



On the Edge players bring original comedy to the Brass Rail, Thursday-Saturday for the next three weekends.

"On the Edge"

On the Edge is out there again! This group of irreverent zany's are bringing their special brand of original comedy, vignettes, songs and improvisations to the Brass Rail, 453 Willamette, across from Amtrak, each Thursday-Saturday for the next three weekends. Performances are scheduled for 9 pm on April 28, 29, 30; May 5, 6, 7; and 12, 13, 14. Tickets are \$3 each.

On the Edge consists of Dan Bruno, Jerry Campbell, Janet McIntyre, Martha Moyer, Ernesto Ravetto, Cheyney Ryan, and Bob Webb, all of whom have previously worked with the Oregon Repertory Theatre.

What is On the Edge and what do their shows offer?

"Serious comedy," says Cheyney Ryan, philosophy professor at the University of Oregon and writer of most of the group's songs. "We also do musical and dance numbers that would shame Ragazzino." "A lot of people think we just do improv," remarks Jerry Campbell. "We also do many original vignettes. It's a mature show." Having said that, Campbell extricates his tongue from his cheek and allows that he holds both a B.S. and M.S. in counseling from the University of Oregon, but gave it all up two and one-half years ago for comedy. "Sex," says Dan Bruno, former Jr. High School teacher. "That goes without saying. Also name dropping."

Unavailable for comment by press time were Janet McIntyre, a Chicago native who, although being very active in Eugene theatre for the past five years, has wisely kept her day job as a graphic artist for the City of Eugene; Martha Moyer, a Sheldon High School graduate now in her fourth year as a theatre major at the University of Oregon, whose acting debut was a memorable portrayal of a carrot; Ernesto Ravetto, a native of Argentina and prominent face on several Eugene stages who speaks Spanish and Italian fluently, English occasionally; and Bob Webb, a veteran actor, director, technician, and flunkie about whom the less specifically said the better.

Fred Crafts of the Eugene Register-Guard called On the Edge "your basic off-the-wall, in-your-face, no-holds-barred improvisation-oriented contemporary comedy group. . . . Besides the rehearsed sketches, the company showed its considerably ability to think on its feet by taking suggestions from the audience for improvisations. . . . Its view of life may be askew and irreverent, but it's also funny."

This latest, all new production of On the Edge is the group's second time at the Brass Rail. Their last show there sold out its six-week run, so calling 342-2298 well in advance for reservations is a good idea.

Beer and wine is available and even encouraged for this production.

—Robert Webb

Running: Pre's Trail & Beyond

Women runners over 35 years of age are shown to be "much benefitted" from running and/or jogging as a result of their exercise. These preliminary reports of a study about "women above 35 running" should be a positive encouragement to runners and/or joggers of both sexes and all ages.

The author of the study is Kay Porter of Eugene, a regular runner herself, and one who has also discovered (for herself) the personal benefits indicated by some of the findings in her research.

Ms. Porter began her investigation of running (by women above 35) back in 1979. She started with women who competed in the annual Eugene "Women's Run" that year and followed with surveys and other investigations of running by more than 500 women participants over 35 years of age up until the present.

The women past 35, by a heavy margin, reported that they not only ended up liking running as an exercise but also indicated it made them more healthy and caused them to feel better about themselves and others. The 35 and up women runners also reported that they were runners and/or joggers of the "born again" variety, not having been involved (to any extent) in either high school or college sports.

The annual OTC "Women's Run," by the way, will be held this Sunday, May 1, 1983, starting at 10 am at Valley River Center, Eugene, with registration on the day of the race between 8 am on the mall-side near Penny's and Frederick & Nelson. Prizes and T-shirts, and offerings such as round-trip airplane tickets are being advertised.

While the Porter study on running might indicate that "heavy competition" is not the main reason for their running, it is my opinion that many women like to "win" (as much as any male runner) even though their main objective may be fitness.

It seems to me, also, that competition (to some men) may also be as important for "fantasizing" as well as exercising. There is little doubt, however, that both men and women runners like to "talk about it" and that each man and/or woman may be in his or her own mind an Alberto Salazar or Mary Tabb. I feel a possible difference for some men in the "tavern talk" including challenges, recounting of experiences during the run, and fantasizing of possible future wins. Thus, the "fun" of fun runs and goals for future exercise and competition may be fantasy?

The noted behaviorist Dr. William Glasser, in his new book, *Stations of the Mind*, suggests, however, that runners might well take it easy on the competition if they want to get the "full" meditative effect of running or jogging. Glasser, who made famous the terms "positive addiction" and "reality therapy," points out that a competitive runner or jogger may well lose the calming aspect of the exercise if he or she lets the sport dominate their lives.

"In short," Dr. Glasser says, "it takes a short part of each day during which we try to achieve a 'low error' state. Runners or others who do nothing 'but their activity' are frantically re-directing. They are not meditating. A meditation is a gentle, easy, low-error state, never desperate or frenetic." So watch it! Take it easy! You can also "win" by "not winning."

Re-directing? Low error state? Reality therapy? For more details, I invite you to *Stations of the Mind*, Glasser's new book which can give you and others new directions to your life and help you solve difficult "coping" problems. Glasser, by the way, was in Eugene recently for an all-day seminar (attended by several hundred persons at the Conference Center) and touched on many of the topics dealt with in his new book while specializing on solutions to "depression."

—Jack Craig

Sunday

Sports/Recreation

The 7th Annual Oregon Track Club Women's 10,000 Meter Run, a flat-looped course on bike-paths and paved roads, begins at 10 am at Valley River Inn on the bike path. Long-sleeved cotton T-shirts to all entrants; roundtrip tickets for race competition to any major East Coast city awarded to the first women finishers in the junior (19 and under) open and master's (over 40) division, donated by Republic Airlines. Registration: \$6, \$7.50 late entry, at Feet in the 5th St. Public Market and Nike Eugene, 99 W 10th Avenue, or 8-9 am the day of the race at the starting line. 683-5535.

Speakers

Aaron and Jane Novick to begin Sunday Night Forum on Nuclear Arms Control: the first in a three-part series presented by the Unitarian Church's Social Concerns Committee on The Nuclear Arms Race: Personal Perspectives, which continues through May 15. Aaron Novick, former dean of the U of O graduate school and scientist with the Manhattan Project, and Jane Novick, a coordinator of Ground Zero Week in Eugene in 1982, have been in the forefront of dialogue on the nuclear arms control issue in recent months. 7-8:30 pm, the Unitarian Church, 477 E 40th Ave. Free. Wheelchair accessible.

Etc.

Zoo Zoo's Natural Foods Restaurant Collective is celebrating its 6th year of worker-ownership! Join the festivities: special food, free treats and live music, 8 am-10 pm, 454 Willamette, 344-4764. Wheelchair accessible.

The Rhododendron Show continues through today at Valley River Center.

Meetings

Lane Women's Political Caucus of the Lane County Democratic Party, 7 pm, in the Community Room, Far West Federal Savings Building, 96 E Broadway.

Barry Lopez, noted Oregon author and lecturer on nature and the environment, will speak at the U of O Friends of the Library Meeting on "In Keeping with Life: A University Library." There will be a hospitality hour, 10-11 am, and a brunch, 11 am-noon, followed by Lopez's talk. \$8.75. Valley River Inn. 345-3804 or 686-3056.

Monday

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Meetings

Weekend of Polarity at the coast. LCC Heceta House will provide the setting for concentrating on the simple elements of good health. Fee \$37. Telephone 482-2126 or 344-1101. Register by today.

Nuclear Disarmament will be the subject of a meeting set for the Grower's Market at 7 pm. A free film, *The Road to Global Sanity*, will be shown. 343-8548.

Lesbian Discussion Group meets at Wesley Center, starting at 7 pm, 1236 Kincaid. 686-3360.

Committee on Solidarity, with the Central American People, meets to discuss current developments in Central America and develop fund raising ideas. 485-1755. Starts 7:30 pm at 2880 Mill St, Eugene.

Speakers

Distinguished sociologist Norman Birnbaum of Georgetown University to speak on "What's Next in European Socialism" at 150 Geology, starting at 8 pm. Free and open to the public.

Concert Music

James Thornbury Solos at the Black Forest. Acoustic and electric blues. Original rock & roll. Starts 9:30 pm. 343-0083.

Women's Choral Society will give its annual spring concert starting at 8 pm in Beall Concert Hall. Guest artists will be UO students Laura Zaerr, harp, and Linda Jacobs, flute. The program will feature highlights from "The Pirates of Penzance," popular Gilbert and Sullivan operetta. General admission \$2.

Radio

The Price of Silence starts at 6 pm on KWAX 91.1 FM. A thrilling drama about a deadly game of international nuclear strategy. Part one of a nine-part series.

TV/Video

Science Clips on KOZY, psychologist Anne Fernald will discuss baby talk. To be aired between 10:30 pm and midnight after the movie.

Cable 11 (Community Access) features: Nuclear Questions, Ada Sanchez speaking at the 1983 Women for Disarmament Conference, 7 pm; Dave on the Fly, everything of interest for the fly fisherman, 7:30 pm; Friday Night in Ducktown, repeat from April 29, 8:30 pm.

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