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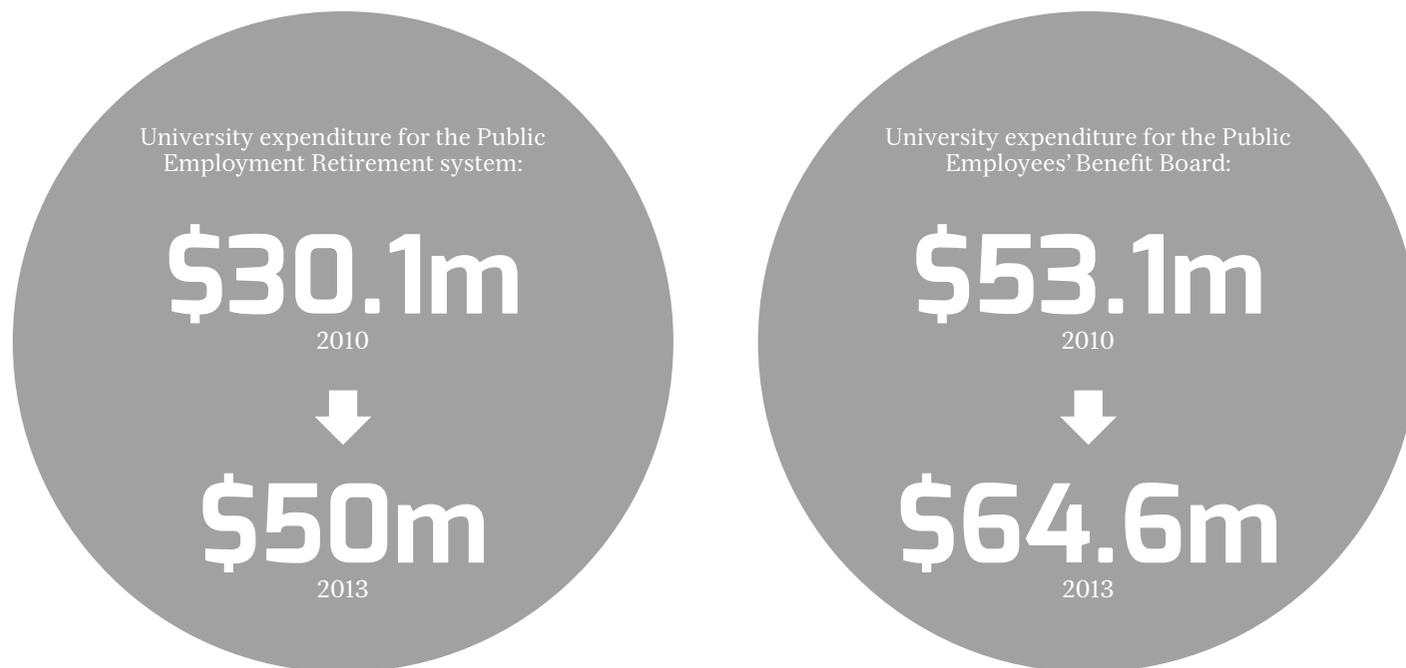
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PERS, PEBB INCREASE STRAIN UO BUDGET

The University of Oregon has increased the enrollment of out-of-state students over the years in order to bring needed revenue and help keep the price of education down as operational costs increase and state funding remains a small portion of the budget.

Next year, increased costs for faculty benefits and a tuition freeze for in-state residents for 2014-2015, may put an additional strain on the university budget and further increase university dependence on out-of-state tuition.

The Public Employment Retirement System is a university expense that has increased dramatically over the past years. From 2010 to 2013, the cost for the pension went up from \$30.4 million to \$50 million.

The most significant increase in the PERS costs came in the 2012 fiscal year when rates jumped \$15 million. According to an email from Vice President for Finance and Administration Jaime Moffitt, if not for the recent legislative PERS reform, the UO would have expected another significant increase.

Health care is also another increasing expense for the university and is referred under the Public Employees' Benefit Board costs. The university spent \$53.1 million on PEBB costs in 2010 and \$63.6 million in 2013. Retirement costs per employee vary depending on when they were hired and what health plan they chose. According to Moffitt, health care costs per full time employee are currently running at \$15,120 per year.

The UO does not control the costs for PERS and PEBB. Those are set by the state. All figures listed show total amounts for the entire university.

Though the tuition setting process is currently underway and an official price tag won't be set until late spring, Moffitt certainly doesn't expect to see a decrease in the cost of out-of-state tuition.

According to enrollment data from the UO Office of Institutional Research, this

year out-of-state students made up more than half of the student body with 11,419 enrolled.

"We are always cognizant of the fact that student tuition is the largest source of university resources," Associate Dean of Finance Administration Gordon Taylor said. "We do our very best to allocate them efficiently, responsibly and effectively."

California resident and UO senior Michelle Harvey felt like attending an out of state college was her only option, due to competition among state residents in the University of California system.

Out of three other out-of-state schools, Harvey chose UO because it was the most affordable. Still, she has found it necessary to take out student loans to pay for education.

"It hinders what I am going to do next because it's going to be adding on to student loans," the education major said. "But I'm thankful I have more school to do to put off paying for student loans."

Harvey plans to go grad school next year.

BY JENNIFER HERNANDEZ, @JENNNHDEZ

PERS and PEBB: What are they?

PERS is Oregon's state pension system for its public employees. Employers maintain and give a fixed payout to their employees' retirement plan. A retiree can choose to either receive a monthly salary known as an annuity or a lump-sum payment. Last year, Oregon legislator passed a PERS reform package that included reducing payments to retirees. The reform has been able to improve its unfunded liabilities in half – from \$16.3 billion at the end of 2011 to \$8.1 billion in 2013.

PEBB provides employees with health benefits. In the last four years, PEBB costs have increased in smaller incremental rates at UO than for PERS. From 2010 to 2011, the costs increased by \$6 million. From 2011 to 2012 costs increased by \$3 million. From 2012 to 2013, costs increased by \$1 million.



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- ARH 206. History of Western Art III: Romanticism to Modern**
 MWF 1:00-1:50 p.m. (4 credits) **A&L**
- ARH 210. Contemporary Asian Art and Architecture**
 MWF 11:00-11:50 a.m. (4 credits) **A&L, IC**

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▲ HEALTH



The University Counseling and Testing Center aims to educate students on body image issues in the media and on college campuses in order to highlight how there is no perfect size.

ALL SIZES FIT EMBRACES ALL BODY TYPES

The University Counseling and Testing Center kicks off All Sizes Fit this week, a campaign focused on positive body image and health at all sizes.

"It is an important (issue) to discuss, especially on a college campus," said Elizabeth Asta, counseling center psychologist. Asta holds an interest in the area of body image concern and disordered eating.

"It is a common struggle that I hear on college campuses," Asta said.

All Sizes Fit is an awareness campaign that will hold events promoting healthy body image throughout the week. The main event for the campaign is a presentation by a Health at All Sizes advocate and researcher, Ragen Chastain, entitled "The Positive Body: Real Options for Health Happiness and High Self-esteem." The presentation will take place on Feb. 12 at 6:30 p.m. in the EMU Gumwood Room.

Prior to the presentation, Chastain will also lead a Dance for Every Body Class at 4 p.m. at the Student Recreation Center, room 41.

On Feb. 13, three members of the UO Rehearsals for Life, Jennifer Chain, Eric Garcia and Nina Hidalgo will hold an

interactive workshop about biases stemming from size and weight in Gerlinger room 246.

In addition, throughout the week tabling to raise awareness will take place in ResLife.

According to Asta, the purpose of the event is to raise awareness and "create more conversation and dialogue" on the topic of body image, a problem that "naturally comes up in our society in general."

Suzie Stadelman, Mental Health Educator and Administrative Services Assistant for the counseling center emphasized the importance of raising awareness about this issue.

"There is a lot of pressure on men and women to look a certain way," Stadelman said. "It's a larger issue than just the UO. It is universal."

Asta emphasized the availability of the counseling center to students struggling with body image issues.

"For anyone exploring (these issues) the UCTC wants to be available," she said.

The center offers both individual and group counseling.

BY JENNIFER FLECK, @JENNIFERFLECK

COLLEGE NEWSPAPER OF THE YEAR 2012-13

"... Their push to greatly expand the breadth and depth of what it means to be a student journalist and student newspaper is so awe-inspiring it makes me smile just thinking about it."

— Dan Reimold, College Media Matters



EMERALD MEDIA GROUP | DAILYEMERALD.COM



Students see what needs to happen and they have a lot of power on campus... And it's really good that they are able to use that power for positive change for their peers in the LGBTQ community."

MAURE SMITH-BENANTI, LGBTESSP adviser on students changing the university community..

MANTHEAKIS STRIVES FOR PROGRESS IN CREATING CHANGE

Dark brown bangs swept across Sophia Mantheakis's forehead underneath a black knit hat. Mantheakis wore burgundy and teal square framed glasses. Sitting at a table in the Fishbowl, Mantheakis, 26, discussed passion for food security. Mantheakis' voice was soft, but had a slight edge when discussing issues of the financial costs that weigh heavy upon college students.

Mantheakis led a workshop at Creating Change, the biggest congregation of activists who gather together each year to promote equality and raise awareness on issues concerning the LGBTQ community. This year it was held in Houston, Texas on Jan. 29 through Feb. 2. Ten students from the University of Oregon, including Mantheakis, were chosen by the Lesbian Gay Bisexual Transgender Education and Support Services Program to attend the conference.

Mantheakis' presentation focused primarily on explaining what food security is, how to start a food pantry program and how best to support students who need food security. Mantheakis was selected to be one of the 390 workshops at the Creating Change conference. The workshop was modeled after a food pantry Mantheakis

helped establish at Southern Oregon University last academic school year.

"The thing that we cut, usually in order to afford other things, is food," Mantheakis said. "People think they can go without food because they have to pay their rent, their tuition. I mean, it's simple: when we don't eat, we're not productive. We can't focus, we are more stressed out. We have more medical issues."

Currently, Mantheakis works at the Women's Center as the LGBTQAA coordinator. Part of Mantheakis's job is to help create brochures with information about food security programs such as Supplemental Nutrition Assistance Program, Food for Lane County and Women, Infants and Children food service for the students at UO.

Mantheakis also focuses on how food security is related to minority students including the disabled, students of color and students who identify as LGBTQ.

"We don't face our oppressions separately. It's all together," Mantheakis said.

Angela Drury, 21, another student who attended Creating Change, said one workshop she attended at the conference highlighted the correlation between transgender people and poverty.

"(Learning about transgender people poverty

issues) was really interesting to me because that's not typically the focus of the LGBTQ activism," Drury said.

According to a study done by the National Center for Transgender Equality and the National Gay and Lesbian Task Force in 2011, transgender people living in the U.S. often face severe discrimination in the workplace.

Transgender people were nearly four times more likely to have a household income of less than \$10,000 a year, the study said.

In addition, 47 percent of transgender people who were surveyed for the study claimed they had experienced an "adverse job outcome, such as being fired, not hired or denied a promotion because of being transgender or gender non-conforming."

LGBT ESSP adviser Maure Smith-Benanti said Creating Change causes students to come back to Eugene with "renewed energy" to spark new changes within the community.

"Students see what needs to happen and they have a lot of power on campus," Smith-Benanti said. "And it's really good that they are able to use that power for positive change for their peers in the LGBTQ community."

BY NATALIE MAIER, @MAIER_NATALIE

All Sizes Fit

EVENT SCHEDULE

WEDNESDAY, FEBRUARY 12TH

Dance with Every Body

4:00-5:00 PM STUDENT REC CENTER 41

A dance class that celebrates movement and fun for every body and size, with Ragen Chastain.

The Positive Body

6:30-8:00PM, EMU GUMWOOD ROOM

Real options for health, happiness, and high self-esteem starting wherever you are, right now with speaker Ragen Chastain.

THURSDAY, FEBRUARY 13TH

Rehearsals for Life

6:30-8:00PM, GERLINGER 246

Experiential programming to explore size discrimination and weight bias attitudes. Led by Jenni Chain, Eric Garcia, and Nina Hidalgo.

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LGBTQ

UO QTS create conversation



*UO QTS meets
Wednesdays at 7:30
p.m. in the Ramey
Room in Carson Hall.*

UO QTS ALLOWS STUDENTS TO ASK QUESTIONS OF ALL KINDS REGARDING THE TRANS AND LGBTQ COMMUNITY. The group offers a safe environment for answers and discussions to help students understand terms, concepts and issues surrounding the community.

LGBTQ terminology is nearly as complex and constantly changing as the issues surrounding it, and it's just one of many subjects the University of Oregon Queer & Trans Group, UO QTS, aims to educate students of all sexual and gender identities about. When someone at last Wednesday's QTS meeting brought up "the asterisk," half the room expressed strong opinions and the other half had no clue what it was.

The asterisk is often fixed onto the word "trans" to denote any gender identity perceived to fall under that sphere. It's a fairly new idea some in the LGBTQ community espouse, but recently it's been disavowed due to its

"footnote" implication.

Maure Smith-Benanti, assistant director of the LGBT Education and Support Services program, has been involved with UO QTS since its beginnings as UO Equal last year. But she's still learning new terms and concepts, and many from those who have come to the group to be further educated.

"If you want to learn more and discuss you might choose to come to UO QTS, but if you want social opportunities you might come to LGBTQA," Smith-Benanti said. "I think the more queer groups we have on campus the better because then we have more options for different personalities."

UO QTS is not the only queer group on campus. The main UO LGBTQA has been meeting since 1969 and primarily focuses on social events. QTS also provides a social opportunity for LGBTQ students and allies, but the focus is mostly educational.

"Anyone from the community is totally welcome to come in and participate," Angela Drury said, academic residential program assistant at Carson and a QTS organizer. "We're not gonna kick anyone out."

The group is funded by the UO housing office and led by the LGBTQ cohort, a community of students based in the Gender Equity hall on the fourth floor of Carson. Topic-specific seminars are held at 7:30 p.m. on Wednesdays in Carson's

Ramey Room. Last Wednesday's meeting was Trans 101 and the next meeting will focus on kink and fetish communities. The seminar structure is the main aspect that differentiates it from its previous incarnation as UO Equal.

Andrew Rogers, a resident assistant on Carson's Gender Equity floor, says QTS has been incredibly helpful in his understanding of LGBTQ issues.

"It's been really useful for me, especially being on Gender Equity and also being a cisgender-identified individual," Rogers said. "There's so much that I don't know, and there's so many privileges I have that I had no idea about."

Meeting attendees were unafraid to ask questions about terms or concepts they were unclear on or unfamiliar with. Their inquiries were always met with detailed yet clearly elaborated responses that often branched out into full-on discussions.

"It's been a very cool group that I feel is useful for people who are just getting to Eugene and aren't used to all of the language that the LGBTQ community uses frequently," Smith-Benanti said. "I feel like it's a good, safe place to explore a lot of issues that maybe people haven't been exposed to yet."

BY DANIEL BROMFIELD, @BROMF3



Snowfall



Snow. Sleet. Freezing Rain.

It's all fun and games until the power goes out. Eugene's second snow storm in 10 weeks went from merry to treacherous when frozen power lines and tree limbs fell in several University neighborhoods.



Above: Three UO students play with a frozen tree near the EMU. Far left: Marist Catholic High School junior Jacob Kiefer takes advantage of the snow fall on Thursday. Upper right: Campus Operations worker Chris Meade shovels snow out of the drains in front of the Erb Memorial Union. Lower right: Facilities manager Ron Perkins uses a leaf blower to dust off the layer of snow that fell on Hayward Field.



One of the most energy intense and expensive buildings on campus, the Hatfield-Dowlin Complex racked up a bill of \$235,284 over the course of its first six months of operation – \$95,413 of which was utilities.

“IT’S SORT OF ARMOR, A DARK IMPOSING BUILDING THAT TELLS THEM ABOUT THEIR COMPETITION.”

BOB SYNDER *project manager for the Hatfield-Dowlin Complex.*

WHO CAN AFFORD \$16,000 IN UTILITIES?

THE HATFIELD-DOWLIN COMPLEX USES MORE ENERGY THAN ANY BUILDING ON CAMPUS. And most of its bills are paid by a private endowment.

A blonde receptionist sits behind a desk under a sprawling wall of televisions in the lobby of the Hatfield-Dowlin Complex.

A student-athlete makes his way from a faraway corner. He runs up to ask for help using the elevator to access another section of the byzantine sports facility. Meanwhile, 55-inch television screens beam overhead, 64 in all. They glow from the far wall of the cavernous lobby at all hours. Long after the coaches, players and janitors have gone home, the screens display either “SportsCenter” or various graphics with only the occasional car driving along Martin Luther King Boulevard to notice. The video wall has to stay on, says the facility manager, because shutting it off might reset the finely tuned color settings.

“Football is a seven-days-a-week operation. And even in the off-season, you think about recruits (visiting), there’s still training going on, coaches are here,” said Calvin Kenney, Hatfield-Dowlin’s on-site manager. “The building never goes to sleep.”

High-end projects require high-end maintenance. With football season over, the building donated by Nike co-founder and UO alum Phil Knight runs at a higher clip than most buildings on campus. Records provided to the Emerald show that from July 1, 2013 to Dec. 31, the building has racked up \$95,413 in utility expenses alone – averaging just under \$16,000 per month – and the building didn’t open officially until Aug. 3. For its first six months, the total bill for the building is \$235,284, on pace to cost nearly half a million a year. So far, the building is paid entirely through an endowment fund set up by donors to the Oregon athletic department.

Before the University of Oregon even cut the ribbon on its brand new football operations building, the project garnered attention from across the nation. Its interior trimmings, including hand-woven rugs from Nepal and hardwood from Brazil, drew The New York Times and Sports Illustrated to Eugene. It was called “opulent” and even an intergalactic space station by Deadspin, a comparison that isn’t far-flung from the arms race that’s overtaken college

athletic programs.

State of the art facilities is the oldest trick in the recruiting book, and Oregon caught up in a matter of years.

Like many expensive gifts, these buildings come with responsibilities and those have grown substantially over the last four years. The university pays a third of the costs of the John E. Jaqua Center’s operating costs for access to the first floor of the three-story glass cube. It also came with stipulations from Phil Knight to bolster the academic help for athletes. A 2011 story by Register-Guard reporter Greg Bolt reported the cost took nearly \$2 million out of the academic budget. Similarly, Matt Knight Arena was funded up to \$100 million by Knight, and took an extra \$29 million from donors. Still, the arena required yet another \$98 million the university had to find for itself.

For comparison, the Erb Memorial Union, 60 percent larger and overrun with students, was billed \$481,225.99 from July 2012 to June 2013. Its costs don’t account for many of the bells and whistles of the football facility. The 137,000-square-foot Hatfield-Dowlin Complex – which plans to bring in other student-athletes to use its cafeteria – is almost exclusive to the football program and costs roughly \$2,500 per player for just half a year of operation.

Kenney says the cost of running the building could be misleading. The International Facility Management Association, the organization that sets the building’s standards, suggests giving a building three years before concluding costs to run a building like Hatfield-Dowlin.

“We really won’t have an idea until after the first three years,” said Kenney, who worked as a facility manager for the city of Eugene before accepting his current job. “If you look at the first six months, we opened the building in August when we had record heat, we had a monsoon – literally a monsoon – hit the area, then we had record snow and record cold, already in six months.”

The building itself is an investment in keeping the football program in the limelight, fixed in the minds of both recruits and potential students.

As athletic departments are often referred to as “the front porch” of a university, UO’s is now towering and granite. For opponents, the Hatfield-Dowlin Complex also holds an air of intimidation. It’s a fortress sealed in triple-pane windows. It shows the flex of an athletic department unabashedly pursuing every edge over the competition. For recruits, it’s a show

of loyalty and the benefits afforded to them at Oregon versus any other place in the country – that it may write the check for a billboard in Time Square as it did for Joey Harrington in 2001.

“We always had in mind the arrival sequence of the visiting team. As the visiting team arrived from Martin Luther King Boulevard in their bus, their first view of this building should be ‘Oh my god, we have to play against them?’” said Bob Synder, the project manager for the building’s architects, ZGF Architects. “That was intentional. It’s sort of armor, a dark imposing building that tells them about their competition.”

For the time being, the building’s operating costs derive from athletic department coffers and various donations.

“The Hatfield-Dowlin complex is an athletic building and is funded entirely by athletic department funds,” said Craig Pintens, senior associate athletic director of communications. “A quasi-endowment fund for the Hatfield-Dowlin Complex was established with the University of Oregon Foundation during construction of the building to assist in operational costs.”

Part of that endowment comes in the form of naming rights to certain sections of the building, similar to a hospital wing. For example, the coaching room for running backs is named for former Duck Jonathan Stewart.

The bill, however, may be a small price to pay for a competitive edge over other booming athletic departments across the country. The financial tidal wave making it was way across the country has landed other schools their own dedicated football performance centers. Arkansas recently revealed a \$35 million complex itself. Washington State also unveiled plans for a \$61 million, 79,000 square foot football building. Even Louisville, lauded far more for its basketball program than football, dropped \$7.5 million on a football complex.

In the off-season, the building still works as office space for the football program. For coaches and other essential operations staff, there is no off-season. During last Wednesday’s national signing day, they sat in the building’s War Room perusing info on their new recruits. Meanwhile, the televisions beamed in the lobby, morphing into four simultaneous streams of recruiting coverage with the building and all its occupants humming along.

BY TROY BRYNELSON, @TROYWB



Oregon guard Ariel Thomas (22) practically acted as a second coach during her time on the bench.

ARIEL THOMAS INSPIRES BOTH ON AND OFF COURT

After a fifth straight conference loss, the Oregon women's basketball team couldn't afford to lose any players to injury, especially not its vocal leader and starting point guard, Ariel Thomas. However, the team's nightmare of a stretch continued when Thomas went down with an ankle injury against UCLA.

Thomas, one of just four seniors, was out for the USC game and proceeded to miss the next three games as well.

Even with an injury to a starting point guard amidst a low point in the Ducks' season, the players rallied.

That's when Thomas garnered a new perspective, one that she could only gain from the confines of the bench.

"I learned how much bench energy is important to the team," Thomas said. "When you're getting pumped up over those little things – the and ones and the steals – that really gets the people on the court going and it helps keep that momentum going and that positive energy around."

Despite her absence on the hardwood, Thomas' leadership never changed. She became a better leader through the experience, a quality that Oregon's young team needs moving forward into the latter half of the season.

"As a senior, her leadership is imperative," sophomore forward Jillian Alleyne said. "She's been here for four years and she's seen the system develop since she was a freshman. She knows the system and she knows how to get you the ball. She's come into such a pivotal role for us."

Her vocal leadership – which each player on the team has

reverberated as an essential asset – was on display against Arizona last weekend, the final game she missed due to injury.

"Against Arizona, I didn't know who the coach was, me or Ariel," head coach Paul Westhead said.

During timeouts, Thomas could be found giving pointers from the bench. She would pull players aside and motivate them, essentially acting as another coach on Westhead's staff.

After missing four games, Thomas was cleared to play against Arizona State this past Sunday. Thomas played 20 minutes and added seven points in Oregon's 97-94 loss against the No. 15 ranked Sun Devils.

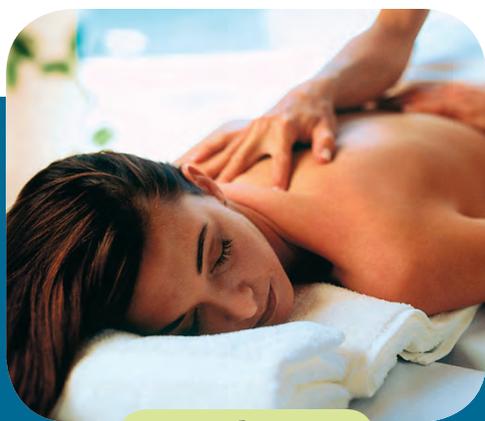
Thomas used the game against Arizona State as a chance to shake of the cobwebs and get back into the flow with her teammates.

"I wish I could've played more," Thomas said. "To be able to play and be able to just hop in and help my team anyway possible that was a big thing for me. Just to shake off some of that rust."

Although her time on the sidelines was a learning experience, Thomas is glad to be back on the court. Being in the game gives her an opportunity to show the best way to be a leader – by example.

"I try to be the best example and I don't just try and talk and give a good speech. It's also about leading by example," she said. "It's important especially with a young team. You need to have a type of leader that can show the way, rather than just talking about it."

BY JOSEPH HOYT, @JHOYT42



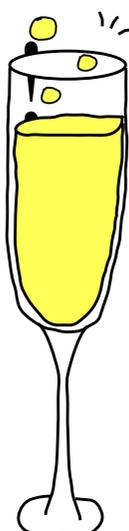
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The team is confident in their upcoming season based on how well older and younger team members work together and encourage improvement.

LEADERSHIP PROPELS WOMEN'S LACROSSE

After finishing with a 3-5 conference record and falling short of making the Mountain Pacific Sports Federation tournament last year, Oregon women's lacrosse is looking to make a statement as a new season begins.

Led by a strong senior class, including Shannon Propst, who set the record for most points in a single season last year, and goalie Caroline Federighi, Oregon has hopes high for a successful season and earning a spot in the conference tournament.

"We had a really good fall and I was really pleased to see how people are stepping up," head coach Jen Beck said.

Federighi said she thinks her fellow seniors' experience and leadership can help the team excel this season.

"We all have different roles on the team and I feel like we handle ourselves well," Federighi said.

Federighi, along with senior defender Erika McCool, should lead the Ducks on defense this season.

"I think we have a lot more leadership in our young girls...this year as they have advanced in their play, the defense as a unit will be a lot stronger and

trustworthy when we need to send slides early. People are going to have our backs."

Beck also mentioned that sophomores Alison Sharkey and Jacqueline Moccia are younger players who have the ability to step up for the Ducks on defense this year.

"I think there are going to be new names people are excited about and a different level each of them will be competing at, that's what we're excited about," Beck said.

On the offensive side, there is no denying that Propst has the ability to set the pace for Oregon.

Beck complimented Propst's ability to dish the ball to her teammates but also score goals.

"She is selfless and wants the whole unit to connect," said Beck.

As only a sophomore, midfielder Carly O'Connell could also provide a spark for Oregon on offense after a strong freshman season. The Massachusetts native tallied 16 goals and 17 assists for the Ducks last season, while being successful on draw control.

"Carly is hungry for the ball," Beck

said.

The nine-year head coach also added that O'Connell has benefitted from the upperclassman to help improve her play.

"The seniors this year are all awesome leaders...their impact is huge," O'Connell said. "We have a lot of returners and the connections are what is going to be key."

Although the team often travels east for games, Beck said it is never really hard to adjust because the women are used to it with 6 a.m. practices and because many of the team members hail from the other side of the country.

"A lot of adrenaline is kicking because they (some team members) get to play in front of family," Beck said. "They get excited about that and are really proud to put on the uniform and play."

The Ducks were supposed to face Stetson in DeLand, Fla. on Sunday morning, but due to the weather affecting their travel plans, the game is set for Monday afternoon.

BY BETH MAIMAN, @BETHAMAIMAN

UO women's lacrosse's efforts last season

A look back at last season for women's lacrosse:

8-9

Overall record

3-5

Conference record

68

POINTS

Shannon Propst's total points for the season

67

SAVES

Caroline Federighi's saves

26

GROUND BALLS

Carly O'Connell's ground balls

Rugby is an intense physical sport that requires strength and endurance

Oregon club rugby freshman Noah Justin works hard in training. Here is what he does on a weekly basis:

WEIGHT ROOM: MONDAY-FRIDAY, 45 MINUTES

› Focus is on his chest and legs as both make him a better tackler. Squats, hamstring curls, benching and rows are all common lifts.

TEAM PRACTICE: MONDAY AND WEDNESDAY, 2 HOURS

› Club works on strategy and team-oriented drills. Often, players are split into different positions so they can focus on going over specific plays. Also where Justin gets his cardio in.

MAT PRACTICE: TUESDAY AND THURSDAY, 1 HOUR

› Players wrestle at the recreation center because it provides a solid base for rugby. Also helps with tackling form and strength.



The Oregon Ducks play the Oregon State Beavers at the Riverfront Fields in Eugene on Jan. 18. The A-team and B-team pull equal weight in Oregon rugby.

OREGON RUGBY'S A AND B TEAMS AIM TO STRENGTHEN AS A WHOLE

When somebody hears B-team, they probably envision a lesser squad. They might believe there is a stark contrast between the upper and lower sides. But in the case of Oregon rugby, such an assumption couldn't be further from the truth.

"It is sort of a concept that is foreign to American sports," assistant coach Cal Taylor said. "They see it as varsity and junior varsity, but rugby is a club sport."

The team has two sides for each match: an A-squad and a B-squad. Though there are differences between the two, it's not as distinct compared to other sports.

"This year we have tried to have a notion of not having a difference between the A-side and B-side," Antonio Barrera, a junior who swings between both squads, said. "There are guys on the B-side that could be playing for the A-side."

For Oregon, the A-side goes into every game with 22 guys

▲ FAST FACT

The B-side is imperative to having a strong A-side team. The B-side is where players learn important skills that will benefit them as they progress.

“

Your club is only as strong as your B-side.”

CAL TAYLOR rugby assistant coach.

listed on the squad. The rest compete with the B-side.

Every player on the rugby team joined for different reasons. Some want to compete at a high level where everything is focused on winning the league. Those players usually make the A-side. Then there are the older guys still working to earn a spot and younger players who don't yet have the experience. Those players comprise the majority of the B-side and it serves as a learning environment for the newcomers.

"It is a developmental team," freshman Noah Justin said. "You spend the year getting better on the B-side and then you come back and hopefully will do enough to make it onto the A-side."

Some team members simply cannot make the time commitment required. Players who want to be on the A-squad are expected to attend two practices a week as well as captain practices.

There is plenty of transition between the two sides. The team is at a point where there is open competition for every position on the field. This pushes the players not to

rest on their laurels and continue to push themselves to get better.

Barrera is one of the players who finds time on the A-squad thanks to his work ethic.

"He would probably start for a lot of the teams in the league," Taylor said. "He is someone who only cares about the team winning, happy to play B-side if that is what it takes."

This is an attitude that every member of the B-side shares.

"The goal this year is to help improve the team," Barrera said.

A strong B-side is crucial for any team that wants to be successful. Rugby is a game of attrition, with injuries being a common occurrence. Thus, having depth on your team is important.

"Your club is only as strong as your B-side," Taylor said.

A-side or B-side, Oregon rugby is focused on continuing to pursue its season goals.

"The strength of this team, and what makes these guys a joy to coach," Taylor said, "is that they just want to do whatever it takes to win."

BY CHRISTOPHER KEIZUR, @CHRISKEIZUR

JANRIC CLASSIC SUDOKU

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle. The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

		1	2	7				4
6			8					7
7		2		6		3		1
	6							1
1		5	6		8	2		3
	2							5
9		7		8		4		6
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Rating: BRONZE

Solution to 2/8/14

4	9	7	2	6	3	5	1	8
6	8	3	7	1	5	4	9	2
1	2	5	9	8	4	3	6	7
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5	1	9	6	2	7	8	4	3
7	3	8	5	4	9	1	2	6
9	6	2	1	5	8	7	3	4
8	7	4	3	9	6	2	5	1
3	5	1	4	7	2	6	8	9

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HOROSCOPE by Holiday Mathis

ARIES (March 21-April 19). The hype around Valentine's Day is something you're not entirely fine with, and yet if you don't do a bit of planning now, you're likely to regret it. It will take you less than an hour to get this together.

TAURUS (April 20-May 20). Who needs your attention? Who deserves it? These may be two different people, and today you'll have to choose between them. You'll do the honorable thing, as long as you take the time to consider what that is.

GEMINI (May 21-June 21). It's your day to generate ideas, brainstorm and participate in other people's ideas -- not to the point of making promises, but just to the point of feeling kinship.

CANCER (June 22-July 22). Retain hours of your life by casting the right person for the job. What takes one experienced person but a few minutes will take a newbie days, if not weeks and months. **LEO** (July 23-Aug. 22). Days of doing nothing

at all are extremely valuable, especially during a Mercury retrograde such as this. Such days are a luxury to most people. If you are lucky enough to have this luxury, you'll feel the value of it today.

VIRGO (Aug. 23-Sept. 22). The current cosmic backdrop highlights the dichotomies of your personality. You are becoming kinder and gentler, though you will fight ferociously for the circumstances that allow you to be that way.

LIBRA (Sept. 23-Oct. 23). You'll meet with people. A good close is the sign of a good meeting. Recap the information that has come to light, and confirm the agreements that have been made.

SCORPIO (Oct. 24-Nov. 21). Dysfunction within a group may be the norm. Each person has their strengths and weaknesses, and those do not always mesh well in a group setting. Luckily, minimizing dysfunction is a talent of yours.

SAGITTARIUS (Nov. 22-Dec. 21). Make sure you know what people really want before you give your opinion. Most people who ask for feedback are actually seeking attention and praise.

CAPRICORN (Dec. 22-Jan. 19). Is there someone who stands to lose if your venture is successful? If so, this is best rooted out and dealt with immediately so it doesn't foul you up when you're closer to victory.

AQUARIUS (Jan. 20-Feb. 18). You'll be interacting in a group. It will benefit you to address certain members privately first. Ask about issues that might possibly arise and address them preemptively.

PISCES (Feb. 19-March 20). Complaining is useless. You'd rather spend your time finding ways to make things better. However, it may feel necessary to note problems privately to yourself so you can address them in an organized way.

TODAY'S BIRTHDAY (Feb. 13). Your energy is high, and you'll lead your friends and family in events and activities they will never forget. There are many career opportunities to explore over the next eight weeks, but you will make a firm decision and be completely involved in one endeavor by the end of April. Promises will be exchanged in May.

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The New York Times Crossword

Edited by Will Shortz No. 0106

- ACROSS**
- 1 Follows orders
 - 6 Be a passenger
 - 10 Hop, ___ and a jump
 - 14 Mass destruction
 - 15 Ruler of Dubai
 - 16 Small plateau
 - 17 *The Sixth Sense* director
 - 20 Actress Ward of "CSI: NY"
 - 21 Recent: Prefix
 - 22 Apportion
 - 23 *1988 Best Play Tony winner inspired by Puccini
 - 27 Kiddie racer
 - 30 Gift upon arriving in Honolulu
 - 31 Bit of cheesecake
 - 34 California's Santa ___ racetrack
 - 35 Girl in Byron's "Don Juan"
 - 37 Upstate N.Y. campus
 - 38 TV hookups
- DOWN**
- 1 ___ law (electricity principle)
 - 2 Source of misery
 - 3 Diabolical
 - 4 They may be unrolled before meditation
 - 5 Acad. or univ.
 - 6 Button putting everything back to zero
 - 7 Declaration while perspiring
 - 8 Handyman's inits.
 - 9 Gay Nineties, e.g.
 - 10 Wee
 - 11 Good color for St. Patrick's Day
 - 12 Golfer Aoki
 - 13 Huff and puff
 - 14 Letter-shaped bolt fastener
 - 19 "The Sopranos" subject
 - 24 Garment under a blouse
 - 25 Best of the best
 - 26 Move, to a real estate agent
 - 27 It helps call a meeting to order
 - 28 "Mon ___" (Jacques Tati film)
 - 29 Dodgers slugger who was the 1988 N.L. M.V.P.
 - 32 In pieces

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58					59	60				61			
62					63					64			
65					66					67			

- PUZZLE BY ZHOUQIN BURNIKEL**
- 33 "Wrecking Ball" singer Cyrus
 - 34 Former West Coast N.F.L.'er
 - 35 Heart chart: Abbr.
 - 36 "What's it all about, ___?"
 - 37 TV's "warrior princess"
 - 38 Something to remember in San Antonio?
 - 42 Old copy machine
 - 43 "Here Comes Honey Boo Boo" channel
 - 44 ___-Pong
 - 45 "What's it all about, ___?"
 - 46 Late critic Roger
 - 47 Light wash
 - 48 State forcefully
 - 52 1/500 of the Indianapolis 500
 - 53 Lively, on scores: Abbr.
 - 54 Its fight song is "The Mighty Bruins"
 - 55 TV chef Paula
 - 56 Cleaning cloth
 - 57 By way of
 - 58 Always, in odes

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ANSWER TO PREVIOUS PUZZLE

A	S	I	A	N		D	J	P	A	U	L	Y	D		
C	O	N	D	O		G	R	E	A	T	B	E	A	R	
T	U	T	O	R		L	A	T	C	H	O	N	T	O	
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R	O	S	E		U	P		T	E	E	T	E	R	E	D
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A	R	C	S		T	H	E	C	A	P	I	T	O	L	
M	O	O	T		D	I	X	O	N		G	I	V	E	
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The cover photo was taken by Emerald Assistant Photo Editor Ryan Kang.

1 ANDREA HARVEY

Adderall wasn't for me, so I found alternatives



While Adderall can have negative side-effects, natural remedies like herbal supplements and acupuncture may help improve symptoms and continue to benefit the user even after weaning off of them.

Early last year, my doctor asked if I had ever been tested for Attention Deficit Disorder. I said no, took the test and found out I had it. At first I was glad. On Adderall, I was noticeably more productive in all aspects of life. I did great at work, my grades went up and I was able to take on more responsibilities than I knew I was capable of.

As most people who are prescribed ADD medication, I started at a low dosage and increased it as my body adjusted. It wasn't until I was taking 30 mg extended-release capsules daily that the side effects started to bother me.

According to WebMD, the side effects include loss of appetite, weight loss, dry mouth, stomach pain, nausea, vomiting, dizziness, headache, diarrhea, fever, nervousness and trouble sleeping. They also mention numbness, sensitivity to temperature, mood swings, depression and decreased libido.

Situations that would typically make me a little nervous started to make me so nervous to the point where my heart was pounding, I was shaking and I sometimes felt like puking. I experienced random angry outbursts, numbness in my toes and insomnia – none of

which were a problem before I took Adderall.

But the worst part was feeling like my brain had become dependent on it. Whenever I didn't take it, I felt out of it. I could hardly get out of bed. I was completely unmotivated. I would walk into a room and forget why I was there. I would try to have a conversation with someone and forget what I was talking about. I had the attention span of a goldfish. I felt like my ADD got worse because my brain forgot how to function without Adderall. It was not a good feeling.

So I started to wean myself off it. I started taking half of my regular dosage each day, and about a week ago, stopped taking it completely. I'm still adjusting in terms of my ability to focus on schoolwork, but can already see improvement in everything else. I went to an herbalist in downtown Eugene and asked her about the natural alternatives to Adderall and found out that there are quite a bit.

Dana LaVoie, the owner of Balance Beauty and Health at 1293 Lincoln St. in Eugene, has a master's degree in Acupuncture and Oriental Medicine, as well as nine years of experience in the field. She sells a variety of herbs, essential oils and acupuncture

services, which she said can immensely improve the symptoms of ADD and even replace your medication.

One herbal blend she suggests is called Calm (Jr.) It works to improve memory and learning, eliminates toxins in the body, balances the central nervous system, regulates the endocrine system and tranquilizes the spirit.

"Sometimes the energy in your body will all go to your head, instead of staying grounded," LaVoie said. "That's what often causes ADD or ADHD symptoms, like restlessness and problems focusing. This helps keep that energy grounded."

LaVoie also said that acupuncture can help release points in the body where energy is blocked. Often those points will be tender, and acupuncture can help to correct the energy flow and release any pain in an effective and timely manner. Additionally, essential oils such as Lavender or Vetiver, can help to maintain focus throughout the day.

"You can combine the herbs with acupuncture and essential oils and you probably wouldn't even need medication," LaVoie said. "Because they're working to change the underlying problem, they have lots of beneficial side effects and,

unlike many prescribed drugs, your symptoms will improve over time. In a few months, you might not even need to take it anymore."

LaVoie said people typically start to see results with the herbs in a week or two, and sometimes even faster when it is combined as she suggested. She recommends talking with a licensed physician before changing your medication routine if you have a diagnosis, then going into her store to get a free herbal consultation.

"Any time you're not feeling 100 percent, Chinese herbs will always help," LaVoie said. "For every commonly prescribed drug, there is usually an herbal replacement that is much healthier for you."

For those who are suffering from some of the same negative long-term side effects, try a natural alternative. According to LaVoie, unlike Adderall or other ADD medications, natural substitutions will actually improve your health instead of aggravating it.



Andrea Harvey is a columnist for *The Emerald*. Follow her on Twitter @andrearharvey



Ava Connolly aims to compete in the bikini division of the NPC competition.

BODYBUILDERS TRAIN TO COMPETE

Dead lifting 165 pounds is nothing out of the ordinary for Ava Connolly, though it's not something many might expect from this 5-foot-2-inch sophomore. She hits the gym like many other students on campus. However, she does so for an unexpected reason: Connolly is motivated by her bodybuilding career.

"So many people are like, 'That's crazy,'" she said. However, for Connolly, bodybuilding has been a seamless lifestyle transition, and for that she is grateful.

In May, Connolly will compete in the bikini division of the National Physique Committee competition. During the competition, Connolly will wear a two-piece swimsuit and high heels. According to the NPC competition website, bikini division competitors will be judged on presentation – competitors will walk onstage alone and perform their "model walk."

Some of the things Connolly said the judges look for include skin complexion, tone, confidence and body symmetry.

Another UO student, Lee Blachly, a fifth-year senior, also competes in the NPC competitions. He started lifting when he was 18 and competed in his first NPC competition at 20. He competes in the body building division but hopes to also compete in the men's physique division in the future.

"I would love to go do a pro show some day for men's physique," Blachly said. "Modeling gigs come from that."

Blachly described the competition in a phone interview as a "freak show" backstage.

"Backstage, everyone is tan, oiled up. It's fun to be a part of,"

he said.

The competition is 16 weeks away and both Connolly and Blachly have started their training. Connolly is at the Student Recreation Center six days a week lifting weights for an hour at a time. She supplements her weight lifting with cardio two to three times a week. "I am like the only girl who weight lifts consistently in the rec which is kinda sad," she said in a phone interview.

Connolly also has a strict diet that she follows. "From now on I have to be really serious. I can't veer off my schedule," Connolly said.

Blachly started his diet a month ago.

"The hardest part is having to eat constantly so I don't lose weight," Blachly said. "It gets expensive, too."

Connolly was previously in UO ROTC and has run multiple half-marathons, so this intense training is nothing new for her.

However, she said, "I was by no means born with any special genetics."

Blachly enjoys competing for fun. It keeps him focused and allows him to succeed in other aspects of his life due to the strict schedule. "If anyone is going to be successful you have to enjoy the training and dieting," Blachly said.

Connolly would love to qualify for nationals in 2014 and get sponsored by a major company such as Muscle Pharm or Quest Nutrition.

"I'll do a couple more shows before I go to nationals. After that, I'm not sure. Becoming pro is extremely difficult and a full-time job," she said.

BY MACKENZIE LAMBERTON.
@MACKLAMBERTON



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