



## High school group joins protesters at downtown rally

About 100 South Eugene High School students skipped their afternoon classes Thursday to join protesters at the Lane County Jail, where they and others held a rally during the arraignment of 90 demonstrators against apartheid.

"There's a pretty stiff penalty for skipping classes at our school," said Jessica, 16, who didn't offer her last name. "Our assistant principal drove by (the march) to see who was there."

Some protesters arrested Wednesday night at the Federal Building were South Eugene High students, and the event activated members of the school's Peace Club to organize further demonstration.

"I never realized so many people at my school cared," said Heidi, 16.

Photo by Tim Swillinger

## How to release stress' 'rope'

By Michelle Brence  
Of the Emerald

Stress is like tying a rope around your ankle and allowing other people to pull on it, Robert Sanford said during a Thursday-night address titled "Burnout and Stress Prevention: Developing Personal Power."

Sanford, a University of Washington police officer, spoke to a receptive audience in the EMU Dad's Room about the techniques he uses to battle burnout.

First, he told the audience, take a 3-inch by 5-inch note card and write down the worst thing you've ever done. Then, make the event 10 times worse and write it down on the card's reverse side. After this, Sanford instructed the audience to tear the card up and flush it down the toilet.

"Being obsessed with the wasted past wastes the present," Sanford said.

A second thing to do is to make a list of all your roles in life and give a letter grade for each role. This, he said, will help prevent defining yourself by just one role.

"And you realize that even though one of

them is a 'D,' your GPA is pretty damn good," he said.

Don't regret decisions, Sanford said. Instead, focus on the skills you have to solve a problem rather than on the problem itself. "Keep looking at your tool kit rather than the job you have to do," he said.

Another technique includes asking yourself if you would rather be someone else, he said. If you find that you would, you might need to seek counseling, he said.

Sanford also presented ways to avoid being plagued by burnout once you have defeated it.

When people insult you, fight back by thinking, "That does not define me. I define me. You can't unless I let you," Sanford said. By letting others do the defining, you are handing them the end of the rope tied to your ankle, he said.

Other techniques include focusing on successes rather than on failures each night before going to sleep and displaying pictures of yourself in proud moments on a wall.

Sanford also suggested recording dates that are important in your life in a calendar book.

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