

Going Out Outdoor Program offers activities for all



Rebecca Wilcox, a freshman in comparative literature, finds out about Outdoor Program opportunities.

Like the outdoors? You'll love the Outdoor Program. With a used equipment posting area, a hiking board, files of maps and half a wall devoted to snow activities, there is something at the Outdoor Program to capture anyone's interests.

The Outdoor Program is a resource center. It has a copy of just about every magazine that specializes in outdoor recreation and a case full of books on specific topics. Brochures and videos round out the program's resource library.

Outdoor adventures are posted on a trip board and are open to anyone interested and qualified. Some trips, though, are posted on the "Future Trips" clipboard. These trips are usually major excursions needing extra planning time. Right now, there

are trips being planned for climbing in Joshua Tree National Park and backpacking in the Grand Canyon.

All of the trips are planned by the people participating in them. The Outdoor Program provides access to books, vehicles and equipment. The Outdoor Program acts the trip facilitator, but the students and community members involved make the trip happen.

Students have the opportunity to plan trips they are interested in. The Outdoor Program has forms and packets to help students do this. Outdoor Program staff members will also help.

The Outdoor Program also sponsors guest lecturers, weekly afternoon video showings and slide shows. It also offers clinics in avalanche awareness, equipment repair, initiating trips and safety issues.

The Outdoor Program is located in EMU Room 37 and can be accessed by walking through the arcade in the EMU basement. For more information, call 346-4365.

— Trista Noel



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Desperate Grad Student Discovers Amazing Method For Increasing Learning Ability, Improving Concentration, and Reducing Study Time

Allen Koss
Special Feature Writer

LOS ANGELES, CA — Grad student Bill Harris was really struggling — studying over seven hours a day, sleeping 4-5 hours a night at most, skipping meals, and enjoying almost no social life. His health began to deteriorate, and he certainly wasn't enjoying school — or life. He knew he was headed for a crash if he didn't do something. And, despite all the study time, he was pulling only a C+ average.

"It seemed like the harder I tried and the more I studied, the more difficult it was to focus and accomplish anything. I was really starting to hate school, and I wasn't feeling too great about myself, either," he told me. "Finally, I lost my enthusiasm for studying altogether and just gave up."

Despite graduating from high school with a high B average — and doing even better as an undergrad — the increased pressure and workload of grad school seemed to be too much for him.

Desperate, he dropped out of school and began to look for answers. He read hundreds of books, tried memory courses and learn-

ing seminars, learned NLP, and even tried meditation and hypnosis. "You name it, I tried it at least once," he said. But he still wasn't finding the answers he sought.

Then Harris had his breakthrough. While looking through an old scientific journal, he came across an article about a sound technology that altered the electrical brain wave patterns of the listener. Through his previous reading, he knew of Bulgarian Georgi Lazanov's research with alpha brain wave patterns and increased learning ability, and, as he told me, "I just put two and two together."

He set up a crude recording studio, borrowed some tone generators from an engineering lab, and started making prototype soundtracks. To his amazement, they worked.

The next semester, he returned to school. "It blew my mind. Suddenly, everything was a breeze," he told me. "I cut my studying time almost in half, covering material in hours that used to take days. I aced tests. Papers I had to write seemed to almost pour out of me. School became fun again. Months later I still remembered detailed information I had memo-

rized — stuff that I used to forget right after a test. And my stress level dropped to almost nothing."

"Listening to this tape focused me in a way I had never experienced before. I began to absorb information many times faster, and retain it longer, than I ever dreamed was possible. But the best thing was that even after a long studying session, I felt completely refreshed, as if I'd been reading a relaxing book for a half hour or so instead of studying for four or five hours."

"The beauty of it," he told me, "is that anyone can benefit from using this cassette while they study. It won't study for you, but it sure does make studying easier and more efficient, and it sure does produce results."

For those interested, Harris has made available copies of his special super-learning cassette, which he calls "It's Almost Like Cheating", for \$14.95 + \$2 shipping. To get a copy, call 1-800-945-2741 x250 and use your Visa or Mastercard. Or, send a check or money order with name and address to: TNY, 3639 Royal Meadow Rd., Dept 250, Sherman Oaks CA 91403. There's even a one year money back guarantee.

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Month-long Kayak trip up coast completed

ASTORIA (AP) — After enduring windy, wet conditions on most of his trip, Steph Dutton completed his kayak journey up the Oregon coast in beautiful, sunny weather.

Dutton, 44, of Astoria, made the 375-mile journey to raise money for Doernbecher Children's Hospital in Portland. Two others started the trip with him, but one dropped out for business reasons and the other for medical reasons.

The trip, which ended Sunday, took a month and was completed in 16 legs. Dutton and his trip manager, Heidi Tiura, would drive up and down the coast to find the best weather possible for the next leg.

The weather often was so bad he couldn't get to sea. Other times he wasn't sure he could get back to shore.

"Almost every day presented some real scary times," he said.

At one point, near Yachats, a rogue wave smashed into Dutton's kayak, ripping him from the boat and pushing him toward the rocky shore. Tiura saw him go under and called the Coast Guard for help. Dutton was able to swim to shore.

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