

Athletes beware as weather turns fair

HEAT: As temperatures rise, athletes should wear loose clothing and drink more fluids

By Regina Brown
Higher Education Editor

As the weather gets warmer, athletes need to watch out for heat-related illnesses, said Dr. Donna Shurlock, a University physician.

Shurlock, who has a certificate of added qualification in sports medicine, said heat-related illnesses have recognizable symptoms.

"People start feeling bad in a general sort of way," she said. "They may feel like their heart rate is going up, or they may feel restless and tired."

Athletes can suffer from heat exhaustion or heat stroke when they over-exert themselves in hot, humid weather. Shurlock said athletes can avoid heat-related illnesses by gradually building to a full workout.

"Aerobic conditioning can be helpful," she said. "It may take a while to acclimate. Your body changes so it can take more heat."

Heat-related illnesses are generally accompanied by specific symptoms, including dizziness,

nausea and vomiting, headaches, sweating, increased heart rate, decreased mental alertness and cramps.

Heat cramps are caused by sodium deficiency and may be prevented through consumption of sports drinks, Shurlock said.

Drinking fluids is a useful way to avoid heat-related illnesses, said Bob Crist, a team physician for intercollegiate athletics.

Crist works with the football team when they begin practicing during the summer.

"[We] keep them well hydrated," he said of the players. "We weigh them twice a day, and if we see their weight dropping we either hold them out or make them take more fluids."

Shurlock recommended that athletes wear loose clothing, take frequent breaks and get out of the sun if they begin to feel sick while exercising.

She also suggested that people who take thyroid hormone medication avoid exercising in the sun because the medicine can increase heat production, which makes them more vulnerable to heat-related illnesses.

In addition, antihistamines can cause decreased sweat production and should not be taken in conjunction with exercise.

TUESDAY'S TRANSACTIONS

BASEBALL

AL
■ CALIFORNIA ANGELS—Placed OF Jim Edmonds on the 15-day disabled list retroactive to May 26. Recalled OF Orlando Palmeiro from Vancouver of the PCL.

SOUTH ATLANTIC LEAGUE

■ DELMARVA SHORES—Named Ray Moore director of promotions, Charles S. Shahan director of stadium operations, Chad M. Prior director of youth services and Lou Getman director of media and public relations.

BASKETBALL

UNITED STATES BASKETBALL LEAGUE

■ FLORIDA SHARKS—Traded G Roger Crawford to Jacksonville for F Darvin Ham.
■ JACKSONVILLE BARRACUDAS—Released G Paul O'Leary.
■ LONG ISLAND SURF—Released F Brian Reese. Signed and activated F Fred Herzog.

FOOTBALL

NFL

■ NEW YORK GIANTS—Released 5 Vance Glenn.

CFL

■ HAMILTON TIGER-CATS—Released LB Danton Baro and DE Jerry Dillon. Suspended T Paul Kirt for leaving training camp. Agreed to terms with K Mark Crombeen.

ARENA FOOTBALL LEAGUE

■ CONNECTICUT COYOTES—Traded WR-DB Anthony Howard to the Florida Bobcats for future considerations.
■ FLORIDA BOBCATS—Placed WR-DB Anthony Howard on the refused to report list.
■ MILWAUKEE MUSTANGS—Placed WR-LB Bruce LaSane on recallable waivers.

HOCKEY

NHL

■ MONTREAL CANADIENS—Extended the contracts of Jacques Laperriere and Steve Shutt, assistant coaches, for two years. Announced the resignation of Francois Allaire, goaltending coach. Named Gaetan Boucher conditioning coach. Fired Charles Thiffault scout. Signed D Jimmy Drouin to a three-year contract.

■ PHILADELPHIA FLYERS—Claimed C Craig Darby off waivers from the New York Islanders.

■ VANCOUVER CANUCKS—Named Tom Renney coach.

■ DAYTON ICE BANDITS—Named Dan Belsie coach and director of hockey operations.

OLYMPICS

■ USA BASEBALL—Released RHP Mark Roberts.

COLLEGE

■ COLLEGE FOOTBALL ASSOCIATION—Elected Bob Sweazy chairman of the board of directors. Voted to cease operations effective June 30, 1997.

■ ALLEGHENY—Named Bill Ross coach of men's and women's track and field and women's cross country.

■ EARLHAM—Named Beth Politi women's volleyball and tennis coach.

■ INDIANA—Named Malisa Bryant women's assistant basketball coach.

■ IOWA STATE—Named Steve Kralcisin men's assistant basketball coach.

■ TEXAS A&M—Named Tracy Stewart women's assistant basketball coach.

■ WISCONSIN—Named John Sheffield director of ticket operations.

Looking for A Summer Job?

Come See Us!

OfficeTeam has exciting opportunities with the area's finest companies working as a professional administrative temporary. Build your skills, add experience to your resume and earn money by applying your word processing & administrative skills.

Immediate openings for:

- Executive Assts.
- Administrative Assts.
- Word Processors
- Data Entry Pros
- Gen'l Admin. Support
- Receptionists

Call today for an immediate interview!
EOE

OFFICETEAM

Administrative Staffing

Portland (503) 223-2606
1 S.W. Columbia, #1860
Beaverton (503) 244-9335
9600 S.W. Oak St., #540
Eugene (541) 345-9931
450 Country Club Rd., #340

CLASSIFIEDS

Call 346-4343
to place your ad today

Emerald

Keep the
UO Campus
beautiful...
RECYCLE

085 GREEK ANNOUNCEMENTS

ΑΦ Congratulations to the following graduating seniors:
Sarah L. Heather J. Christa B.
Mary M. Kerstin E. April F.
Annie H. Ingrid L. Hannah I.
We're going to miss all of you.
Love, your sisters
ΑΟΕ ΑΦ

085 GREEK ANNOUNCEMENTS

ΑΦ Congratulations to our newly initiated sisters
Shannon C.
Andrea C.
We're happy to have you in our house.
Love, your sisters
ΑΟΕ ΑΦ

085 GREEK ANNOUNCEMENTS

IK Congratulations to our graduating seniors!
Renee Chelsea
Christy Jen
Byrne Toni
Melissa
We'll miss you!
K.C. and Tricia
You'll be missed lots!
♥ your sisters

100 PERSONALS

UO Singles.
1-800-442-7080 x 110 Toll-free
Kristy Anderson, Congratulations on graduating, we'll miss you!
♥ Autumn and Farrah

125 FURNITURE/APPLIANCES

Vacuum \$25, vanity, mirror, night stand set \$40. Call 484-4149

Horoscope by Frances Drake

For Wednesday, June 5, 1996

ARIES
(March 21 to April 19)
Business could interfere with pleasure, as you are asked to work overtime late in the day. Philosophical and occult interests fascinate you. Be sure to get enough rest when work is done.

TAURUS
(April 20 to May 20)
Although your thinking is on target regarding career interests, you don't accomplish as much as you'd like. Guard against distractions. A tendency to daydream could waylay your ambition.

GEMINI
(May 21 to June 20)
No matter how tempting a deal looks, you should sleep on it some more. Avoid an unwise expenditure of capital and excessive use of credit. Making purchases or financial decisions isn't favored.

CANCER
(June 21 to July 22)
Exaggeration and procrastination are faults sometimes associated with your sign and any tendency in these directions comes to the fore. However, you can overcome this with a little self-discipline. Willpower is your ally.

LEO
(July 23 to Aug. 22)
A visit with an old friend is heart-warming. It's also a good time for getting financial interests in order. Budgets and banking are on your agenda.

VIRGO
(Aug. 23 to Sept. 22)
It's a good time for meetings with agents and advisers. Evening hours bring happy leisure activities. An outside source of income begins to pay off after a long wait.

LIBRA
(Sept. 23 to Oct. 22)
Organizational skills are to the fore. You see the big picture and plan accordingly. A travel plan is finalized, so contact those afar.

SCORPIO
(Oct. 23 to Nov. 21)
You're out there, going places and doing new things. Do save some time, however, for further work on a career project. New romance is possible for singles during evening hours.

SAGITTARIUS
(Nov. 22 to Dec. 21)
It's not the best time to discuss your plans or ideas with others, as you won't get the feedback you desire. Shopping, though, is a plus! Family harmony reigns in the evening.

CAPRICORN
(Dec. 22 to Jan. 19)
Fresh air, exercise and romance will keep you from taking yourself and your projects too seriously. Throw off worry and have fun. A group activity is best.

AQUARIUS
(Jan. 20 to Feb. 18)
You're giving time giving advice to others who are simply not in the mood to take what you have to say seriously. Later, when you're sought out, your wisdom is more appreciated.

PISCES
(Feb. 19 to March 20)
It's not a good time to present new ideas to superiors. Working out details regarding agreements could be difficult in your time wisely since it could ... away from you.

YOU BORN TODAY never take things at face value, particularly society and its values. You must strive for objectivity and impartiality in your judgment since you strike others as being highly partisan and stubborn. When governed by a true humanitarian spirit, you overcome a tendency to be too critical. You like to place your fine intelligence in the service of some cause. Toward that end, politics, missionary work and medicine appeal to you.

Birthdate of: Bill Moyers, journalist; Robert Lansing, actor; Spalding Gray, actor.

© 1996 King Features Syndicate Inc.

085 GREEK ANNOUNCEMENTS

ΑΦ Congratulations to our seniors:
Christy Sarah S.
Sarah K. Wendt
Nikki Teha
Molly D. Holly
Tracy Kara
Sky Carly
Amy D.
We'll miss you next year!

ΑΦ Best of luck to all of our graduating seniors. Thanks for everything. We love you all.
ΑΟΤ Forever

ΚΑ Congratulations, Caroline, Dianne, Eliza, Emily, Kim, Nicci, Suzanne and Saffron. You made it through "L."
ΑΟΤ, sisters of KD

100 PERSONALS

IK Congratulations to our newest initiates!
Tamara Heather
Cate Marisa
Katie
We ♥ you!
♥ your sisters

KAH Lisa,
Congratulations on "L."
We are so glad to have you as a sister.
♥ ♥ ♥ mine,
Shannon & your Sisters

YOU DON'T HAVE TO BE GAY!
There is a way out of homosexuality. Call or write Freedom Fellowship PO Box 70112, Eugene, OR 97401. Phone: 746-1291.

110 TYPING

At 344-0759, ROBIN is GRAD SCHOOL APPROVED. 20-year thesis/dissertation background. Term papers. Full resume service. Editing. Laser pr. **ON CAMPUS!**

PRO/EDIT

Editing • Writing Assistance • Typing
Graphics/Text Scanning • Resumes
741-7553

125 FURNITURE/APPLIANCES

Black & white hide-a-bed couch \$50/OBO, 485-7761

Single high rise wooden bed. \$30. Must sell now! 346-8193

FUTON! Full size w/wood frame. Great condition but need to sell! \$275.00. Call Amy @ 334-6368

130 MISCELLANEOUS FOR SALE

Portable dishwasher, W/D, queen sofa bed and bike frame. Call 302-9386 MAKE OFFER.

Five For Five

Place your for sale ad (items under \$500) for 5 days. If it doesn't sell, we'll run your ad for 5 more days FREE!

346-4343

125 FURNITURE/APPLIANCES

Moving Sale. Full size mattress set w/frame (only 1 yr old), full feather bed. Plus other stuff. Priced to move. 343-8759

Glass computer desk, paid \$200, asking \$60. Single mattress w/frame \$60. FR deliver! 341-1379

135 WANTED

I will pay you \$125/mo to take care of my dog this summer at your home. Call 683-8572 by message. Needed ASAP

Doonesbury

by GARRY TRUDEAU