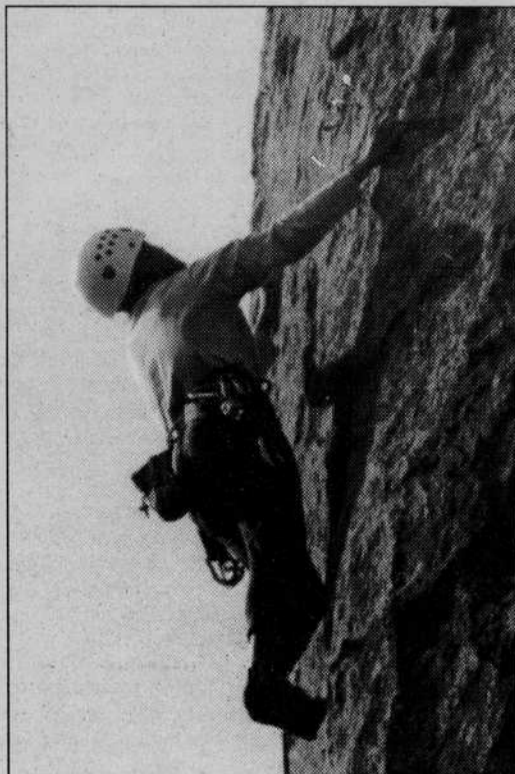


Hiking and climbing in the Eugene area



Oregon is known for the splendor of its outdoors, and seven local hiking and climbing spots provide convenient options to explore and enjoy the beauty of the greater Eugene area.

By Andy Meakins

Are you tired of doing the same old work out? Tired of being stuck on the track or the treadmill? Are you looking for a new place to direct energy, maybe in a natural setting, but you can't find a place to go? If you need some suggestions, here are several nature nuggets that can brighten up your workout or your day. Outdoor hikes can also help you stay motivated to work out.

Hiking-

For you who desire to hike on trails other than the sidewalks of campus, the Eugene area offers many basic and yet inspirational hikes.

Spencer's Butte is one of these (it's the largest hill in the south hills of Eugene). Almost anyone can do this hike. It's very beautiful, allowing the hiker to see the entirety of Eugene as well as the Cascades and surrounding regions. The trails, ranging from about .5 miles to 2 miles, offer the benefit of exercise to anyone who decides to hike them no matter if you walk or, for those that really want to get a hard workout, run. Only about five minutes south of Eugene on Willamette St., this is definitely a hike that I would recommend to any-

one.

A similar hike to that of Spencer's Butte is Mount Pisgah, about fifteen minutes out of Eugene (south on I-5, taking the Highway 58 exit, and then turning at the next available road to the left). Mount Pisgah is very beautiful with open landscapes, and it is the first large hill one sees on highway 58. Also an easy hike, it is less steep than Spencer's, but it is also longer. This hike can also be more challenging if you run it.

For those of you who want a longer-lasting outing, there are many great day hikes, and overnight hikes in the area. During the autumn months, the Old-McKenzie pass is open. This old highway offers many beautiful hikes. Ranging from half-day to overnight hikes, the McKenzie pass offers a well-rounded hike for anyone who has the time to drive between an hour and two hours. There are several access points into the Three Sisters wilderness area from the Old McKenzie highway. Many of these trails require permits in order to hike them. Hikers wishing to find out more about these permits can call the National Forest Service (465-6521).

Climbing-

For those of you who wish to hike with your hands in addition to your feet, there are a few walls to scale in the Eugene area, both indoor for those rainy days, and outdoor for the dry days. First of all, there is a rockwall at the Rec. Center that is open seven days a week. Classes are also offered by the U of O; call 346-4183 for more information. Another great indoor facility, which offers a bit more challenge, is Crux Rock Gym. It has more versatile walls. Crux is at 401 West 3rd Street. Call 484-9535 for more information.

Not far from the Crux is a large basalt cliff wall on the west side of Skinner's Butte. It offers a greater amount of vertical climbing than either of the indoor gyms. However, it is also more dangerous because it is so much larger and has the potential for rock fall.

And finally, for those of you who have the experience and are looking for more climbing challenge, I recommend Smith Rock. About a two-hours east of Eugene, this state park is world renowned for its climbing difficulty and its beauty. Smith Rock is a gem for its day hikes, even if you are not inclined to the vertical adventure.

Technical climbing does have many inherent dangers, so beginners should seek professional instruction. Check into the Outdoor Pursuits Program at 346-4105 or the City of Eugene Outdoor Program (682-6323) for upcoming classes.

Although I'm from Eugene, I don't know all of the great spots. However, U of O students have access to the Outdoor Program here at the EMU. They have great resources, including maps, guidebooks, and group trips to beautiful places. For more information, contact the Outdoor Program at 346-4365.

We all have stress, but what can you do about it?

Stress may be a part of college life, but there are lots of things students can do to manage it more effectively.

By Daniel Jeffrey

I remember my first term in college. It was chock full of changes. I had moved to a new city where I didn't know anyone. I had a roommate who was loud, rude, and never slept. And, to top things off, all of the classes I thought I would breeze through ended up being much more work than I had anticipated. To say the least, I was stressed out.

As students, we face all types of stressors, such as balancing school, family, and relationships. For non-traditional students, the scope of stressors may require even more juggling. Being an international student, a parent, a worker, and a spouse can have its unique challenges. Stress is the body's natural response to changing stimuli. We all have stress, but we can change how we deal with it.

Take time to breathe: At times of stress, most of us take shallow breaths, not allowing sufficient oxygen to reach our brains. In fact, sighing or yawning are the body's way of filling up with oxygen in response to a stressor or boredom.

Being aware of your breathing can help lower stress. One exercise that may be helpful involves breathing in for the count of four, holding for a count of four, and releasing for the count of four. Doing this just a few times can be provide almost immediate relief.

Time Management: After the first week of classes, you should have a good idea of your course assignments, tests and activities. Working with a date book or calendar can allow you to better work with these obligations, as well as schedule study time and necessary personal time. This will ultimately allow you to be more prepared, and anticipate busy times in your schedule. Break big projects and assignments into smaller steps. Anticipate your possible semester stressors and you can avoid pro-

crastination: a huge component of stress.

Self Care: Make sure to exercise and sleep. One of the biggest problems in times of stress is that the "over worked self" keeps us racing. This is often at the same time when we are more sedentary, such as sitting and hitting the books. You will be much more effective at studying if you release some of that pent up energy by exercising. Through physical activity you can release stress, feel energized, and have more effective study sessions. You'll even be able to sleep better.

Be aware of dietary factors. Substituting caffeine and sugar for a pick me up might work for a short period of time but could weaken you later. If you take vitamin supplements, increase your B and C vitamins as they are depleted more quickly during times of stress. And make sure that you adopt or continue eating a healthy and balanced diet, especially during times of stress.

Resources: Develop a support system or learn about community resources. Asking for help is a sign of strength, not weakness. There are many places at UO and in the community that can help. The Counseling Center has long-term counseling options to help or offers short-term crisis appointments. The Health Education Office has a resource room with articles and books on stress management. Likewise, the program offers workshops on various self-care topics. There are many student support groups. Take advantage of study groups, and programs for special populations, such as groups for non-traditional students, and International students.

Remember that stress is not a personal failure, it is the body's reaction to good and bad situations. Try some of the above techniques to shift stress into a more positive light. Stress can be a motivator, or it can tap your resources and leave you vulnerable, and less prepared to deal with things. Remember at times of stress to breath, take care of yourself, and ask for help. And don't forget to relax.

Embarrassed to ask your doctor?

Despite having an interest in learning, many college students do not ask their doctors important health questions because they are too embarrassed to do so. Some of the more common questions, and their answers, are outlined below

By Amanda Notke

In this day of MTV's Loveline and super-frank sex talk, it may seem odd that not everyone is comfortable discussing intimate details with their practitioner. But something that may seem commonplace when talking to your friends can become ear-redning when you're explaining it to your family practitioner. Cindy Smith, N.P. at the University Health Center, reassures us that "there is no question that is too silly or embarrassing to ask and probably very few that someone hasn't already asked in

the past." Still, it's not always easy to get up the nerve to ask certain questions, such as these.

Q. Is my (?) supposed to do that?

A. Sexuality is a topic that sometimes makes us cringe, especially when our familiar reproductive parts are acting in unfamiliar ways. Smith explains, "People often don't know if what they are experiencing is normal. It is often a matter of reassuring, explaining normal anatomy and physiology, and doing an appropriate exam or lab test, if necessary. Concerns often vary considerably so people should realize that we deal with these questions all the time and not be afraid to ask."

Q. What's the morning-after pill? Is it an abortion pill?

A. The morning-after pill, a.k.a. emergency contraception, prevents the implantation of a fertilized egg when taken within 72 hours of unprotected intercourse.

"Depending on the time during the menstrual cycle that they are taken, ECPs may inhibit or delay ovulation, inhibit tubal transport of the egg or sperm, interfere with fertilization, or alter the endometrium (the lining of the uterus)." (Office of Population Research at Princeton University). Emergency contraception prevents pregnancy. Smith emphasizes that it is not an abortion pill and will not do anything if taken when someone is already pregnant. She suggests that all sexually active women have it at home in case of condom failure or unprotected intercourse. The morning-after pill is available through prescription at the University Health Center for \$8. Call 346-4441 for more information or to set up an appointment.

Q. Um, I'm having a bit of a problem back there.

A. It can be a very unfunny situation when the source of so many jokes starts causing trouble.

Smith says, "Complaints of the anal/rectal area often go unvalued because of embarrassment about talking to their practitioner. Although they are usually the result of minor conditions, causes can range from trivial to inflammatory bowel disease, infection, and cancer. In addition, anal/rectal complaints generate a substantial amount of worry and discomfort. These concerns deserve careful and thorough evaluation by a practitioner."

Q. Which is worse for me, alcohol or pot?

A. Generally speaking, the health effects of both drugs are highly dependent on the amount of use. Heavy, long-term use of alcohol can lead to and/or exacerbate liver and heart disease, peptic ulcers, hepatitis, cancers, and physical dependence, among other ailments. Heavy, long-term use of marijuana may lead to smoking-related mouth, throat, and lung

cancers; decreased sperm count (but still within normal limits); short-term memory loss; and, chronic, decreased motivation (amotivational syndrome for some people). Both drugs can alter relationships with friends, relatives, and roommates, while exacerbating existing mental depression, anxiety, and paranoia." (Go Ask Alice, Columbia University)

For further information:

Dr. Drew (from MTV's Loveline) health info, Q & A:

<http://www.drdrew.com>

Go Ask Alice: Q & A on a wide range of health topics

<http://www.goaskalice.columbia.edu> Health Education Program: workshops, health resources 346-4456

<http://health.uoregon.edu> University Health Center: services, hours, etc. 346-4441

<http://healthcenter.uoregon.edu>