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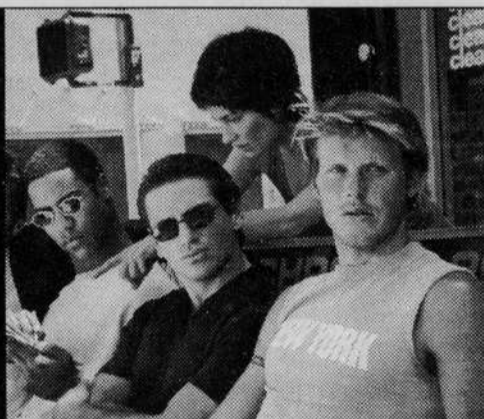


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# BURRITO BOY TAQUERIA

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## SUPERCUTS

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# A Party That's Been 63 Years In The Making



Head Coach Ernie Kent and the Men's Basketball team invite you to Mac Court on Sunday, March 10, to celebrate the first outright Pac-10 Championship since 1939.

Admission is FREE. Doors open at 1:45pm. Festivities begin at 2:15pm.

We'll cut down the same nets that produced a 16-0 home record. We'll handout FREE popcorn and Pepsi. We'll show the NCAA Selection Show at 3:00pm, then you can stick around for the taping of Oregon Basketball with Ernie Kent on KEZI.

No need to RSVP. Ernie knows you'll be there.

## Tae kwon do

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in spring 2001, an attempted rape in January, and three incidents in two weeks this term of campus public masturbation reports — this workshop is a start for interested participants to become educated.

"The workshop will be empowering for everyone who attends," King said. "I would like people to come away from the seminar with the realization that they have the tools to defend themselves. One of the primary tools comes from self-confidence."

Club volunteers will lead the workshop through partner exercises, which in addition to allowing the attendees to practice on skilled athletes will provide them with the opportunity to make new friends. This weekend's seminar will focus primarily on women because King said women are the most common victims of date rape and sexual assault.

"Men are usually mugged by other men — not women," King said, adding that men can acquire valuable skills from the workshop also.

The workshop is open to all University students, staff and faculty. Kristie Gibson, a member of the club and recent graduate of the School of Law, said many of the moves, such as knee kicks, become natural with practice.

"We'll focus on vocalization — how to yell," she said. "You can't be afraid to yell."

Since she joined the club in 1993, she said her tae kwon do skills — at the high red-belt level — have helped her to feel more empowered in the event that she would have to use physical force against someone, and the exercises aide in relieving stress too.

The club, funded through fundraisers and student fees, is composed of about 20 to 25 stu-

## Tae kwon do info

**What:** Tae kwon do self-defense workshop

**Where:** Gerlinger 220

**When:** 11 a.m.-3 p.m. Saturday

**Admission:** \$5

### Self-defense tips:

■ Go places with a friend. Don't walk alone late at night. Call Project Saferide or a friend for a ride.

■ Don't wear headphones while exercising at night.

■ Walk with your head upright, and with a confident posture instead of looking at the ground.

■ Say hello or greet people who walk past you.

■ If someone is walking behind you, take a different path, or turn around and face them.

■ Don't walk in the Pioneer Cemetery alone at night.

■ Scream first — most of the time it will scare the attacker away.

### The art of tae kwon do:

■ It's a Korean sport that's more than 2,000 years old.

■ The highest belt level of this sport is black, of which there are 10 degrees. However, the 10th degree is reserved for the creator of the art, and nobody can attain this degree.

■ The modern style of this sport is constantly being modified to find better ways for participants to defend themselves.

■ Tae kwon do differs from other martial arts in both offense and defense tactics.

Source: Randy King, Tae Kwon Do Club coach

dents, and members practice two times a week and on weekends.

King, who has a third degree black belt, said no matter what level of belt students wear or which form of martial arts they know, it is important that they "bow, shake hands and introduce themselves every time."

But he said that this more modern expression of communication in tae kwon do differs from more traditional forms of martial arts.

King, who has been with the club since 1991, encouraged those interested in self-defense to attend the workshop, but he suggested they enroll after the workshop is over in a related class offered by the University or in the local community. He said tae kwon do may not be the right fit for the individual, but additional instruction can help participants to continue to improve the skills they will take away from the workshop.

"I want to be able to see people come in and know they can defend

themselves and improve on that," he said.

King, who volunteers as the coach for the club and is an adjunct physical education instructor, said he takes pleasure in seeing members of the club improve. He added that he tries to educate members so that they know rapes and attacks will happen if people don't know how to fight back.

"Women are not defenseless," King said. "There is not such thing ... Women can kick my butt, I kid you not."

King said the high-energy club has the benefits of friendships with people from diverse backgrounds as well as a physical skills and conditioning.

Admission to the workshop is \$5 at the door, and no experience is necessary to attend. The workshop is being presented in association with the Student Recreation Center, Club Sports and the Women's Center. For more information, contact 338-4843.

E-mail reporter Lisa Toth at lisatoth@dailyemerald.com.

## Snow

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Subsequent storms dumped a mixture of rain and snow from 1 to 2 p.m. and intermittent rain from 2 to 3:45 p.m. The University saw a barrage of ice pellets for about 10 minutes during that time. Meteorologist Jack Bohl said ice pellets are smaller than hail and are often localized.

Thursday's snow advisory extends in a wedge from Roseburg north to Canada. Willis said the heaviest accumulation in western Oregon was in Tillamook, which reported 3 inches of snow at 8:45 a.m. Thursday. He said NWS issues an advisory if an inch of snow is expected below 1,000 feet.

Eugene Police Department spokeswoman Pam Alejandre said no major accidents were reported

that could be attributed to the brief snowfall.

The forecast calls for scattered showers of mixed rain and snow today with highs in the mid 40s. Overnight lows will push the mercury to between 35 and 40 degrees. Weekend temperatures should reach highs near 50 degrees.

E-mail reporter Eric Martin at ericmartin@dailyemerald.com.

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