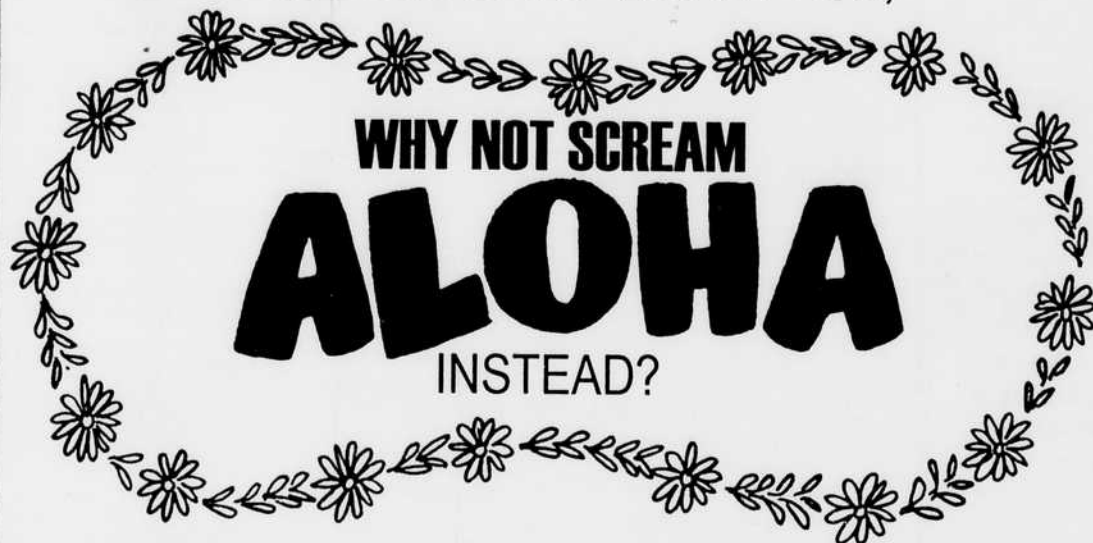




**Pitch in!**  
Recycle your copy of the ODE.

EVERYONE SAYS "I LOVE YOU,"



WHY NOT SCREAM

**ALOHA**

INSTEAD?

Be different this year! Give a gift that will make everyone in the room stand up and notice! Send that special someone off to class or out for a night on the town wearing a beautifully hand strung flower lei from **Royal Hawaiian Leis**. These amazing full strands of the finest tropical flowers will surely brighten any occasion! Choose from Micronesian Ginger, Hawaiian Tuberose, or exotic Dendrobium Orchid leis. Each lei is priced at \$40 (including delivery). Their freshness (and your satisfaction!) is GUARANTEED.

Go ahead. Bring Hawaii home.

Call Now! 1-800-942-5414

Royal Hawaiian Leis

## Women: Oregon leads Civil War series 38-19

Continued from Page 7  
is averaging 9.1 points and 3.9 rebounds, will take Meharry's place in the starting lineup tonight, the season's first edition of the Civil War.

"I think I'm ready for it," Curtis said. "I'm just going to do whatever I can to fill in that role, or gap [left by Meharry]. I'm probably going to have to do a lot more scoring and get more physical on the boards, rebounding-wise."

Runge said the lack of depth inside puts more pressure on Curtis and Wolvert to improve. Wolvert is averaging 8.1 points and 3.2 rebounds and is coming off career-highs of 26 points and 12 rebounds against the Sun Devils.

"Obviously, they're going to share a lot of responsibility with regard to improving and staying out of foul trouble," Runge said. "Our perimeter defense is going to have to really improve [as far as the guards'] ability to defend drives and put pressure on passes to the interior to help take the pressure off our inside game."

Runge said 6-foot senior Mendy Benson will also play more in Meharry's absence.

If the Ducks think they have problems, they should consider trading places with Oregon State.

The Beavers have lost four straight games after last Saturday's 84-58 blowout at the hands of then-No. 7 Arizona. They have lost nine of their past 10 games and currently reside in the basement of the Pac-10 standings.

During the recent losing streak, the Beavers have been outscored

by an average of 14.5 points a game. Conversely, the Ducks have outscored their opponents by an average of more than 15 points during their winning streak.

Monica Watts leads Oregon State in scoring with an average of 13.3 points and also grabs 5.3 rebounds a game.

"[She's] doing a great job for them," Runge said. "She's playing inside, she's playing outside, she's rebounding, she's scoring, she's playing great defense. She's going to be a great challenge for us at the [small forward] position."

Oregon State head coach Judy Spolstra said she is concerned about the Ducks' Australian trio of point guard Natalie Hughes, shooting guard Lisa Bowyer and small forward Natasha O'Brien.

"[Hughes] is so calm and sees the floor so well and just delivers," Spolstra said. "I think she's the real floor general on that team and the real leader. Bowyer's playing well and moving her feet very effectively on defense, and now they have O'Brien hitting all the outside shots that they need. They just have a lot of scoring opportunities, a lot of scoring punch."

O'Brien broke out of a season-long slump last weekend, averaging 19.5 points on 15 for 24 shooting from the field in the Ducks' two wins.

The Ducks and Beavers will be meeting for the 57th time in the series, which the Ducks lead 38-19. Oregon swept the series last season, but Oregon State has won 30 of its past 40 games in Gill Coliseum.

# Health Education Workshops Winter 1998

The following workshops are available, free of charge, to currently enrolled U of O students.  
Call 346-4456 to register.



### Smoking Cessation

Quit smoking this term and celebrate life as a nonsmoker. This 6 week workshop is open to those who want to quit and those who have already quit. Identify triggers to smoke, learn to overcome urges, adopt alternative behaviors, and address fears about possible weight gain.

Tuesdays, 4:00-5:00pm  
January 27-March 3  
Health Center Medical Library



### Easy Vegetarian Cooking

Learn about and prepare quick and healthy meals. The menu will feature dishes from various ethnic cuisines. Come ready to cook and dine.

Mondays, 4:30-6:00pm  
January 26-February 16  
Health Center Cafeteria



### Relaxation Series

Give yourself a break at this relaxation series. Learn about and experience a variety of relaxation techniques such as progressive relaxation, deep breathing and time management. Plan ahead and be there on Wednesdays.

Wednesdays, 4:00-5:00pm  
January 28-February 11  
Health Center Medical Library



### Weight Management

Increase energy, motivation and enthusiasm for life! Heighten self-confidence and learn habits for becoming physically and mentally fit including nutrition, cooking and exercise tips.

Wednesday, 12:00-1:00pm  
February 4-March 4  
Room 264, Health Center Cafeteria



### Walking

A step in the right direction! Join us, rain or shine, for a half hour of low impact exercise.

Fridays noon-12:30pm  
Beginning January 30  
Meet in front of the Health Center on 13th Ave.

Call 346-4456 to register or stop by the Peer Health Education Office on the first floor of the University Health Center.

UNIVERSITY

**HEALTH CENTER**

*We're a matter of degrees*

Open daily 8 a.m. to 6 p.m., except Tuesdays (9 a.m.) and Sundays (10 a.m.).  
Appointments: 346-2770 • After hours: 346-4441 • Web: darkwing.uoregon.edu/~uoshc