

Running Pre's Trail & Beyond

The Second Annual Spring Fling Fun Run will start at 9:30 am, Sunday, April 24, at the KASH/KSND Studios, 1600 Day Island Road in the Alton Baker Park area about one-half mile up the KASH Road towards Springfield from the Ken Nielson Rose Gardens. The event is sponsored by the local nonprofit, tax-exempt running promotions group—DZI Running Team, Inc.

The Spring Fling Run includes a 10K (6.2) mile road race, as well as a two-mile fun run on the bike paths along the scenic Willamette River. The course has been certified and the runs sanctioned by the Athletic Congress. Prizes will be given to the top men and women finishers, as well as special prizes for middle and final place finishers. A number of local merchants have donated prizes for the finishers as well as for post-race drawings eligible to all entrants. Entry fee is \$6.50 for those pre-registered before April 17, and \$8.00 on the day of the race. Merchants' coupons and T-shirts will be available on day of race registration. The Spring Fling Fun Run is open to all fun runners, recreational joggers and serious road racers. Parking is available in the general area.

On Saturday, April 23, 1988, the U of O Business School Alumni will stage a 10,000 meter "Rainbow" run. A late entry fee of \$6 is payable in check, cash or money order. Race is to start at 9 am in front of Gilbert Hall (located just east of 13th & Kincaid) and will include a flat and fast, but challenging route including a run along Fairmount Loop. Luminary alumni will include Art Boileau, Canadian National Marathon Champion, a CBA Alumnus; Paul Geis, U of O Sub 4 miler, and Roscoe Divine, U of O, All American 6-miler and also a CBA Alumnus. Prizes will be awarded for male and female winners and there will be an all-entrant drawing.

Fitness Through Pleasure is the title of a new Rodale Press book, authored by Porter Shimer, editor of *Executive Fitness Newsletter*. Like another recent book reviewed by Pre's Trail & Beyond, *Fitness*

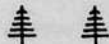
Through Pleasure offers suggestions and self help which will not only help an individual toward "well being of body and mind," but as the book's foreword suggests is a first step in a personal preventive program. With hospital beds going at an average of \$500 per day, who can afford not to look at self help?

Author Porter Shimer not only gives suggestions as how to shuck bad habits (such as alcohol, food cravings, smoking) but also tells why and how exercise doesn't have to be hard (or a bore); how to acquire a taste for healthful foods; how to relax and avoid stress; and details on how fitness fights disease. Part IV of the book offers a number of questions and answers which have appeared in *Executive Fitness*, the popular newsletter which goes to thousands of persons all over the world each week for a nominal sum. Running is dealt with indirectly except for the Q & A sections which include a chart showing calories burned while running. The book contains a more positive stance towards vitamin supplements including some good information about Vitamin C.

Next week, we'll preview the "Footrace to Stop the Arms Race," and go into some views on running by Dr. Glasser, the world famous behaviorist, who recently held a seminar on depression during an all day event at the Eugene (Hilton) conference center.

—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.



Garden Site Selection and Soil Preparation

With all the sunshine that we have been having recently, I've been thinking about putting in a new garden. When I look for a garden site I evaluate potential sites using the following criteria: sun exposure, slope, soil type, and convenience. I want a garden that has a gentle slope to the south with no trees to block the sun. The soil should be workable but this is the one factor that is easily modified.

If all the following are met, I judge the site on the basis of convenience. Is it close to water? Can animals be kept out? How easily can water be obtained?

If it's an exceptional site, I can trade off some criteria against another. If the sun is blocked part of the day, I'll plant shade tolerant plants in that area. Most herbs need full sun to develop. If the drainage is not that good, a raised bed will help. The soil, as long as it is not contaminated, can be modified. Sawdust and straw can turn the nastiest clay into a workable soil. Beware of planting next to the foundations of houses. The ground may be full of lead from the paints used. This would only be a problem with older houses because leaded paints have been removed from the marketplace.

All herbs like a well made soil, contrary to a popular belief that herbs want to grow on a gravel slope. They will grow anywhere, but the better soils will yield a healthier plant with more usable leaf, stem and root.

Some herbs like Rosemary and French Tarragon thrive in raised beds, while annuals like basil seem to grow fine on the flat.

I fortify the soil with soft or colloidal phosphate. This has a faster release than rock powders and will also last in the soil for years. Most soils are acidic in high rainfall areas and would benefit from an application of dolomite lime. Nitrogen is supplied by cottonseed meal, blood meal or fish emulsion. The fish emulsion has a quick release but the meals are cheaper and longer lasting.

I find that our soils don't seem to need a specific fix for potassium. We pick up potassium with the nitrogen sources.

All amendments should be worked into the soil. Clay soils should not be worked until they dry. A good rule of thumb is to drop a lump of soil from waist height—if it shatters then the soil is dry enough to work without causing damage to the soil structure.

Local sources for organic amendments are the Down to Earth store on W. 11th, or Lane Co. Feed and Seed at 5th and Charnelton.

Any gardening questions can be addressed to Sweetwater Nursery, c/o John Karlik, 83036 N. Weiss, Creswell, OR 97426. I will try to answer questions in future articles.

—John Karlik

Tuesday 26

Fairs/Festivals

Full Moon Meditation, the full moon is a time for humanity as a door is opened when more light is available for our planet. Group meditation, Amazon Community Center, 2700 Hilyard, 8 pm. 689-7761.

Meetings

Committee in Solidarity with the Central American People meets to discuss current events in Central America and a planned fundraising for Medical Aid for El Salvador, 7:30 pm 2880 Mill St, Eugene. 485-1755.

Speakers

Antique Seminars featuring Gwen Znerold, noted collector, author, appraiser and lecturer on antiques. Topics this week, Needlecraft and Folk Art. \$20, 344-4813.

Film

Photographer for National Geographic to present slide show. Rich Cooke offers a sensitive look at the country of Ladakh. Free, 7:30 pm. EMU ballroom on U of O campus. Sponsored by U of O Outdoor Program, 686-4365.

Mary Wigan: When Fire Dances Between Two Poles. Part of National Dance Week, 7 pm, 150 Geology, UO.

Sports/Recreation

Amazon Community Stamp Club meets between 4 and 5 pm at 2700 Hilyard. Students in grades 1-12 are invited to join. More information, 687-5373.

Etc.

Bookmobile service includes: Parkview Terrace, 3rd & High, 9:15-10:15 am; Ya-Po-Ah Terrace, 350 Pearl, 10:30-11:30 am; Edgewood Shopping Center, 40th & Donald, 2-5:30 pm.

Art

Open drawing figure studies. See 4/21 listing.

Macedonian Bridal Costumes, a lecture on the UO National History Museum Exhibit. Social customs, symbolism and process of manufacture will be covered. 7:30 pm, at the Museum, UO.

Concert Music

Folksinger Judy Gorman-Jacobs at 7:30 pm in Gerlinger Lounge, U of O. Presented by Students for a Nuclear Free Future, Women's Referral and the EMU Cultural Forum. Ms. Gorman-Jacobs performs traditional and original music of labor, peace, environmental and women's movement. \$3 at door and \$2.50 students.

TV/Video

Cable 11 (Community Access) presents: **Seeds of Peace**, televised anthology of Peace Art in Eugene, song, poetry, story, dance, painting, 6 pm; **Winds of Change**, Andrew Elliott, ND, discusses naturopathic and homeopathic remedies and Cascade Health Exchange, a local effort to provide health care to low-income people, 7:00; **Nicola Studio One**, 7:30; **Decision: America**, analysis of the European nuclear weapons deployment decision, 8:00; **Unique Woman**, Mickey Black, creative sewer and expert on stitchless sewing, 8:30; **Potluck**, 9:30.

Workshops/Classes

Self Development, introductory class in meditation, discussion of diet and lifestyle practices conducive to greater mental health and physical harmony. 7 pm at 1802 Lawrence St. 345-0042. Contact Shyam/Vidura.

My Relationship with My Child, and Seeing I to I. A workshop for parents, focusing on parents' goals, expectations, feelings. At Westmoreland Community Center, 1545 W 22nd, 7-9 pm. Phone 687-5316. \$2.50/individual, \$4/couple.

Wednesday 27

TV/Video

Cable 11 (Community Access) presents: **Oregon Work**, a documentary produced for KEZI by Sharon Genasci, deals with unemployment caused by small business closures, 6 pm; **Cracker Barrel**, 6:30; **Nguzo Saba**, 7 principles of blackness, 7 pm; **La Voz Hispanica**, 7:30; **Is God a Dream?**, part 2, 8:00; **Metamorphosis**, 8:30; **Nuclear Questions**, 9:00; **Dave on the Fly**, 9:30.

STARS, STARS, STARS



The skies of Eugene and Springfield have now been recorded on a glow-in-the-dark star map. They are available for \$7 from Larry Deckman or Sloan Heermance at 2406 Lawrence St. in Eugene. Call 343-7166.

Book Review:

The Parsifal Mosaic

By Robert Ludlum, Random House, Inc., New York, Random House, Limited, Canada, Bantam Books, Inc. (paperback), 1982, 630 pages, \$15.95. (Currently on sale for \$11.95 at Marketplace Books, paperback \$4.50, located in the Fifth Street Market, Eugene.)

In his latest novel, Ludlum once again demonstrates his mastery of the espionage novel. Ludlum writes with an economical style, wasting few words, which results in a fast-paced adventure filled with spies and counter spies, agents and double agents, and behind it all a mysterious figure known as Parsifal. Parsifal is a shadowy figure with the power to bring the U.S. to its knees, and if his demands are not met, the power to plunge the world into the holocaust of nuclear war.

The one man who can identify Parsifal, ex-agent Michael Havelock, has been labelled psychotic by his superiors and marked for death before his obsession with a dead woman destroys their fragile spy network.

Havelock can prove his sanity only if he can find Jenna Karas, the woman he loved and yet, believing she'd betrayed him, ordered her execution, even witnessed it. Now he is convinced that he has seen her alive, must find her and convince her that he still loves her.

The reader is compelled to follow Havelock through Ludlum's carefully orchestrated maze as he searches for Jenna, always headed for the inevitable clash with Parsifal, whose influence reaches even into the White House.

The book is gripping, believable, and chilling because of it. It is perfect reading for a rain drenched spring weekend.

—Kenneth N. Harris

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