



Spring

by W.S. Merwin, from
Writings to an Unfinished
Accompaniment (Atheneum, 1973)

The glass stems of the clouds are
breaking
the gray flowers are caught up
and carried in silence to their
invisible mountain
a hair of music is flying
over the line of cold lakes
from which our eyes were made
everything in the world has been
lost and lost
but soon we will find it again
and understand what it told us when
we loved it

Running Pre's Trail & Beyond

Runners, non-runners, joggers and walkers should read Dr. Roy L. Walford's book, *Maximum Life Span*, just published by W. W. Norton & Co. at \$15.50 and available at Book Mart in Eugene. The book offers substantial encouragement for exercises and would-be exercisers for activity which might lengthen their life spans substantially.

"Marathoners," says Walford, "who train by running forty (40) miles each week have more of the high density Lipoproteins (HDL) in their blood than ten mile per week joggers, and joggers have a significantly higher HDL's than sedentary persons."

Walford, one of the world's outstanding scientists in the field of aging research (and a runner) stresses the importance of aerobic exercise: "Aerobic exercise is what's effecting: Running, swimming or bicycling in which the pulse rate reaches 80 percent of maximum at least twenty minutes during the exercise period."

"Static exercises," according to Walford, "even though strenuous, such as weight lifting or body building, make you prettier but not necessarily healthier. Aerobic exercise adapts the body to taking in, transporting, and using oxygen at an increased rate. The heart can pump more blood with each stroke and the pulse rate is slower both at rest and during any given level of activity."

Walford says that the heart beat should be raised during 20 minutes of exercise at least three to four times a week to achieve measurable results. He quotes one of the great physical fitness experts as saying that without at least thirty minutes a day of non-

stop exercise, women reach a peak of fitness at age 14, and start to decline at 22 years of age; men at 17, and start their decline at age 26. He also reports that there is evidence that with chronic exercise it is possible to postpone the age-related decline in the oxidative capacity of the brain and therefore improve the information processing that goes on in the brain.

This is just a sampler of the information Dr. Walford comes up with in exploring the possibilities of extended and productive lives for mankind by means of known and future knowledge which includes exercise and careful nutrition. And closer to home, this weekend, a real fun run is the annual *Run to the Forest*, Saturday afternoon for a 5K at 3:50 pm and a 10K at 4 pm. The place is the Emerald Valley Forest Inn off the Dale Kuni Road at Creswell. Preregistration is possible. Special awards and entertainment are scheduled after the race. Reminder: the 5th Annual *Rhody Run* at Florence begins with registration Sunday, May 22 at Highway 101 and Rhododendron Drive in Florence. The 5K race starts at 10 am and the 10K at 10:15 am. Prizes and other features are offered. Women runners, reflecting on the recent *Women's Run*, report one of the most hospitable pre- and after-race facilities was provided by the Valley River Inn, Eugene. For runners and/or joggers nothing can be finer than good "staging" and "ending" run facilities and many women runners report this year that Valley River Inn was the "very best."

—Jack Craig

(Jack Craig is available for running guidance, information and assistance by telephone 686-0812. He is now in his 7th year of daily running and contributes articles to running magazines.)



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Finding the Islands

by W. S. Merwin, North Point Press, 1982, 71 pp., \$6.00 (paperback).

This newest book by one of our greatest contemporary American poets contains three-line groups of words which hang, in all simplicity and mystery, suspended in space. Combining simplicity with beauty and depth, Merwin's poetry has gone through several transformations: from the punctuated, carefully crafted contents of the first books to the unpunctuated, enigmatic, mythic material of the last six. In *The Lice* (1967) political disorder and violence often become wounds in the intimate recesses of the poet's own psyche. In *The Carrier of Ladders* (1970) and the astonishing *Writings to an Unfinished Accompaniment* (1973) Merwin continues his plunge into a fecund darkness from which he wrests tremendous visionary powers amid loss, fear, and the struggle of the psyche to reconnect with the most primordial dimensions of reality by radically altering and expanding its frames of reference. In *The Compass Flower* (1977) the climate has changed; some of the poems return to the outer world, one gets the feeling Merwin has come through something. *Finding the Islands* continues the flow of rich and suggestive imagery and symbolism, and includes some of the most beautiful love poetry extant. But Merwin's poetry should of course be read (or heard during one of his intermittent visits to Eugene) rather than read about; it's infinite in its resonances and subtleties of effect. For Merwin, as he is "Waking/hanging upward into the rushing summer/calling", "Everything is/the answer/too fast".

—Alfred Gross



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Everybody's Business

The latest Eugene Water & Electric Board's Annual Report is just off the presses and its contents, in addition to the successful balance sheets, tells an easy-to-understand story of the public utilities' success with conservation. Board Chairman John Tiffany gives an informative summary of our local power and water situation as an opener; Board members are pictured; and the rest of the report in picture and narrative form is very well done.

Of particular interest is EWEB's conservation story during 1982, one of the best (if not the best) accomplishments in the Pacific Northwest. EWEB's customer service is also described along with an interesting public information program for schools and the younger generation which was recently featured in *Public Power Magazine*. Want a copy? Telephone 484-2411 and make a request.

Bicycling is one of the themes of this week's *What's Happening*, and on that score the *Re-cycled Bike Works* of 774 East 11th Ave., Eugene, has started a bike repair cooperative. A nominal membership fee is charged for use of a fully equipped "bike garage" which includes professional tools and equipment needed to make about any repair as well as oil, grease, and rags to clean up the job. There is also a 10 percent discount on needed parts from the Recycled Bike Works. Persons interested should telephone 485-5886. Cooperative membership hours at the shop are 9 am thru 6 pm, Mon-Sat.

The Eye of the Needle is staging a courtyard fashion show at 673 East 13th Ave., Eugene (behind Poppi's), starting at 1 pm Saturday. Sue Allen and friends will be showing an exciting and innovative array of clothing for Spring and Summer. "There's plenty of seating," Sue Allen says, "including seats at Lenny's where you can enjoy Nosh and see a few of our designs. We fantasize, we fabricate and we hope you'll enjoy our fantasies and that you'll be surprised."

Here's a note for jazz fans. We neglected to tell you in a recent column that the *Cat's Meow* in the Fifth-Pearl Building has, in addition to one of the best jazz record displays in the West, all the books and magazines that go with the understanding, enjoyment and interpretation of jazz. Any questions about these, just call Jeffrey at the Cat's Meow (686-8742) and he'll be able to answer your question, or better yet, drop in and talk with him personally and he'll showyou his fine display.

Not far from the Fifth & Pearl Shopping Center is the bag building (next to the Grannary) at 285 East 5th Ave. (484-9500) This address is the site of another new business, *Yesterday's Best*. Debra Sothras, a long-time area resident, has taken over an already established antique shop (His Lordship) and is operating as a veteran in the antique business.

She first started in the business working from her home in both a buying and selling mode, much as she is doing today in her established shop. She is also a veteran of flea markets, garage sales and estate sales as well as other public marketing. She now has a spectacular stock of merchandise which includes: primitives, oak and English antiques, collectable glassware, art—old & new, prints, antique lamps and many, many other attractive items.

Persons interested in selling antiques should be able to reach her at 484-9500. Shop hours for *Yesterday's Best* are 10 am thru 5 pm, Mon-Sat.

Another new business and/or professional service is "Be Nice To Your Body," located at the newly opened Lawrence St. Chiropractic Clinic. *Vip Short*, D.C., and *Mel Bankoff*, L.M.T. have united their practice in a new location at 961 Lawrence St. near downtown Eugene. They offer a combination of massage, back swing, inversion therapy and chiropractic modalities for \$22 with services available separately. If you are interested in their springtime tune-up, phone 342-4476.

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DEADLINE: Monday Noon for the following Thursday's paper.

We reserve the right to edit or to omit any listing submitted.