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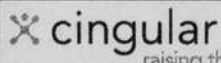
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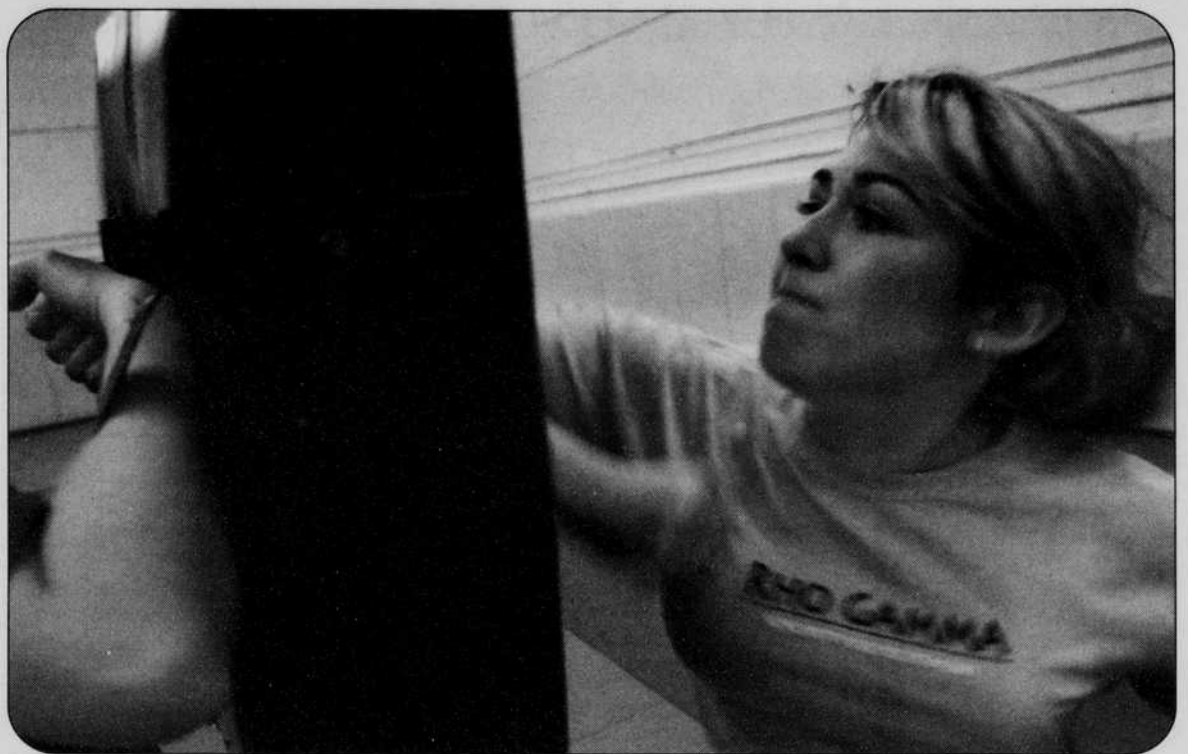
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raising the bar



TIM BOBOSKY | PHOTOGRAPHER

Junior Marie Doyle pummels a practice pad braced by senior Caitlin Cushing after her Women's Studies self defense class Nov. 17 in Room 77 of the Rec Center.

Gifts of flight and fight

BY ASHLEY GRIFFIN
SUPPLEMENT FREELANCE EDITOR

One hundred dollars can buy a shirt and sweater, and for the thrifty shopper, a pair of pants to complete the ensemble. Or, for a new twist on traditional Christmas gifts, the creative shopper can take that \$100 and purchase a lasting memory.

Traditional holiday gifts, such as clothing, books and bon-bons, might not fit the more adventurous folks as much as a skydiving excursion or a self-defense workshop.

Eugene Skydivers, located at Hobby Field in Creswell, offers students the lowest-priced tandem jump anywhere, according to owner Urban Moore.

The \$100 special teaches skydiving basics, from learning how to get out of the plane to discovering how to land the canopy. After learning these skills, divers can choose a basic dive or opt for a higher altitude. All jumps are tandem with an instructor.

Moore, who has worked in skydiving for 17 years, said it is a surprising experience for all customers.

MORE NONTRADITIONAL GIFT IDEAS

Cooking class: Find a chef to teach a culinary lesson in your home or attend a class at a local college or cooking school. If those options aren't available, teach someone your own specialty and create a meal out of it.

Day trip: Give a day trip complete with meals, transportation and activities already planned. Some great local day trips are to soak at Cougar Hot Springs, wander along the beach in Florence or Newport or play in the snow in the mountains at Hoodoo or Mt. Hood.

Private lessons: Give someone a lesson in your area of expertise, whether it be something active such as rock climbing or something art-oriented such as photography. Provide the materials and lesson and perhaps a meal afterward to top off the gift.

CHECK OUT MORE

Eugene Skydivers
(541) 895-3029
www.eugeneskydivers.com
Breaking Free
(541) 343-5513

Skydiving lessons and women's self-defense classes provide creative and memorable options for holiday gifts

"Pretty much everyone is all smiles," he said. "It's totally unlike what they think it is going to be like ... there's nothing else out there like it."

For the gift giver, this is a quick and easy purchase. Eugene Skydiver's customers can buy gift certificates over the phone with a credit card, by mailing a check or dropping by the shop. Divers can also choose to have the experience video-taped to provide a truly lasting memory.

Another gift idea, exclusively for women, is purchasing a space in a self-defense workshop.

Nadia Telsey, the University's self-defense instructor, has taught self-defense for more than 30 years and said it is a great gift for every woman.

"I think it's an excellent gift because she will have it for the rest of her life and it demonstrates the giver's care for her,"

she said. "Self-defense provides women with skills to avoid and deal with potential assault."

Classes teach participants how to identify

NONTRADITIONAL, page 12C

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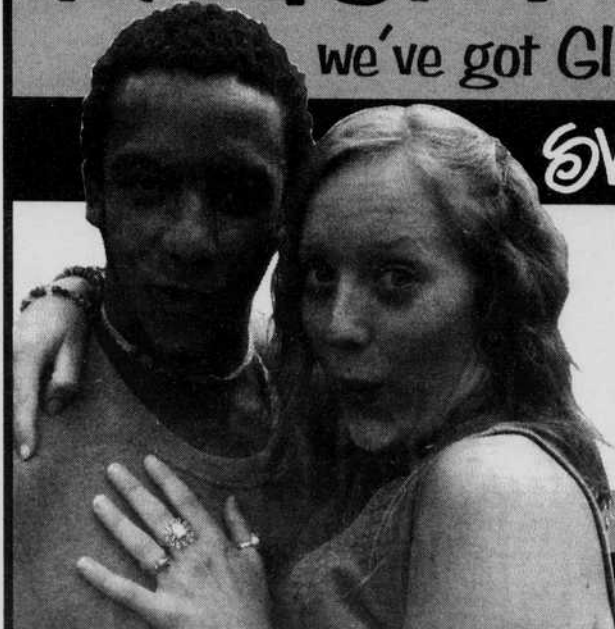
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