

Fitness: RIM participation on increase during spring

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"In the fall, new students need to get oriented to campus and transfer students don't know about our programs," Kennedy said. "By the end of the fall term, they find us."

Freshman Stacy Goodman tries to go to the gym every other day.

"I do it to get in shape," she said as she stretched on the mat in the Harry Jerome Weight Room. "I played sports in high school, but not here." Goodman said she is trying to tighten her stomach and gain more muscle from her workouts.

Recreation and Intramurals offers students the opportunity to participate in sports teams. RIM organizes tournaments, games and referees. Softball, soccer, ulti-

mate frisbee and grass volleyball are all offered through RIM in the spring.

"It's a good way to gather socially on a recreational level and on a competitive level," said RIM director Brent Harrison. The cost to students can range from sport to sport, but it's usually around \$2 to \$4 per team member.

RIM also organizes a drop-in aerobics program that begins the second week of the term. Students buy punch cards that allow them to attend any of the 15 weekly classes.

"It works out better for students with extra motivation," Harrison said. "It's more informal and there's more opportunity for flexibility."

More students get involved in RIM as the year goes on.

"We see an increase in spring term because there's a spring fever and more students want to participate outdoors," Harrison said.

Students unfamiliar with Esslinger facilities can always register for a physical education class. Fitness director Janice Radcliffe said the most successful class during spring term is the women's weight training class.

"We decided to take a chance," she said. "We had a suspicion that women were intimidated by a co-ed environment [in the weight room]." More women use the open recreation weight room after taking the class, she said. Women feel more prepared to lift indepen-

dently. Finding the program that works for you depends on your free time, schedule and motivation level. Senior Stafford Northcote goes to the weight room when he can find the time. "I come to get exercise and to relieve stress from studying," he said.

Choosing between intramurals, open gym, drop-in aerobics, physical education classes and open weight rooms and pool hours leaves most students with few excuses to avoid exercise.

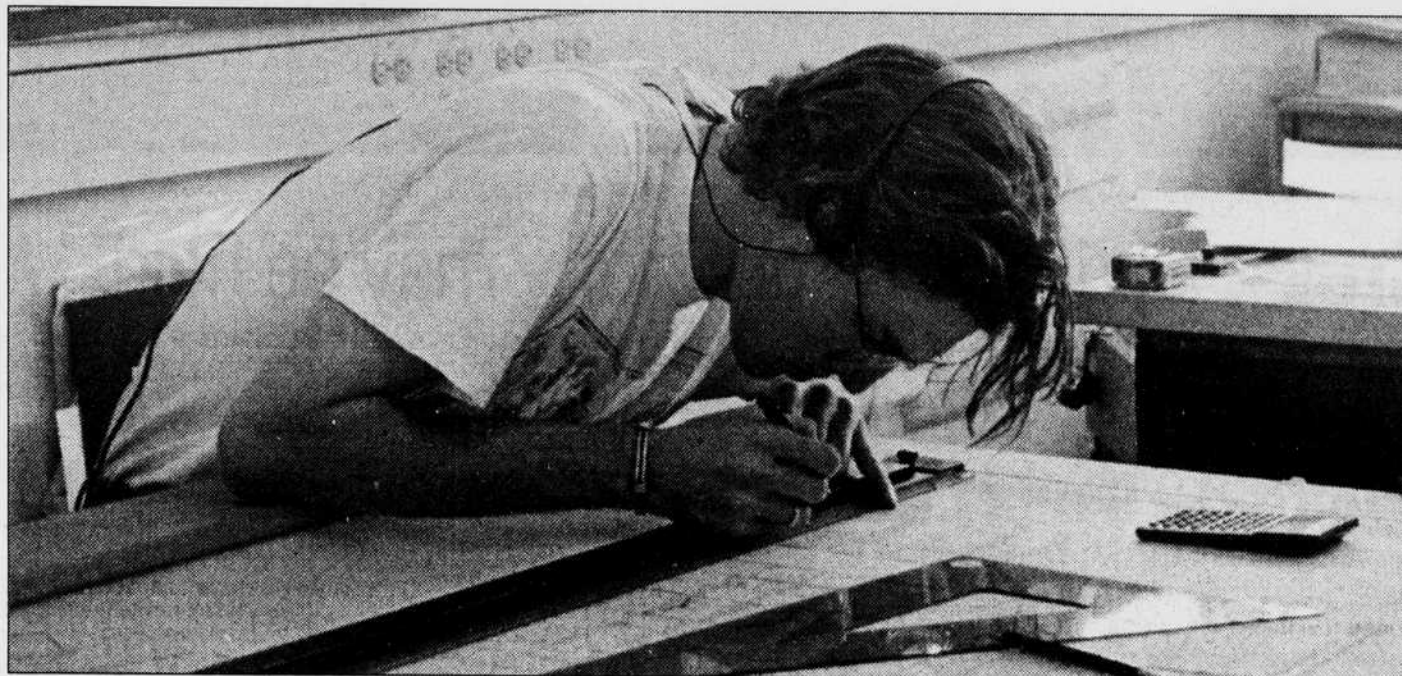
"It all depends what works with your schedule," Kennedy said. "P.E. classes are nice. It's easier to fix your schedule, besides being a great place to get started and get rolling."

Open recreation times

ESSLINGER BUILDING:
 MTWH 6:40 a.m.-11 p.m.
 F 6:40 a.m.-9:30 p.m.
 Sat. noon-8 p.m.
 Sun. noon-5 p.m.

LEIGHTON POOL:
 MTWH 6:45-8:30 a.m.
 11 a.m.-1 p.m.
 MW 6 p.m.-8 p.m.
 U 4 p.m.-6 p.m.
 H 4 p.m.-6 p.m.
 Sat. 1 p.m.-3 p.m.
 Sun. 1 p.m.-4 p.m.

Concentration



Adrian Harrison, Architecture Option III student, prepares his drawings Monday for today's review.

LAURA GOSS/Emerald

CAMPUS BRIEFS

Library extends hours for two weeks

Knight Library will extend its hours during Dead and Finals weeks — Wednesday, March 11 through Thursday, March 19:

Wednesday, March 11: 8 a.m.-1 a.m.

Thursday, March 12: 8 a.m.-1 a.m.

Friday, March 13: 8 a.m.-10 p.m.

Saturday, March 14: 10 a.m.-10 p.m.

Sunday, March 15: 10 a.m.-1 a.m.

Monday, March 16 through Thursday, March 19: 8 a.m.-1 a.m.

Friday, March 20: 8 a.m.-6 p.m.

For more information, call the Office of the Librarian at 346-3056.

Five lectures cover contemporary Japan

Five free lectures concerning the issues confronting contemporary Japan will be held at the University during the next three months as part of the "Confronting Japan" lecture series.

The lectures include: "Japan through Chinese Eyes: Imitation and Suspicion between Asian Neighbors," March 12, Richard Kraus, po-

litical science professor.

"Managing Japan Inc." April 9, John Pierson, associate director of Matsumoto Medical Instruments, Inc.

"Courting Disaster: Earthquakes on the Urban Archipelago," April 23, Jeff Hanes, history professor.

"Desiring the West: Representation of Westerners in Japanese Popular Culture," May 7, Karen Kelsky, anthropology professor.

The lectures are free and open to the public and will take place in 110 Willamette from 7 p.m. to 8 p.m. For more information, call the Center for Asian Pacific Studies at 346-5084.

Museum hosts Identification Day

The University's Museum of Natural History is hosting its annual Identification Day on Friday. Visitors are invited to bring in rocks or other objects for University or community experts to identify. There will also be games and activities for children.

The event takes place from noon to 3 p.m. Admission is \$2 per person and \$5 per family. Friends of the Museum will be admitted for free. For more information, call the museum office at 346-3024.

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