts d. Puki 2-0

World Peace d. Henderson II 1-0

Thursday, Oct. 25

FG4Xn d. SAE 6-3

The Repo MMen d. Dunn 9-0

Spurs d. Local Motion 3-2

Terrapian Flyers d. Zoo 1-2

The Strickers d. Spurs 2-0

Performance

Continued from Page 6B

"I had the strangest feeling of deja vu when I ran onto Stevenson Track for that final 200-yard push to the finish line," she says. "The sound of my fellow marathoners cheering my effort felt poetic and prophetic. I had been rehearsing that beautiful sound in my head three times a day for weeks."

"When you practice your sport or imagine your abilities at test-taking," says Porter, "remember to see yourself as 'world-class.' It's your own fantasy, so make it a powerful, positive image. Use as many senses as possible and pay attention to minute detail: the color of your singlet, the feel of the fall air against your skin, the texture of the pencil in your hand."

She says to view your performance in slow motion, going back over the imagery if you make a mistake. "You can rewind the 'tape' mentally and reuse it."

Anxiety often causes the athlete or student to "fade out," says Porter. "When that happens often, you can alleviate the problem by rehearsing regularly to get rid of the butterflies in your stomach. Use positive self-statements ('I am confident of success,' or 'I am performing well'); visualize yourself succeeding."

"Just be sure you also practice and study," Porter adds, "because these techniques are companions to, not substitutes for, good study and workout habits."

Porter and Foster presented two mental training clinics this month in Boston for the Bonnie Belle 10,000 meter run. "It was a fantastic experience because

there were over 7,500 women running," says Porter. And this summer they conducted workshops for the Olympic Scientific Congress in Eugene, the first-ever Women's Olympic Marathon Trials in Olympia, Wash., The Athletics Congress National Masters Track and Field Championships at Hayward Field, and several other national competitive events.

Having studied the mental rehearsal training of elite athletes such as Mary Decker and Joan Benoit and being competitive masters runners themselves, Porter and Foster are currently working on adding to their accomplishments by writing a book titled, "Running and Coping for Women over 40." Porter runs in long-distances and Foster in sprints.

"The next time you 'freeze,' either in competition or in the classroom, recall the strength and power you felt from prior rehearsals for just such a moment," coaches Foster. "You'll be pleasantly surprised at how effectively you handle such stress, once you've learned to mentally train."

"And keep a day-by-day journal of your progress," advises Porter. "By taking responsibility for our behavior, we can turn anger and disappointment into productivity, not depression."

For further information about mental rehearsal, stress management and creative visualization techniques, call Porter Foster at 342-6875; or write P.O. Box 5584, Eugene 97405.

Tonight!



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PACIFIC 10 CONFERENCE Projections

Editor's note — Pac-10 Projections is a weekly scorecard of Emerald sportswriters attempts to predict who won the Pac 10 games for the previous week and who will win the games scheduled for the present week.

This week's games:

- Utah State(1-6) at Arizona (4-4)
- Florida State (5-1-1) at Arizona State (3-4)
- California (2-6) at Washington (8-0)
- Oregon (4-4) at UCLA (6-2)
- Oregon State (2-6) at Washington State(4-4)

• Southern California (6-1) at Stanford (4-4)


Emerald Sportswriters:

• Editor Brent De La Paz (12-2-1): Arizona, 38-10; ASU, 25-24; Washington, 28-14; UCLA, 34-21; WSU, 48-35; USC, 24-21;

• Al Lazo (6-8-1): Arizona, 17-0; ASU, 30-18; Washington, Oregon, 14-3; OSU, 31-23; USC, 17-14;

• Rob Collias (11-3-1): Arizona, 31-0; ASU, 35-17; Washington, 31-10; UCLA, 28-24; WSU, 51-7; USC, 28-10;

• Jesse Burkhardt (2-2-1): Arizona, 28-20; ASU, 30-24; Washington 35-10; UCLA, 28-17; WSU, 38-23; USC, 27-14;



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