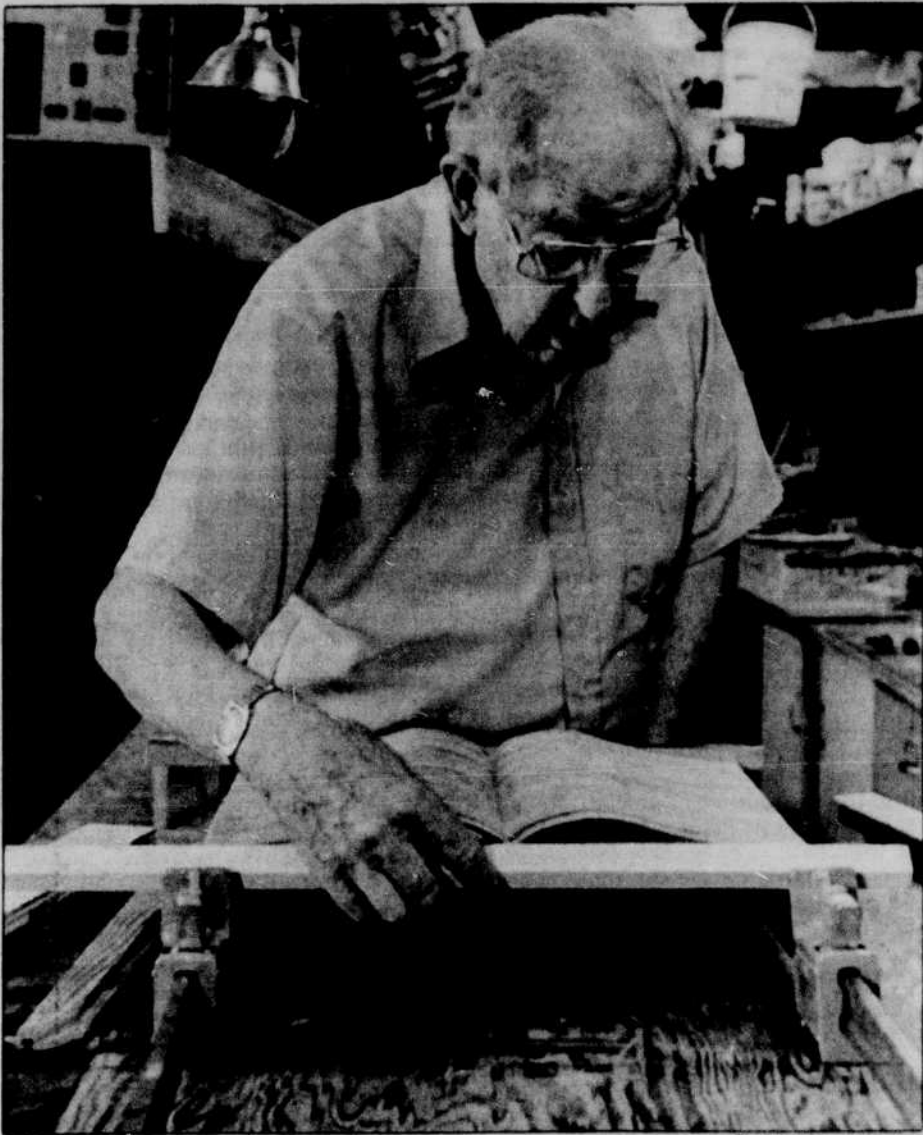


# 'Mr. Mike' adds personal touch to University museum



Eighty-year-old Mike Smith spends some volunteer time at the Museum of Natural History making a "concrete bible" for an exhibit. Photo by Michael Shandler

By Mandy Baucum  
Emerald Reporter

Mike Smith, ambles around the museum he has come to know so well. Pointing to all of the little additions he has created for the museum, he fondly remembers the exhibits and people he has worked with over the years.

Smith is affectionately called Mr. Mike by his co-workers. The paintings made for him by the program director's daughter are a symbol of the family-like relationship he has formed with people from the Museum.

Smith often works with University students and has come to enjoy them like family as well.

The old Museum of Natural History building was opened in 1944, and was forced to move when the old science complex was torn down.

Although the U.S. Department of Energy science project grant gave \$485,000 in replacement costs to fund the new Museum, the Bowerman and Autzen Foundations and private individuals helped contribute to the Museum's relocation. The Museum's own efforts raised \$150,000 for the project. After learning that the construction bid was higher than expected, they began fundraising again.

Finally, the new Museum's shell was completed in 1987. During his 11 years with the Museum, Smith has seen all of these changes take place and his volunteer work has helped to fill the museum's empty interior. He says that the Museum's lack of money has made his job a lot more fun.

Now the museum has three full-time paid positions, including program director and assistant Patty Krier and Erika Remmy, and conducts several tours a month. Twenty-seven tours are sched-

**'I couldn't wait to retire, and I've loved every minute of it. I get up late. I sleep late. I love it.'**

— Mike Smith,  
Museum of Natural History volunteer

uled for the month of May.

Smith spends about four hours a day making things like shelves, cabinets and platforms that will give kids a better view of the waist-high exhibits. He's made platforms for kids to stand on, set up the lighting for certain exhibits and made hundreds of what the museum calls "sculpture stands."

"Really, they're just boxes," he said. "They just call them that to make things more complicated."

Soon after retiring, Smith took oil painting classes from Maude Kerns Art Center and says he discovered he wasn't cut out to be an artist. One day he decided to ask if he could do volunteer work there, but someone said he would have to talk to someone with more authority on the matter and asked if he could return at a later date.

Smith said he walked out of the art center and "just kept walking down the hill" until he found the Museum of Natural History. He asked if he could volunteer there and started working that day.

The museum needs the help of its volunteers and would probably have trouble replacing the 80-year-old Smith.

Smith said he tried asking around at local senior centers to find a volunteer who could fill his place, but didn't have

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# Hypnotists say 'evil doctor' stereotype is born of ignorance

By Tammy Batey  
Emerald Associate Editor

"You are getting sleepy, sleepy, sleepy," murmurs the mysterious, evil Dr. Death. As he swings his pocket-watch back and forth before his innocent victim. The victim's eyelids slowly close and the person's body relaxes until it resembles silly putty.

"Ha Ha Ha," Dr. Death cackles. "Now you are under my complete and utter control."

This is the stuff of bad movies shown on television in the wee hours of the morning and a far cry from what hypnosis is really like or how it's used, hypnotists say.

Certified hypnotherapist Rosemarie Eisenberg said people usually have misconceptions about hypnosis based on what they see on television and in movies.

"I don't use a gimmick technique like moving a watch back and forth," Eisenberg said. "I really want people to know it's not a magical, mystical thing. It's helping you get in touch with yourself."

Contrary to popular belief, hypnotists can't make

people do anything they want them to, Eisenberg said. Instead, hypnosis merely lowers people's inhibitions so that they're more open to suggestion. Hypnotized people continue to be aware of their surroundings, she said.

"It's kind of like being in a movie theater," Eisenberg said. "You're focusing on that. If someone whispers, 'Do you want popcorn?' you probably won't hear it, but if the person says, 'There's a fire' you'll probably hear it."

Eisenberg said she usually works with clients for two to four sessions and each session lasts from an hour to an hour and a half. She said she uses hypnosis mostly with people who want to stop smoking, lose weight or manage their stress.

While her clients are under hypnosis, Eisenberg said she emphasizes the positive results that will occur if they break their bad habits.

The American Council of Hypnotist Examiners in Glendale, California has certified about 7,200 people in 21 countries, said Gil Boyne, ACHE executive direc-

tor. To become certified, people must complete more than 150 hours of instruction in hypnosis from an ACHE approved school, pass a ACHE approved exam, and hold a city business license.

Boyne said people must be self-motivated if they are to successfully break a bad habit through hypnosis.

"If they tell me, 'Oh, my wife yells at me. She's a non-smoker and she's sick of my smoking, so I figured what the hey I'd try it,'" he said. "I tell them, 'Your motive is not a strong enough motive.' But if they say, 'It bothers my wife and kids, but most of all I want to quit,' that's a great motivation."

Kay Anthony said hypnosis helped her break a pack-a-day smoking habit. She smoked her last cigarette four days after her first session with Eisenberg — in 1985.

"It worked great," Anthony said. "It was very non-threatening and very pleasant. She convinced me I was a non-smoker. That's why I didn't feel I needed a cigarette, because I felt like I'd never started (smoking)."

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