



The Neighborhood Players

Who are these people? And why are they wearing those silly hats? Well, it's because the **Neighborhood Players** have received an invitation from the Queen to play croquet, and a zany tea party is just one of the many ways "Alice" gets side-tracked.

Bonnie Cohn, Janet Steiger, and Don Scoby are the Children's Theatre Touring Troupe, **The Neighborhood Players**, and they would like to extend the Queen's in-

itation to you to join them at River Road Park, 1400 Lake Drive, on May 6th at 4 and 7 pm for the command performances to benefit the River Road Pre-School. Admission is \$1 adults, 50¢ children, and \$1.50 family rate.

Theatre the *whole family* can enjoy is the goal of the **Neighborhood Players**, who are currently offering schools and community centers a 30-minute adaptation of "Alice in Wonderland." The Neighborhood

Players will be working from a repertoire of at least four different shows with material ranging from such exciting subjects as a little girl down a rabbit hole to the ever popular metric system.

For more information, call 688-4270 or 344-7331.

—Janet Steiger

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Running: Pre's Trail & Beyond

The Aerobics Program for Total Well-Being is the title of a new hardbound book by Dr. Kenneth H. Cooper, one of the leaders in America's physical fitness movement. His new book melds together the most effective ingredients of fitness—exercise, diet, and emotional balance. (Price, \$16.95)

Cooper is the man who coined the word "aerobics" as it is used in connection with exercise, and has pointed out that running and/or jogging is one of the effective (and easier) ways of gaining fitness. He has previously published a number of books on the subject, and the current book, as published by M. Evans & Co., Inc., New York, provides about all the information any person might need in accomplishing fitness—with aerobic points given for walking, running, cycling, swimming, skiing, cross-country skiing, and many other sporting activities.

In fact, Cooper evaluates more than three dozen kinds of exercises in terms of their aerobic benefits; analyzes exercises in terms of their toning and

muscle-building value; discusses the best time of day for exercising and presents new evidence on the synergistic effect of diet and exercise. Cooper shows how revising the distribution of caloric intake over the course of the day can control weight more effectively than merely reducing calories. He also makes recommendations for percentages of carbohydrates, fat and protein in the daily diet and discusses the latest findings on total cholesterol/high-density lipoprotein (HDL) balance. The appendix shows a number of good stretching exercises and presents other valuable information for anyone starting or continuing an exercise program. The book has a special value to runners who have become aware of their bodies and want to learn more about it and how to take care and nurture it.

Fun Run season is now upon us. We've just completed the OTC Women's 10,000 meter run, and the *Footrace to Stop the Arms Race* is scheduled for Sunday, May 15, 1983, at Alton Baker Park, starting at 9 am for checking in and 10 am for the five-mile event.

The event is designed to make it possible for the community to make a positive statement for a nuclear-free future. Mailed entries must be postmarked by May 12. Entry blanks are available at FEETS, Fifth Street Market; Eugene Athletic Supply on Boardway, downtown mall; and Trackside Sporting Goods at 1495 E. 19th.

T-shirts will be distributed during check-in that morning or if a person desires, he or she may contribute \$3 to "the cause" and not get a shirt. Proceeds will be given to six local organizations who are working for a bilateral nuclear freeze and a focus of concern on the arms race.

The *Footrace* originally started several years ago as a "renewable resource run" and has evolved into the present event. More runners have registered each year and the event has become one of the larger "local" fun runs.

Next week, we'll list the large number of runs upcoming, both locally and in the Willamette Valley.

—Jack Craig

Tuesday 10

Speakers

Eminent Russian Artist and U of O Humanist in Residence, Ernst Neizvestny, will present a free lecture/slide show on "Dante and Dostoevsky" as part of his lecture series, "Synthesis in Russian Culture," 4:30 pm, Room 107, Lawrence Hall, U of O.

Japanese Art is the topic of a free public lecture by University of Chicago Art History Professor Harrie Vanderstappen, 7:30 pm, Room 107, Lawrence, U of O.

Connie Sandhorst will speak on "Discover how to use where you're at right now to get you moving efficiently ahead." Valley River Inn, Columbia Room, 7:30. \$10 advance, \$15/door. 485-1467.

Workshops/Classes

Caring for the Parent, a series of workshops offered by Eugene Parks and Recreation, continues with the Dynamics of Sharing Parenting and of Being Single. Call for details, 687-5316.

Seminar for disabled women and girls—with speakers and panel discussions exploring educational equity issues and other concerns of disabled women and girls. 7-9:30 pm at the Eugene Conference Center, 7th & Willamette. Free.

Early morning series begins today, 6:45-8 am. Dynamic Meditation of Bhagwan Shree Rajneesh. Call 343-8516 for more information and registration.

Cable 11 (Community Access) features: *Which Way America?*, a panel discussion of the draft, dreams and other subjects from Sweet Home, Oregon, 6 pm; *Winds of Change*, Robert Grudin, author of *Time and the Art of Living*, is interviewed, 7 pm; *Nicola Studio One*, 7:30 pm; *Behind the Scenes*, Congressman Les AuCoin talks about his recent trip to Central America, 8 pm; *Dave on the Fly*, everything of interest to the fly fisherman, 9 pm; *Potluck*, produced by Jerry-Leff, featuring Mambo Sox and Cashiers, live rock 'n roll, 9:30 pm.

Meetings

Eugene Council for Human Rights has initiated a weekly series, News Analysis of Central America, to discuss the latest developments in both Central America and the US, 7:30 pm, at 1236 Kincaid.

Gay Men's Group, 7-9 pm, downstairs at 1236 Kincaid.

A meeting to organize a local chapter of Democratic Socialists of America, 7:30 pm in the McNutt Room, Eugene City Hall.

Dance

Pilobolus, a contemporary dance company from the East coast, 8 pm, in Silva Concert Hall, Hult Center. For information, 687-5000.

Folk Dancing, international folk dancing instruction at 7:30 pm, request dance program from 8:30-10:30 pm. Beginners and newcomers welcome. Sponsored by Eugene Folk Dancers at the Friends Meeting House, 2274 Onyx.

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

Sports/Recreation

Priceborough Loop (bicycle tour), 18 miles. \$3 fee. River House. 9 am. 687-5329.

Fairs/Festivals

Music, dance and theatre groups will perform on Theatre Arts Day, the second day of Duck Week at the U of O, 11:30-4 pm, EMU Courtyard.

Wednesday 11

Fairs/Festivals

Off-the-Record, another Duck Week event intended to give students a chance to socialize with their professors, 3:30-5 pm in the Gerlinger Alumni Lounge, U of O.

Dance

Eugene Country Dancers, Scottish and English dances. Beginners welcome, no partners needed. 7:30 pm every Wednesday at Knights of Pythias, 12th & Lawrence. \$1.

Concert Music

Dale Bradley, cello, will give a student recital at 8 pm in Room 198. He will be assisted by Carol Chapman, piano. The program includes pieces by J.S. Bach, Dmitri Shostakovich, Ludwig van Beethoven and Alberto Ginastera.

Edgardo Simone, a composition student, will give his master's degree recital at 8 pm in Beall Concert Hall. The program includes "Trio," "... i due soli," "Footprints" and "Prognere." It will be conducted by Wayne Bennett and performed by members of the Oregon Wind Ensemble.

Children

A trip to the coast to dig clams is offered for youth, grades 3-12 and scheduled for May 15, 8:30-4:30, through Amazon Community Center. Cost is \$7.50. Register by today, May 11. Call 687-5373.

