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**Dr. Effie Chow,
President of the East West
Academy of Healing Arts**

LECTURE: \$10.00

Friday, December 4, 1992

7:00-9:00 p.m.

Fir Room, Erb Memorial Union, UO Campus

(wheelchair accessible)

Dr. Chow will present an introduction to the Chow System, case studies, demonstrations of the effects of energy manipulation and visualization, and basic exercises to increase energy and bolster the immune system.

HANDS-ON DEMONSTRATIONS: \$55.00 faculty/students

Saturday, December 5, 1992

9:00 a.m.-7:00 p.m.

Fir Room, Erb Memorial Union, UO Campus

(wheelchair accessible)

For more information, or to register for either the Friday evening lecture, or the full day of demonstrations on Saturday, please call:

The University of Oregon
Continuation Center
346-4231

1-800-524-2404 (inside Oregon)
Space is limited. Reserve early!

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STREETWISE

QUESTION:

How much is too much?

"The grave is too much. I guess you have pretty much maxed out when you hit the grave."



PATRICK McCARTY
freshman, psychology

"In terms of money, for example, it's too much when you start donating it."



EFREM MEHRETAB
senior, finance

"Too much is not enough."



AMY BISHOP
junior, journalism

"I would say not enough is too much."



DAVID SCHUBERT
sophomore, biology

"Too much is when it's not sustainable. When the long term can't support that much."



MICHELE BELL
junior, romance languages

"Well, there is never too much, and/or maybe there is never too little."



KELLY MULLENS
graduate, journalism

Women to sing at Saferide benefit

A recording artist with Columbia Records and a Eugene singer will combine their talents tonight to raise money for the University's Project Saferide.

Brenda Kahn, who recently released her first album *Epiphany in Brooklyn* on Columbia's new "Chaos" label, and Laura Kemp, who has earned praise for her new recording *I Hope They Like the Rain*, will sing at the 1992 Project Saferide Benefit Concert.

Project Saferide is a free shuttle service for women.

After Kahn bought her first six-string guitar at a K mart, she immediately began to write songs, she said. Her music was influenced by Elvis Costello and Lou Reed.

"Basically it was survival for me," Kahn said.

"It was just a way to not have to deal with anything else. It was the only way I could really communicate."

Kemp is "one of Eugene's newest rising stars," according to the Eugene Folklore Society. She didn't begin writing and performing her own songs until early 1990.

"Through my songwriting, music has taken on a whole new dimension, providing me with a powerful way to express my emotions and convictions," she said.

The concert will be at 8 p.m. in the Cate Auditorium, located on 18th Avenue and Agate Street.

Tickets are \$6 for University students and \$8 for the general public. Tickets are available at the EMU Main Desk, Mother Kali's Bookstore and Balladeer Music.

ET ALS

MEETINGS

C.A.R.E. (Creating a Rape-free Environment) will sponsor the following activities starting today. The Wall of Awareness, a mural sharing feelings about sexual assault and C.A.R.E. Bulletin Boards, which provide facts about sexual assault, will be in the University Inn, Carson and Hamilton lobbies. Also, the C.A.R.E. Walk will have more information on sexual assault outside of residence halls. For more information, call 687-5620.

Center for the Study of Women in Society will have a lecture and reception with Catherine Raissiguier, visiting

assistant professor of women's studies today at 3:30 p.m. in the Gerlinger Lounge. For more information, call 346-5015.

Counseling Center and Dean of Students will have a lesbian and bisexual drop-in group on "Relationships" today from 3:30 to 5:30 p.m. at the Koinonia Center, 1414 Kincaid St.

Amnesty International will meet tonight at 7 in EMU Cedar Room B.

EMU Board of Directors will meet today at 4:30 p.m. in the EMU Oak Room. For more information, call 346-3720.

Asklepiads will meet tonight at 7 in EMU Cedar Room A. For more information, call 343-3994.

RELIGION

The Nights of the Roundtables will discuss "Faith and Reason" tonight at 7 in EMU Century Room D. For more information, call 343-4914.

MISCELLANEOUS

EMU Cultural Forum will have a Saferide Benefit Concert with Brenda Kahn and Laura Kemp tonight at 8 at the Cate Auditorium, 18th Avenue & Agate Street. For more information, call 346-4376.

Let Us Wrap It!

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