

Calendar

Thursday, April 26

Office of International Education and Exchange Workshop:

Sophomores, juniors, seniors and graduate students with strong academic records are encouraged to learn about selection criteria and application procedures for Fulbright, Rhodes, Marshall, DAAD, Churchill, NSEP, Freeman, Yamada and Rotary awards for graduate study or research abroad in 2002-03. 3:30-5 p.m. Metolious and Owyhee rooms, EMU. Free. For information, call 346-3206.

Reclaiming the Past Lecture: Caren Kaplan speaks. 4 p.m. Browsing Room, Knight Library. Free. For information, call 346-6446.

Outdoor Program Event: Spring Equipment Swap offers an amazing variety of outdoor gear at garage-sale prices. Limited table space available first-come, first-served. Private sellers only. 7:30 p.m. Ballroom, EMU. Free. For information, call 346-4365.

Academic Advising workshop: "Applying to Graduate School." 3:30 p.m. Room 360, Oregon Hall. Free. For more information, call 346-3211.

Jeff Brewer, University student, speaks at Rubicon Society meeting. Brewer will discuss House Joint Resolution 16, which would lower the age to serve in the Oregon Legislature to 18. Noon. Pearl Street Ice Cream Parlour & Restaurant, 1313 Pearl St.

Self-defense

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aware of one's surroundings, never walking alone and locking car doors, there are also mental strategies that can save a person before he or she sets out for that dark walk to the car.

Scenario training is one such technique. Guse said by mentally planning an attack in one's mind, a person can develop a strategy for what he or she would do in a given situation. He said many people freeze when they imagine someone jumping out of the bushes and grabbing them, but the key is to imagine fighting back or yelling in such a situation.

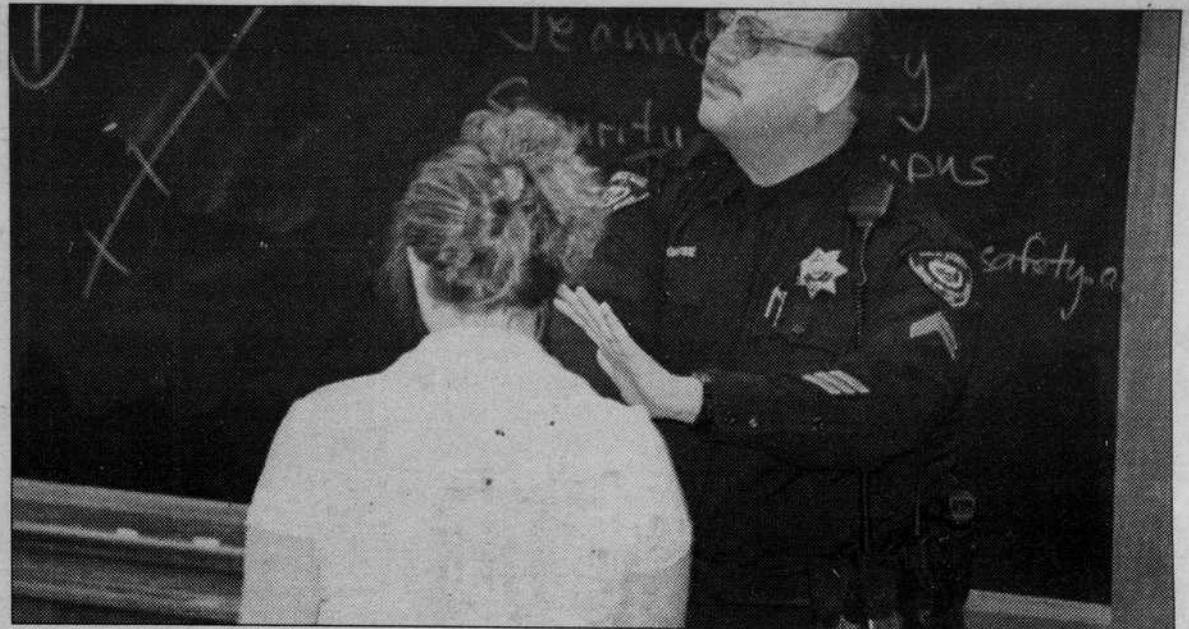
"What a suspect has over a potential survivor is fear," he said. "Make yourself the victor in your mind."

Guse said another way to assertively ward off an unwelcome stranger is called "name the behavior." He said this is done by loudly announcing someone's inappropriate behavior in a forceful manner.

"Exclaiming 'your hand's on my knee' will draw a lot of attention," he said, adding that this technique can also be used in a quieter fashion with an acquaintance or date.

"Saying, 'If you continue, this is rape' puts a firm end to the no-means-yes notion," he said.

Leading into the self-defense demonstrations, Guse stressed the fact that people need to rely on themselves first and foremost for protection. He said too much reliance is often placed on pepper spray and car keys. He said in an urgent situation a person may not be coordinated or quick enough to use pepper spray, while attempting to stab an attacker with keys can badly hurt the hand of



Cpl. Robert Guse demonstrates a self-defense technique on Jonnie Gilroy Wednesday at the campus safety presentation.

the person being attacked.

To encourage this idea of relying on oneself when in danger, Guse showed the audience members that they have more physical strength than they realize. He demonstrated a move called "striking through" and asked everyone to punch the palms of their hands. He then asked them to repeat the action, this time keeping their fists pressed against their hands after the punch. By not pulling back, the pain of the impact lasted longer.

"You're taking energy away from your hit when pulling back," Guse said. "You have to make sure all your energy is where you want it to go."

Guse also showed the audience the butterfly, which he said is a sure-fire move to prevent a strangling. By

demonstrating on another person, he showed that by crossing one's wrists and pushing out against the arms of the attacker one can break away, because in this position the person being choked has more physical leverage against the attacker.

"The butterfly will work no matter how strong the assailant is," he said.

Thomas Hicks, DPS associate director, addressed the crowd about the recent attacks on and near campus and responded to their concerns before Guse's presentation. He said students need to be increasingly aware of their surroundings and safety because most likely there is more than one attacker on the loose.

"The attacks seem related, but the descriptions of the attackers have

been so off the wall," he said. "Other than the fact they involve jumping out of the shadows, we're not sure if it's the same person or not."

Hicks asked students to call DPS if they hear any rumors about any of the attacks and assured them they could do so anonymously.

Elaine Winn, a senior history and English major, said she will remember some of the self-defense strategies Guse demonstrated.

"I've been in similar physical scenarios before," she said, adding that she would use the calling-out defense strategy if she found herself in a similar situation in the future.

"It gave me reassurance because there's been so many cases like this around town lately," she said.

Environment

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The Environmental Studies Program received a grant from University Administrative Affairs to perform an environmental assessment of the campus, which was based on figures from a 1995 University study of the climate. Heimerman said the class members were pleased with what they found, but they also came up with recommendations of their own.

A June 2000 environmental assess-

ment by environmental studies found that 24,341 pounds of hazardous waste was generated in the 1998-99 school year, which was an increase of 3,125 pounds since 1993-94. The chemistry department produced 33 percent of the overall hazardous waste on campus in 1998-99.

In its assessment, the ENVIS program suggested that the University publish results of environmental assessments and initiate a brief environmental orientation for incoming students. Doing so, according to the assessment, would strengthen the

environmental education system at the University. The assessment also recommended future assessments to give the University a chance to review activities, as well as to increase the possibility of implementing more "environmentally friendly activities." Amy Lake, administrative program assistant for Facilities Services, said the class did a study in winter term 2001 to examine the effects of computer use on campus. To do the study, Facilities Services walked the students around campus to help with the inspection. Al-

though she has not seen the results, Lake said the department will take into account the figures compiled by the class for future decisions.

Christine Thompson, planning associate for the University Planning Department, said the class has become a partner with the department to help study what can be done at the University.

"We have helped them understand what it is we, as a University, have done," she said.

Thompson said the class helps the department gather information

on the campus environment, and in turn, the class provides recommendations to the department on what should be done. While not all recommendations are acted on, they are taken into account.

Heimerman said the University's administration has been supportive of the classes.

"Overall, I'd say the administration's response has been very favorable," she said. "There is a lot of money to be saved via greening measures, as well as a degree of prestige."

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