

The Great Eugene Giveaways April Fool's Night Out!

FUN!
FUN!
FUN!

**Dance and have fun!
Dress as foolishly as you Dare.
Don't miss this great bash
on April 1.**

**Admission: \$5. per person plus a donation
of one usable discard
Time: Friday, April 1, 1983, 8 pm to 1 am
Place: Thunderbird Motor Inn, 205 Coburg Road**

- * Door Prizes
- * Kissing Booth
- * Foolish Auction
- * Free Finger Food

**The proceeds from this event will go into
a "Citizen's Trust Fund", which will
provide loans and grants to businesses
creating new jobs in Lane County.**

The Great Eugene Giveaway
4207 West 5th, Eugene or call 345-9559



The Businesswoman's Lunch

by Lily Bettencourt

The Big Splurge: The Eugene Hilton for Brunch

Life has a way of wearing the best of us down and I'm no exception. I make every effort to build rewards into my life; pay-offs for the good job I'm doing coping with inflation, technology, and the everyday hassles that throw themselves into my path. A lovely way to say "thank you" to myself is to grab a friend on Sunday morning and head for the top of the Eugene Hilton for their sumptuous brunch. Their fixed price of \$7.25 includes juice, coffee or tea, and all the food you can eat. A clear day offers a spectacular view of Eugene (you wouldn't live here if you didn't like to look at it, would you?). And the Hilton has gotten their brunch act together, finally. In the center there is one long table groaning with choices. Their marinated asparagus salad and their fresh snow peas with sprouts were two of their creative salads last weekend. Waldorf salad, a fresh fruit ambrosia, and a compote of berries were others. These are a nice accompaniment to the sliced ham and roast beef, the sausages and bacon, the tangy tropical chicken, and the uninteresting beef chunks in gravy. How they manage to serve scrambled eggs that taste warm, moist, and fresh is beyond me but they do. Their eggs Benedict fare less well. The English muffins are not toasted (a crime in itself) and soggy, but the poached egg, soft and warm, and the ham saves the dish.

They have the usual fillers: jello, cottage cheese, country potatoes, and usually a pasta

dish or two. The huge basket of bread and rolls, a variety of muffins, and trays of cold cuts seem to appeal to everyone. I like their salmon (one week poached and surrounded by shredded hard boiled eggs and capers; the next mixed with mayo and seasoned very nicely). Plenty of blintzes and fruit filled crepes are favorites also.

Their fresh fruit tray, as large as my oak dining room table, is piled with fresh honeydew melon, grapefruit, pineapple and orange slices garnished with big bunches of purple grapes.

If you have any tummy space unfilled, their dessert table offers luscious looking tortes, eclairs (still frozen in the center and a real turn off), puddings, macaroon squares with dark chocolate (my favorite), and a variety of other temptations.

The manager runs around in a nervous way too much and disturbs the otherwise pleasant atmosphere. No one should move faster than I do on a Sunday morning. Our waiter was efficient, attentive, and first rate.

A hedonistic beginning of a lazy Sunday, the Hilton has the best brunch buy in town (let me know if you have another favorite). Their waiters are trained to attend to a weary working woman in a professional and pleasant style and are specially nice to children. Bank cards accepted. Reservations suggested.

Rating (1-5):
Food: 4 Atmosphere: 4 1/2
Service: 4 1/2

Running: Pre's Trail and Beyond

There's little doubt about it, Pre's Trail in Alton Baker Park is one of the best running and/or jogging facilities in the world. It has been so acclaimed in the nation's top running/jogging periodicals each year, and as a result is a tourist magnet to hundreds of people throughout the U.S. and abroad.

This is just one more reason why our local governments (Eugene, Springfield and Lane County) need to get their respective acts together and start maintaining Alton Baker Park facilities—including opening rest rooms and mowing the grass. Suggestions to have Eugene adopt this park (it's now a county park) or contract for its operation are good alternatives to the lack of county funding. The closed park has become a haven for transients, and deserves more uniform policing.

Serving both visitors and residents, the investment required to maintain and operate the park would be comparatively little when weighed against the \$50 plus spent each day by visitors to our area. Maintenance work is also badly needed on the trail itself. Combined with the bike paths and the scenic beauty of the river, Pre's Trail and Alton Baker Park make an outstanding exercise facility.

Runners in Portland should be heartened by media coverage given "fun" runs in the area. Eugene has not been so fortunate, even though the Symphony Run and St. Patrick's Run received good TV coverage and drew hundreds of participants and spectators. TV news cannot do as complete a job with names and times as newspapers can.

The Symphony Run tried something different in awards for outstanding running this year by giving medals in various age categories. One long-time runner suggested that the food and clothing prizes, however, should be continued as prizes along with the medals. The runner's comment, "I'd take a restaurant menu freebee anytime. What can I do with a medal?"

Bob Gray of "Feet" had "A Running Clinic" over a period of several recent Saturdays at the Market (Fifth Street) which proved beneficial to all concerned. Attendees filled Bob's first level

store for each one. I, as a born-again-much-read-runner, was very much impressed with the valuable information Bob imparted to all of us who took part in the Clinic. This goes to show that first-hand information from experienced persons (as Bob and his colleagues are) can be a most valuable asset to beginning as well as veteran runners. This successful event in our running capitol of the world deserves an encore! Bravo, Bob!

Recent Running magazines made a comparison between running and other sports as to cost of participants. Running and/or jogging was the lowest and in reality is even lower cost than was indicated. Locally, you can buy a "sweat outfit" (tops and bottom) for less than \$15, which will last for at least one year (or longer). Shoes with real "cushion" quality can be purchased for \$40 or less (on sale) and socks can be had for \$5 a half dozen. The digital watch is not necessary but even "lap" run and alarm variety are less than \$30. Hot dog running outfits are not necessary in our climate and for those who take part in fun runs, most have T-shirts enough for the whole family. So, if you want necessary exercise and don't have much money, running doesn't cost very much.

Speaking of T-shirts, Eugene Athletic and the firm's New Year Run this year was spectacular. It was a "frosty," moonlit New Year's night and the T-shirt was also spectacular and particularly pleasing in that it cost only \$3.

Final item. Sponsoring groups should consider a several dollar donation as a registration fee with the T-shirt an option. Many long-time runners are overloaded with T-shirts. The option of donation or shirt would seem to be the best bet for both sponsor as well as participant. Some of us, who are shirt freaks, would like to have the newer shirts in any event.

—Jack Craig

(Jack Craig is now into his 7th year of daily running, mostly on Pre's Trail in Eugene-Springfield. He runs (or tries to) about one hour each day and from six to seven miles daily. He also operates a running guide service and has written articles for running magazines. Persons interested in his guide-coaching service, telephone 686-0812 for appointment.)

Thursday

Meetings

Lane Democratic Party Central Committee meets at 7:30 pm. Call 484-5099 for location.

Gray Panthers meet 2nd & 4th Thursdays. Tonight they're at Celeste Campbell Sr. Center, 155 High St. 7:30 pm. 484-6039.

Meditation instruction, chanting and video with Swami Muktananda. Free. 7:30 pm, 86 W 25th, 342-8387.

Etc.

Growers Market pick up day at 454 Willamette St. Extra food available to those who don't order. Excellent prices. 687-1145.

Discipline of Community—3 day conference on living in intentional Christian community with resource leaders from established communities. 3/24-26. \$30 covers fees and lodging. Shiloh Study Center, 81868 Lost Valley Lane, Dexter, OR, 937-2101.

Hard Times Lunches ... Eat authentic Latin food and help to feed Central American refugees. 11:30 am-2 pm at 1236 Kincaid. Eugene Council for Human Rights in Latin America. \$1.50.

Friday 25

Meetings

Health and Fitness on the Job, 1:15-6:30. (Continues tomorrow.) \$25/UO students, \$40/non-students. Register at Community Education Program, 333 Oregon Hall or call 686-4231. Takes place at Eugene Hilton.

Video/TV

Cable 11 (Community Access) features: Nguzo Saba, 6:00; La Voz Hispanica, 6:30; Metro Mania, showcase of local valiant efforts that tap the pulse of the land and the hearts of the people, 7:00; **Friday Night in Ducktown**, local variety show hosted by Howard Wade, 7:30; **The Can Do Show**, variety show featuring entertainment by an information for the disabled, hosted by B.J. Ashwill, 8:30; **Mason Williams Concert**, documentary type program featuring Mason Williams, with the theme, "Time and Rivers," 9-10:30.

Film

Meetings with Remarkable Men, the story of Gurdjieff's search for meaning with a remarkable musical score, and some sacred dances of the Priestesses of the Temple, \$2.50. Unitarian Church, 40th & Donald. 7:30 pm.

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Friday Nights
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