

## Looking Good in the '90's' the Healthy Way

This presentation is a two-part series exploring the issues of health in relation to personal care products, cosmetics, cosmetic surgery, tanning and other ways that people use to "look good."

Tuesday, May 26th 4:00 - 5:30 pm

- What is "looking good"?
- What to watch out for in personal care products
- The effects of sun tanning on the skin
- Breast implants and other cosmetic surgeries

Wednesday, May 27th 4:00 - 5:30 pm

- What harmful substances are in our food?
- Does dieting work and the effects of dieting
- A look at the health effects of alcohol and tobacco

Place: Medical Library, Student Health Center  
Register by calling 346-4456 or see the Health Education office in the Student Health Center.  
Limit 20 people.

### It's FREE!!!

\*Sponsored by the Lifestyle Planning Program, Student Health Center.



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- ◆ The program brings together the best academic expertise in Japanese studies from Oregon and from Waseda University, one of Japan's most prestigious institutions of higher education.
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- ◆ Scholarships are available; Deadline June 1, 1992

For a brochure and an application contact the Oregon/Japan Summer Program, International Office, Campus Box 192, Lewis & Clark College, Portland, Oregon 97219. TEL. (503) 768-7305; FAX (503) 768-7301.

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## TRACK & FIELD PREVIEW

### PAC-10

Continued from Page 6B

Arizona State had seven men compete at the NCAA meet last year and could make some noise at the Pac-10 meet.

"We have some good individuals," head coach Tom Jones said.

Among those is Shane Collins, the favorite in the shot put and recently returned from a mini-camp with the Washington Redskins.

Gabe Beechum is the favorite in the high jump and the Sun Devils have three of the top-four long jumpers in the conference — Brian Ellis, Danny Simpson and Victor Agbebaku. Ellis is also a favorite in the triple jump.

**'I don't think we can win the team title. UCLA is the overwhelming favorite.'**

— John Chaplin,  
Washington State  
men's track coach

Returning this year for California will be the Pac-10 champions in the pole vault — Brent Burns — and the discus — Ramon Jimenez-Gaona — and the runner-up in the high jump — Kevin Keane. But the Golden Bears' strength in the field

events will be offset by their weakness in the running events.

USC is the flip side of Cal. The Trojans will score big points in the relays and the sprints with Curtis Conway (100), Jeff Laynes (100 and 200), Quincy Watts (400) and Travis Hannah (400), but they have virtually no scoring opportunities in the field and distance events.

Stanford has Dave Popejoy — the favorite in the hammer — and one of the favorites in the 10,000 in Dave Scudamore, but the Cardinal has no athletes entered in the sprints and a scarce amount entered in the distance races.

### STEEPLERS

Continued from Page 3B

Mestler admits untimely injuries got the best of him over the winter. He opened his junior season with an injury that marred his performance early in the season, and a knee injury the following summer didn't help his attitude.

"I tweaked my knee over the summer, and I didn't train much over the winter," he said. "So I was starting in January from square one again, and I was frustrated. I wasn't really into it. I guess it was winter depression."

Despite nagging injuries, Mestler has always been able to perform competitively.

"That's one thing I've always respected in him," Van Schoiack said. "He runs beyond what he's maybe physically capable of."

Van Schoiack has gotten the better of Mestler this year, but that means nothing to Van Schoiack.

"I may have beaten Rick everytime we've raced this year," Van Schoiack said, "but we could be running on Friday and, oh, look who's in the lead, it's Rick."

"If Tye finishes first and I finish second," Mestler said, "that's fine with me."

That would be fine with the fans at Hayward, too ... even if it means dealing with a little rain.

## PAC-10 MEET SCHEDULE

### Pacific-10 Conference Track and Field Championships

Friday, May 22

#### FIELD EVENTS

- 3:00 Hammer (M/F)
- 3:15 Javelin (W/F)
- 3:50 Long Jump (W/F)
- 4:15 Shot Put (M/F)
- 4:25 Pole Vault (M/F)
- 5:30 Javelin (M/F)
- 5:50 Long Jump (M/F)
- 6:00 High Jump (W/F)
- 7:05 Shot Put (W/F)

#### RUNNING EVENTS

- 3:45 3,000 Steeplechase (M/F)
- 4:05 1,500 Meters (W/Q)
- 4:35 100-Meter Hurdles (W/Q)
- 4:50 110-Meter Hurdles (M/Q)
- 5:20 400 Meters (M/Q)
- 5:50 100 Meters (M/Q)
- 6:05 10,000 Meters (W/F)

6:45 800 Meters (W/Q)

7:00 800 Meters (M/Q)

7:15 3,000 Meters (W/F)

7:30 400-Meter Hurdles (W/Q)

7:45 400-Meter Hurdles (M/Q)

8:00 200 Meters (W/Q)

8:15 200 Meters (M/Q)

8:30 10,000 Meters (M/F)

Saturday, May 23

#### FIELD EVENTS

- 2:00 Discus (M/F)
- 2:10 Triple Jump (W/F)
- 2:50 High Jump (M/F)
- 3:45 Triple Jump (M/F)
- 3:45 Discus (W/F)

#### RUNNING EVENTS

- 2:35 5,000 Meters (W/F)
- 3:00 4x100 Relay (W/F)

3:05 4x100 Relay (M/F)

3:15 1,500 Meters (W/F)

3:25 1,500 Meters (M/F)

3:35 100-Meter Hurdles (W/F)

3:40 110-Meter Hurdles (M/F)

3:50 400 Meters (W/F)

3:55 400 Meters (M/F)

4:05 100 Meters (W/F)

4:10 100 Meters (M/F)

4:20 800 Meters (W/F)

4:25 800 Meters (M/F)

4:35 400-Meter Hurdles (W/F)

4:40 400-Meter Hurdles (M/F)

4:50 200 Meters (M/F)

4:55 200 Meters (M/F)

5:05 5,000 Meters (M/F)

5:25 4x400-Meter Relay (W/F)

5:35 4x400-Meter Relay (M/F)

(M/F) = Men's Final, (M/Q) = Men's Qualifying

(W/F) = Women's Final, (W/Q) = Women's Qualifying

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