



ERIK R. BISHOFF | PHOTOGRAPHER

The Outdoor Program's Wilderness Resources Center can help students come up with adventurous ways to fill their winter holiday. The center is open 9 a.m. to 5 p.m. Monday through Friday on the ground floor of the EMU.

The great outdoors

BY KATE WEBSTER | DAILY EMERALD FREELANCE REPORTER

The Outdoor Program offers opportunities to explore the Northwest with skis or in bikinis

From mountain biking in Tibet and the Grand Canyon to sea kayaking classes at the University and hiking at Spencer Butte, the possibilities the University's Outdoor Program provides for recreation are virtually endless. This winter, the program is taking advantage of the season by offering activities such as cross-country skiing and telemark classes, as well as indoor options such as rock climbing and kayak rolling.

One of the program's highlights this season is a presentation by snowboarder Stephen Koch, who will speak about his seven-summit trip. On this trip, he boarded the seven highest mountains on each of the continents. The program has tried to land this presentation for

the past three years.

The program may not be traveling as far as Mt. Everest any time soon, but if the snow report is good, students can expect winter trips to Oregon's ski and snowboard resorts.

Students can check for trip possibilities on the trip board at the Outdoor Program office, which provides information such as departure times and costs.

Taran Hart, donations and outreach coordinator for the program, said trips fill up quickly.

Students may also post ideas for trips at the Outdoor Program office. The office has resources such as magazines, books and maps. It also has an office staff available from 9 a.m. to 5 p.m. on weekdays.

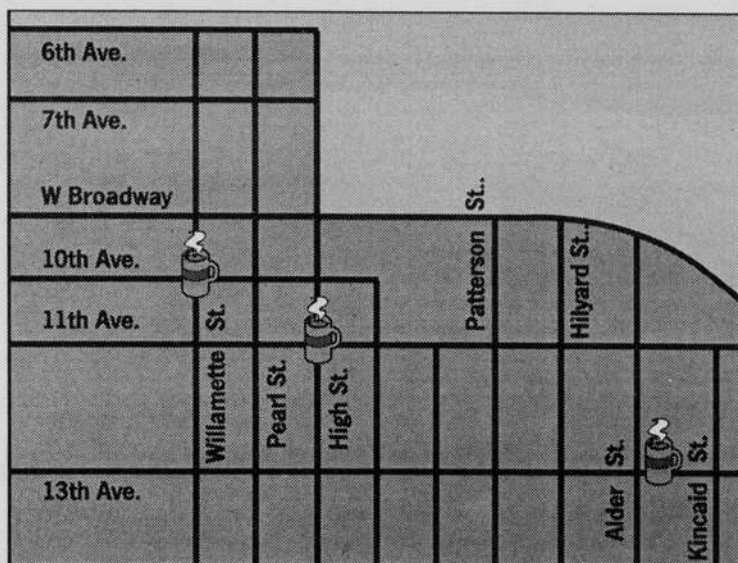
Community members have to

pay a \$15 access fee each year to join the program. This grants them access to equipment.

Gear is available for private outings as well. The Outdoor Program has rafts, kayaks, backpacks, sleeping bags, tents and rain gear, among other things. For winter recreation, it has snow shoes, ice axes, collapsible ski poles and snow saws. Deposits are required for gear.

This winter break, the program has planned a sea kayaking trip in Baja, Calif. and the gas and food costs are split between everyone on the trip. The common venture philosophy at the Outdoor Program makes for fairly inexpensive trips and opportunities for outdoor adventures this winter.

Cocoa: Favorites range from mint to caramel



BRET FURTWANGLER | GRAPHIC ARTIST

HOT COCOA RECIPES

"Chocolat"

7 ounces dark chocolate
2 cups heavy cream
cinnamon
whipped cream

Directions:

1. Melt chocolate and cream together in double boiler.
2. Warm until desired temperature is reached.
3. Pour into 4 mugs.
4. Top with whipped cream and a sprinkle of cinnamon.

"Perfectly Chocolate" from Hershey's

4 tablespoons sugar
4 teaspoons Hershey's Cocoa
A dash of salt
2 cups milk
1/2 teaspoon vanilla extract

Directions:

1. Mix sugar, cocoa and salt in saucepan.
2. Pour in milk and bring to a boil for about 90 seconds.
3. Stir until well blended. Add vanilla. If you wish, add marshmallows while cocoa is still hot and stir until melted.
4. Pour into mugs and top with marshmallows.

Source: Allison Parker and
www.recipezaar.com

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Espresso Roma, at East 13th Avenue, uses a butter-and-chocolate mix, with whipped cream.

Hot chocolate is a healthy treat as well. According to a study from Cornell University, hot chocolate provides twice as many antioxidants than red wine and tea. Antioxidants contain cancer-preventing compounds and

fight heart disease and aging. Hot cocoa is also low in saturated fat and a far better option nutrition-wise than a candy bar or other chocolate offering.

No matter which recipe you prefer, the sweet and creamy taste of hot cocoa is best enjoyed in this bitter-cold weather. It's a must-have after hitting the slopes on the mountain or on a wintery afternoon.

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