

Celebrate Spring Well!

April Wellness Month



George Obermeier, M.S., is the Alcohol and Drug Education Coordinator at Dickinson College, Carlisle, PA. He has written numerous articles on chemical dependency and is a national consultant on issues relative to adolescent substance abuse, natural highs and developing humor and creativity.

April's Featured Speaker:

George Obermeier,
National Humorist and Educational Consultant

"Natural Highs"
Thursday, April 12
7:00-9:00 p.m.
100 Willamette

Discover the positive power of humor and learn of healthy ways to get "high." Join in April's activities and celebrate spring well!

8	League softball and tennis begin today \$25 each call RIM: 346-4113	9	Talk by Jane Goodall, renowned primate research scientist Call Survival Center for ticket info: 346-4356	10		11		12	"Natural Highs" presentation by George Obermeier 7-9 p.m. 100 Willamette call COSAFE: 346-3105	13	Arbor Day Ceremony Join a tree planting celebration Call Survival Center: 346-4356	14	League soccer begins today \$25 fee call RIM: 346-4113
15	Easter Recycling Awareness Day "Priorities for a Healthy Society" Keynote Lecture 7:30 p.m. EMU Fir Room Call Survival Center: 346-4356	16	Youth AIDS Prevention Theater 7:00 p.m. Bean Complex Call Univ. Housing: 346-4277	17		18		19	"Ducks on a Roll" wheelchair basketball 7 p.m. - Mac Court call 346-3724 for ticket info.	20	"The Oneness of Everything" multicultural celebration 7:30 p.m. - \$5 EMU Ballroom Call Survival Center: 346-4356	21	"Diet for a new America" keynote lecture by John Robbins 7 pm, EMU Ballroom \$2 Call Survival Center: 346-4356
22	Earth Day 2K and 10K fun runs - 9 a.m. Alton Baker Park \$5 for students Call: 346-4356	23	"Ancient Torah, Future Earth" talk on preventing nuclear holocaust 7:30 p.m. 100 Willamette Call: 346-4366	24		25	GenderSpeak Communication Workshop 5-7 pm, Carson Gold FREE pizza! Call COSAFE: 346-3105	26	Elections today and tomorrow	27	"Aerobi-Fun" special aerobics event 1:30-3:30 p.m. \$2.00 Gerlinger Sun Porch call RIM: 346-4113	28	Women's Health Conference Call Women in Transition: 346-4099 Self-Esteem Workshop Call G.A.L.A.: 346-3360
29	Grape Boycott Call MICH: 346-3508	30	Frisbee league begins today \$20 fee call RIM: 346-4113										

Wellness Month has been coordinated by COSAFE and the Dean of Students' Office. For more information, contact Joanie Robertson, Assistant to the Dean for Training and Prevention, or Karlin Conklin, Media Relations Assistant, at 346-3105.

COSAFE

Campus Organization for a Substance Abuse Free Environment

Sports

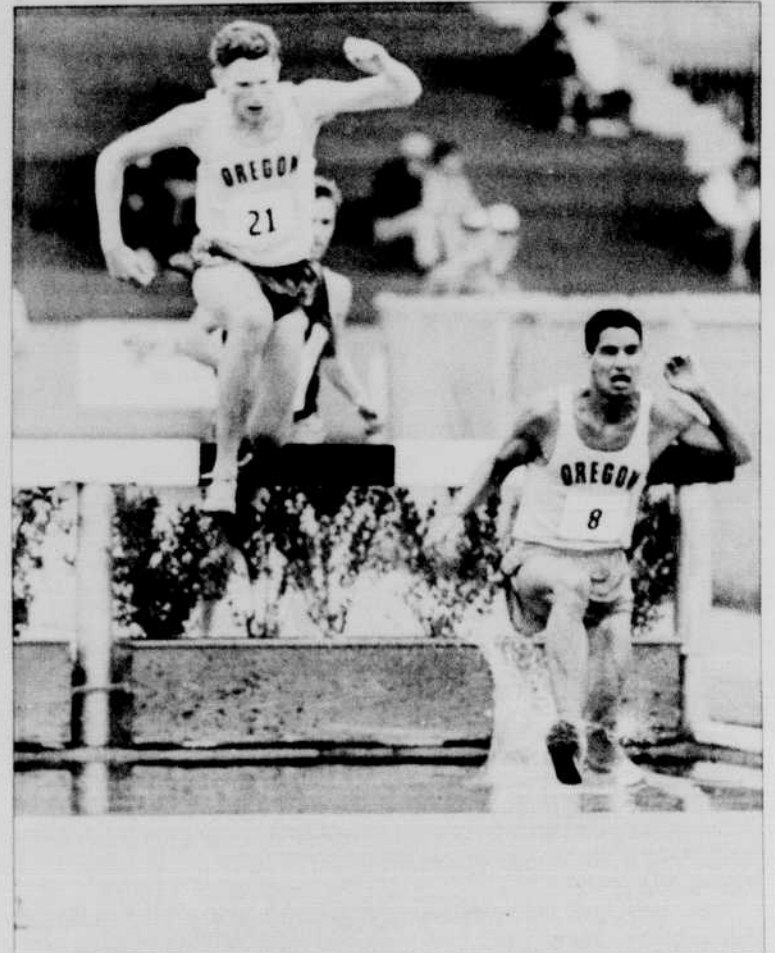


Photo by Mark Yen

Danny Lopez (8) leads Rick Mestler over the steeplechase for a 1-2 finish and an NCAA qualifying time for both tracksters.

Skipper's javelin toss sends men over WSU

By Ashley Conklin
Emerald Sports Reporter

Although the final margin was only 15 points, 89-74, Saturday's men's dual meet between Oregon and visiting Washington State was decided early on.

Art Skipper's come-from-behind win in the javelin, with a school and meet record toss of 243-1 over Washington State's Stefan Wikstrom, set the stage early, and Oregon added other wins in the steeplechase, 400-meter relay and an unexpected sweep in the 110-meter high hurdles.

"Everybody competed well and it was a good team victory," Oregon coach Bill Dellinger said. "Washington State competed really well. They were coming at us pretty hard."

"We had a lot of tigers out there today," Dellinger added.

The biggest tiger may have been Skipper, who wasn't expected to be pushed in the javelin until Wikstrom uncorked a throw of 232-11 on his first attempt. However, Skipper came back to unleash a throw of more than 240 feet, his first ever, on his third attempt.

"I knew it would be a close meet, so I knew I had to beat him," Skipper said. "We've been working hard in workouts and I knew 240 was close."

"I was surprised to see the Cougars throw so far in the jav-

elin," Dellinger said. "I know it caught Art by surprise. I wondered if he would respond and he did. That set how the meet went for us."

Despite the absence of Pacific-10 Conference champ Marty Stroschein from Washington State in the steeplechase, the race was a good one between Oregon's Danny Lopez and Rick Mestler and Washington State's Robert Price.

Lopez passed Price with about three laps to go and then held off Mestler as the Ducks got a big 1-2 finish. In addition, Lopez (8:42.35) and Mestler (8:43.29) both beat the NCAA qualifying standard of 8:44 and Mestler's time was a personal record.

"The steeplechase was a key event with our guys going 1-2," Dellinger said. "To get both qualified was a bonus."

Despite being bothered by sickness earlier in the week, Lopez said he felt pretty good after the race.

"I've been kind of sick all week and I wasn't breathing that well out there," he said. "It's really nice to qualify and it felt pretty good."

Following the steeplechase, the Ducks were able to add a win in the 400 relay as anchorman Klaus Weigeldt held off the Cougars' George Ogbeide in the final straightaway. The win

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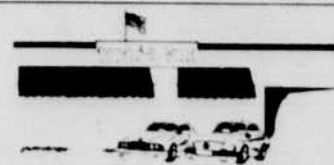
LETTER PERFECT

Graphics

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SUITE 300 ERB MEMORIAL UNION 346-4381 9:00 - 5:00 M - F



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