

Saturday

Children

A Breadbaking Workshop for Students, grades 3-7, at the Amazon Community Center, 1-5 pm. Register in advance at the center, 687-5373.

The Selfish Giant, see today's Theatre listings for details.

Tintin Book Discussion for ages 7 and older, 10:30-11:30 am at the Eugene Public Library.

Sports/Recreation

The 2nd Annual 10K "Rainbow Run," a benefit for U of O College of Business Administration, features guest runners, free T-shirts to all competitors, and prizes including free running suits to the top female and male competitors. Applications at Gilbert Hall, Room 268; at most sporting goods stores; and at the race site: Gilbert Hall, on the U of O campus. Registration fee \$5 before 4/23, \$6 day of race. 686-4377.

U of O Track & Field vs. Univ. of California-Berkeley in Eugene.

Concert Music

Judy Beckham, piano, will give a senior recital including works by Haydn, Brahms, J.S. Bach, Debussy and Bartok. 8 pm. Beall Concert Hall, U of O. Free.

The highly acclaimed King's Singers from England will perform "A Cornish Collection," arranged by Geoff Richards; "Italian Madrigals" by de Wert, Verdelot, and Monteverdi; "Moans, Groans, Cries, and Sighs" by Monteverdi; "Five Settings of Lithuanian Folk Songs," by Dvorak; and "Arrangements in Close Harmony," a selection from the lighter side of their repertoire, \$6.50-\$18. 15% discount for students and seniors, at the Hill Center. 686-5678. Sponsored by the U of O Committee for Musical Arts.

Larry Beck performs his masters recital on trumpet, 4 pm at the U of O School of Music, 686-5678.

Workshops/Classes

Inner Strength, an introductory workshop to Arica techniques for stress reduction and energy generation in the 80's, 1-5 pm, \$9, preregistration by phone necessary, call for reservation and location, 484-4243.

Bookbinding and Paper Marbling: traditional hand-binding and water-based marbling, all materials provided. \$24. Call for registration info, 686-4361. 10:30-5:30 today and 4/30. EMU Craft Center, U of O. Wheelchair accessible.

Woodlath Workshop by wood artist Kinzie Shawn, \$10, begins today. 686-4361, 11 am-1 pm. EMU Craft Center, U of O, wheelchair accessible.

Moving Ahead: Options for Unemployed Workers, a free, all-day conference for the unemployed, presents speakers, workshops and educational displays designed to help unemployed persons cope with their situations. The conference, at LCC, will feature free lunch and free childcare; LTD will provide free transportation to participants with a special bus pass available at their office, 10th & Charnelton, or at the Springfield Pharmacy, 606 Main St. Workshops tentatively planned include topics of bankruptcy, cooking on a budget, foreclosures, stress management, job seeking and the interview process, self-help, physical fitness and more. Unemployed persons who want to participate are urged to contact the college, 726-2204, 484-2126, or 747-4501, ext. 2353. Similar conferences in Gresham and Albany drew between 500 and 1000 participants. 9 am-4 pm at LCC.

An Open Discussion with Pat Patterson, master gardener, specialist in organic gardening, horticultural aid to Lane Co. Extension and member of TILTH, will be held 2-4 pm at Far West Federal Savings Bldg., 96 E Broadway, sponsored by Down to Earth home and garden store. Free. Preregister at the store or by calling 344-6357.

The Committee in Solidarity with the Central American People will hold workshops again today at 10 am. See 4/21 for details.

Run and Become, an introduction to the complementary aspects of running and meditation, 3:30-5:30 pm, Eugene Public Library, 100 W 13th St, 484-6272. Free. Please wear running clothes.

Radio

The Beatles: The Days in Their Life, Part 6, 6-9 pm, KPNW 1120 AM.

National Kidney Foundation Country Music Festival. There is no cost to listen but pledges to the NKF can be called into 1-800-453-7000. 10 am today and 4/24. KEed 1450 AM.

Conscious Parenting

"The hand that rocks the cradle rules the world," the saying goes. But, with so many institutionalized forces (sexism, nuclear families, cultural violence, to name a few) defining the shape and value of child-rearing, how are parents to move beyond merely coping to seize the opportunity they have for encouraging peace and equality among future generations?

Two books available at the public library, *Right from the Start, a Guide to Nonsexist Child Rearing* by Selma Greenberg and *Parenting for Peace and Justice* by Kathleen and James McGinnis, have some practical suggestions for integrating social concerns into family life. Both books are written by parents to other parents, a refreshing reprieve from the many books by experts advocating their childrearing prescriptions.

Greenberg cites a good deal of research to document how from the moment of birth girls and boys are set upon separate and unequal paths in life. In her chapter on redefining motherhood, she stresses the feminist position that mothering becomes easier when a woman is able to exercise full adult status in the home as well as in the world. Even though these are large issues, the author does provide workable suggestions for change in each chapter. To mothers not working outside the home she says, get out-of-doors some everyday with your children, minimize your housework, and try to free yourself from the exclusive servicing of your children's physical needs, an arrangement depressing to both you and your child.

The McGinnis book, *Parenting for Peace and Justice*, was inspired by their experiences raising a multiracial family and is based on a position of Christian stewardship. Each chapter presents the authors' rationale such as a stance for world peace, some basic principles for practicing the stance, and strategies for applying the principles of family life. Questions throughout the book give impetus for families to examine their material values, TV habits, racial and sexual stereotyping, and acceptance of violence. Strategies range from multi-culturalizing books and toys in the home to inviting children to join parents in social action. The McGinnis's are national coordinators for an ecumenical network of parents interested in integrating family life and social ministry. For more information write: National Parenting for Peace and Justice Network (NPPJN), Institute for Peace and Justice, 2913 Locust, St. Louis, MO 63103.

—Robin Leigh

Caring for the Parent

Parents are people too. This spring the Eugene Dept. of Parks and Recreation is offering a series of workshops with a new focus.

Not baby care! Not child care! Not even teenager care! It is **Caring for the Parent.**

Parents give a lot! Here's a chance for them to focus on themselves—their needs, wants, expectations, goals, growth. There will be activities to develop awareness, communication skills, and response-ability, as tools to create desired experiences as parents and as individuals.

Parents can share feelings, information, and ideas, and can nurture themselves.

TIME: 7-9 pm.
PLACE: Westmoreland Community Center, 1545 W 22nd Ave., Eugene
PHONE: 687-5316
COST PER WORKSHOP: \$2.50/individual; \$4.00/couple
FACILITATED BY LINDA HOME SHUBERT
APRIL 26: My Relationship with my Child and "Seeing I to I"

May 10: Dynamics of Sharing Parenting and of Being Single
May 24: Discipline, Teaching, Encouragement
June 7: Communication at Home



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with this ad—until May 15,
WE'LL GIVE YOU \$3 CASH JUST TO TEST RIDE OUR BIKES BEFORE YOU BUY.

Applies to New Adult Bikes at any Eugene Bike Shop

CENTURION—The Value Leader
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APRIL COFFEE FEATURE 50¢ Off Per Pound

COSTA RICAN
\$4.60 per lb. regularly \$5.10

FIFTH STREET MARKET OPEN 7 DAYS SOUTHTOWNE SHOPPES OPEN 7 DAYS

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Highlights

Earth Week continues this week at the University of Oregon with Earth Day USA on Friday combined with CORD's activities with draft resister Ben Sasway. (See our calendar for times and places.) Ernest Callenbach, author of *Ecotopia, Ecotopia Emerging and Ecotopian Encyclopedia for the Eighties*, will speak on his environmental, ecological and stable-state ideas. Paul Loeb, known for his book, *Nuclear Culture: Living and Working at the World's Largest Atomic Complex*, speaks on "Living with the Bomb."

National Dance Week is April 24-30 and the UO is celebrating it with 7 days of dance events. There are films, master classes, a cake-walk competition and a performance by Seattle's **Kinetics Company** on the 30th. (See our calendar.) Most events are free.

A conference for unemployed persons at Lane Community College on Saturday, April 23, has a diverse cast of characters to share information and resources with participants. **"Moving Ahead: Options for Unemployed Workers"** will feature speakers, workshops and educational displays to help unemployed persons cope with their situations during these economically troubled times.

The event is scheduled on the LCC main campus from 9 am-4 pm. It is free to unemployed persons. A free lunch, donated by local individuals and businesses will be served, and the Lane Transit District is providing free transportation to participants with passes. The passes can be obtained at the LTD customer service office at 10th and Willamette in Eugene, or at the Springfield Pharmacy.

Television, radio and newspaper commentator Russell Sadler will lead off the day with a brief speech. He will be followed by panel discussions on economic and employment issues and self help strategies. The discussions are scheduled from about 9:30 to 11 am in the college's cafeteria area. After lunch there will be a general session and then several workshops. Call 726-2204, 484-2126 or 747-4501, ext. 2353 for the complete schedule.

On Saturday, April 23: the second annual **Beaux Arts Benefit Evening** of gourmet dining, music, drama and dance to raise funds for the Eugene Symphony, Opera, Ballet and Oregon Repertory Theater. It is at the Hilton Hotel and Conference Center and combines an elegant dinner with fine entertainment, including dancing from 9:30-1 am. Cost is \$100/couple (\$64 is tax deductible), \$50/person (\$32 is tax deductible). Also patron tables are \$150/couple, \$75/person (also partly tax deductible). Call 687-0020, 485-1946.



INNER STRENGTH

Within you lies a powerful natural resource—your own inner strength. This one-day workshop shares practical, wholistic tools for developing that strength and living successfully in the 20th century. Includes:

- **Psychocalisthenics**, an introduction to exercises combining breath and movement for balancing the entire psyche. More than "just exercise."
- **Vitality generation techniques**
- **Stress reduction exercises**
- **Videotape of Oscar Ichazo, founder/designer of Arica**

SATURDAY, APRIL 23 / 1-5 PM / \$9

Space limited.

For reservations and location call:

484-4243

[AN INTRODUCTION TO ARICA]



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UNIVERSITY TRAVEL 774 E. 13th (in the Smith Family Book Building) 683-5577 free parking in rear

ROUND TRIP BARGAIN FARES AT THE TOP OF THE STAIRS

Eugene-New York	\$268
Eugene-Minneapolis	\$228
S.F.-Amsterdam	\$663
S.F.-Australia	\$880

Children under 15 years—\$99
Stop in Hawaii or Tahiti—\$25
*Fares subject to certain restrictions