

Goodbye for now...



Today is our last spring
term publication.

Look for your copy of the
Oregon Daily Emerald
every
Tuesday & Thursday
during summer session
beginning June 20th.

Oregon Daily **Emerald**

■ 1995 PREFONTAINE CLASSIC



Laura Mykotok (right) ran the 3,000-meter race in 8:51.37, good for the fastest American time this year and first place in the race. NATALIE MONTGOMERY/Emerald

MEET

Continued From 21A

the middle," Lewis said. "I didn't stay aggressive. Michael is a great sprinter and you can't make a mistake and expect to win."

"I feel really good," Johnson said. "I achieved what I wanted

to. I am right on track."

Steve Holman's 3:52.89 mile set the meet and Hayward Field record, as thirteen runners finished with sub-4-minute miles. In addition, Oregon sophomore Chris Nelson won the high jump event with a jump of 7-0 1/4 and former Duck Annette Peters fin-

ished second in the 3,000-meter run with a time of 8:54.75.

The meet also took a glimpse into the future, as future Ducks Micah Davis, brother of Oregon freshman Matt Davis, and Marie Davis both had strong performances in the mile race and 800 race, respectively.

NO MATTER HOW FAR YOU TRAVEL, YOU'RE ALWAYS CLOSE TO CAMPUS.
o.d.e. on the world wide web: <http://darkwing.uoregon.edu/~ode>



to your HEALTH

Going Out? CHECK IT OUT...

Before leaving the house, make sure you've checked a few things off your list, and have fun in the sun!

- ✓ SUNSCREEN—Use sunscreen with an SPF (Sun Protection Factor) rating of 15 or higher.
 - ✓ T-Shirt & Hat—Wear protective clothing, especially during midday hours of 10 am to 3 pm.
 - ✓ Clouds—Beware of cloudy days... you can still get burned.
 - ✓ Water—The sun's rays can reach through three feet of water... so even though you feel cool in the water, the sun can still burn you.
 - ✓ Mole—See your physician if you notice a mole that changes size, shape or color, or a sore that does not heal.
 - ✓ Friends—Share all of the above information with family and friends.
- Keep in mind that you need to take precautions year-round. Any outdoor activity exposes you to the sun's harmful UV rays.

SHC Summer Opening Hours

The Health Center closes on Friday, June 9, 8 pm, to reopen Monday, June 19, for summer schedule.

SHC Summer schedule:

June 19 - September 1, 1995

Mon-Fri 8am - 4:30pm

Closed on weekends and on July 4.

The SHC closes on September 1 to reopen September 19 for the usual fall hours.

Sign up NOW

for

"Contemporary Issues
in College Health,"

a new 3-credit class this fall term!

CRN 12251 & 12265,

10:00-10:50 MWF

Did you "NOSE"?

Helpful hints to reduce
"hayfever" symptoms

- Pollen Masks
- Sunglasses or eye glasses — reduce use of contacts
- Shower at night and shampoo hair (removes pollens)
- Wash bed linens often, especially pillow case
- Don't let your pet sleep with you
 - Damp-dust your room
- Keep windows closed, especially while sleeping
- Limit outdoor activity on windy, dry days
 - Avoid lying in the grass



STUDENT HEALTH CENTER • 13TH & AGATE • 346-2770