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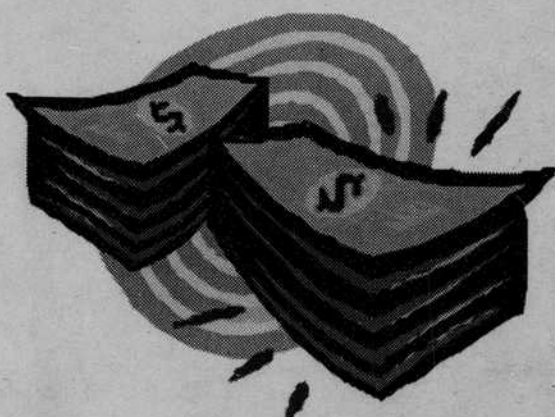
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Classes offer fun, exercise

■ To keep students in shape, the physical education department offers four running courses this spring

By Eugene Chen
for the Emerald

Spring is a great time to get outside and enjoy the sun and fresh air. Students can take advantage of the weather by getting into or staying in shape while earning credits doing it. The physical education's running department is offering courses for the novice or aficionado runner.

A group of instructors will bring years of running experience and accomplishments to four classes for students of varying abilities. Though three of the courses have been offered before, there is a new two-credit 5k Training course, which will likely get running enthusiasts' pulses racing.

Becky Sisley, a professor emerita in physical education, said she is proud of the running instructors who will teach the spring classes.

"There are instructors from many different backgrounds with an array of personalities," Sisley said.

For example, two recent college grads, former Duck Marie Davis and Carleton College alumnus Dan Schofer, will take over the begin-

ning-level courses. Sisley and Joe Henderson, a journalist who writes on running and fitness, will teach 5k courses geared for runners ready to develop racing skills.

Davis will be teaching one of the two lower-division Jog-Run courses. Davis ran both cross country and track and field in her four years at the University. She was a six-time All-American, with three of those times in cross country. She was also the 1999 Pac-10 champion in the 3000-meter run.

As accomplished as Davis is, she expects just the basics from students who decide to take her class. Her priority is for students to show up with an open mind.

"The goal is to provide students with an opportunity to get out the door and run, while receiving specific workouts," Davis said. "My goal as an instructor is to hopefully have the students enjoy running and take with them some valuable tools that will help them continue their own running program in the future."

Dan Schofer will teach the other Jog-Run course. Schofer was a two-time captain of the men's cross country team at Carleton College in Minnesota. He was also an All-Conference runner for cross country.

Schofer, much like Davis, knows many students will come to his course with little running experience. But by the end of the course, students should be able to create their own running programs, he said.

"It's geared toward people who have not been in a running program before," Schofer said. "I hope it gives them motivation to go out and run."

For experienced runners, Sisley will teach a two-credit, upper-division

class, 5k Training II. The course will meet three times per week for 70 minutes, instead of the traditional two days per week for 50 minutes.

"It is a structural training program allowing to improve race performance," Sisley said. The added benefit of taking the class, Sisley said, is that people can make friends and feel good about themselves. The only prerequisite is that students be able to run four miles at an eight-minute-per-mile pace.

Sisley has 35 years of running and teaching experience. She has been the world champion for the last three years in the Master's Track & Field Championship for pole vault; senior participants from around the world compete in the championship.

Henderson will lead the other 5k Training course, a one-credit class similar to Sisley's.

Runs in the class will be no longer than 3 to 4 miles. Some days the class will concentrate on doing long runs, while other days will be geared toward speed.

Henderson has 40 years of experience as a journalist writing and editing running-related articles. He was the managing editor from 1970-77 for Runner's World magazine. He has written 22 books on running and fitness and is currently working on "The Running Encyclopedia."

Henderson said he believes his course is important to students' health and physical well being. "It's important to improve [running] performance," Henderson said. "This is a time when exercise habits are formed."

Budget

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Schrader, D-Canby, said the governor's budget proposal opens up more opportunities in the budget.

"It gives us a breather to continue to work at the budget," he said.

He said there is a good sense of bipartisanship in Salem at the moment, which is helping to move

the budget along. Currently, state legislators are creating lists of state programs that will be given budget "add backs" as more funding is discovered, Schrader said.

But higher education is covered, he said.

"If we follow the governor's recommendations [higher education] is taken care of," Schrader said. "Christmas came early."

Golden

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any need to mark discount books with a black line.

Golden frequently shops at Waldenbooks and the first part of his letter explains that he particularly enjoys the discount books because he likes to give them as gifts. But he does not like his gifts marred by the black ink.

"You get the privilege to complain when you are willing to compliment," Golden said. In this case, he also got a gift certificate from Josefourez himself.

For Golden, the keys to writing a good letter are research, compliments, an inclination to write and, at times, the willingness to ask for help within the letter.

As often as he asks for help, his letters offer help, too.

During the football season when kicker Josh Frankel was struggling, Golden wrote him a letter essentially to say, ignore outside factors, keep your head up and it's just a game.

Frankel said he got some other encouraging letters but Golden's stood out.

"His was the most personal and inspiring," Frankel said. "It's the kind of thing I'll put in my baby book maybe one day."

Frankel called Golden, taking him up on his offer of a conversation. Frankel had breakfast with Golden's family. "We stayed so long at breakfast we could have almost

stayed for lunch," Frankel said.

Call it a coincidence, but Frankel only missed one scoring opportunity the rest of the season.

The letters are of such importance to Golden that he keeps a copy of each letter he writes and said they function as his journal.

His next goal is to earn a college degree. Some University students have met him because he has audited English and linguistics classes, and most recently, one in marketing. Though he is "three-fourths an optometrist" he wants a bachelor's degree. He's looking into Northwest Christian College because it offers "life experience" credits so he wouldn't have to go for all four years.

Whether he gets the letters B.A. or B.S. attached to his name, the letters he already has are significant.

He is not only generous with his words. In my short stay he gave me a neatly wrapped book, an Oregon Bach Festival CD and five cards. The cards were from the batch of 100 that he received free, straight from the artist. He also shared a tip with me: never write in a card; insert a letter so the recipient can recycle the card.

"I give away my stuff constantly, that's my joy," he told me. How could I refuse, knowing it gives him pleasure to give away his belongings?

He said people don't leave behind belongings when they die. But everyone leaves behind a reputation.

"I'd like to strike a blow for humanity," he said. "Maybe I can make a difference."