

LIVING HERE

Running: Pre's Trail and Beyond

Important runs coming up for important causes!

First, the 2 mile and 10K Run for the benefit of KLCC-FM. This is the "second annual" and it's called the **KLCC Jazz Fun Run**. It is co-sponsored by FEETS and takes place on a flat, fast course which is safe for every level of runner. A T-shirt will be given to all registered runners. Time of the run is 10:30 am, starting at BJ Kelly's, just off Franklin Blvd. near the U of O Canoe Shack bridge or the millrace bridge which spans the river along the path to Autzen stadium.

Registration (which was \$6) is now \$7 with registration possible on the day of the race. You may register in person at KLCC, located on the Lane Community College campus; FEETS, in the Fifth St. Public Market; Shoestrings, at 27th and Willamette; and Nike Eugene in the Atrium. For further information telephone 747-4501, ext. 2486. Packets for runners can be picked up between 8 am and 10:15 am on the day of the race, Saturday, Oct. 15. Free beer and soft drinks are available to all registered runners. The first three men and women will get prizes. All other prizes will be given by drawing.

The next major "good cause" event is the **Sri Chinmoy 5,000 meter series** at Eugene's Amazon Park with the course of the race to include the new Adidas Oregon running trail at the location. The Sri Chinmoy 5000 meter series is a 3-day race event. Participants accumulate race

points to win the overall event and/or win any single day race. The dates for the three events are Oct. 21, 22 and 23 (Friday, Saturday and Sunday), starting at 5 pm at the Amazon Community Center. Registration each day will be at 4:15 pm with day of race registration only. Certificates will be awarded to all finishers. Winners of each race will receive award ribbons. Winners of the overall event will get award medals with all awards



given to 1st, 2nd and 3rd place runners in all 4 age categories. Single races will cost \$1.50 with \$3 for the series.

The Sri Chinmoy Marathon Team is an international non-profit athletic service organization. All proceeds from this event will go to offset race expenses. Profits are used to upgrade race equipment. For more information, call 344-5604 or 342-5234.

The Eugene Diabetic Association has presented an excellent new book on weight control centered around exercise. Entitled *The 200 Calorie Solution*, the 280-page, W. W. Norton book published in 1982 tells how to burn an extra 200 calories a day and stop dieting. It is written by Martin Katahn, Ph.D. and direc-

tor of the Vanderbilt University Weight Management Program in Nashville, TN. The author himself was once 70 pounds overweight, and in addition to solving his own problem with his exercise program, he has helped over 1500 others with the same procedures—a combination of good nutrition and exercise. The book "blurb" describes the publication as a compendium of new ideas, new recipes, confidence and pride.

A second book, just new to the Eugene Public Library, is entitled *The High Energy Factor*. It is written by Dr. Bernard Gutin with Gail Kessler and published in 1983 by Random House, New York. Dr. Gutin is director of physiology at the Weight Control Center in Teaneck, New Jersey. He has helped thousands of people reduce and his methodology is the same as the *200 Calorie Solution—physical exercise and nutrition*.

As a personal note, in my own running program, I have used the general principles referred to in both books. My weight used to be 235-240. Now it is 176 and going down. Next week I'll go into some of the finer points offered by the "exercise" and "nutrition" specialists. And if you don't run, don't worry. Simple exercise like walking is included!

—Jack Craig

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

Harvest Time

The frosts are breathing down our necks, so it is time to turn our thoughts to harvesting and storing the garden's bounty.

If your tomatoes weren't assassinated by the late blight or an early frost, you probably have many more green tomatoes than red. The gamblers among us will go for as many wine-red tomatoes as possible. A large cloche of plastic over the vines is the best approach. Insert 15-inch lengths of 3/4-inch PVC pipe into the ground and arch ten-foot lengths of 1/2-inch PVC pipe over the plants, securing the ends in the 3/4-inch pipes. After the area is arched, stretch a ten-foot width of four-mil clear plastic over the arched pipes and weight down the edges. Leave both ends open, except on the coldest nights. A wire or board along the arches will help hold up the plastic and stabilize the "greenhouse."

Any tomato which is mature green will ripen if brought in. At mature green stage the green has faded, there is "jelly" in the cavities, and the seeds are firm. Tomatoes are stored at 50-60° F, not touching each other. A layer of newspaper under and over the fruit will make checking for ripeness or rot much easier than individual wrapping. Longkeeper tomatoes will store until March if properly handled. Immature green tomatoes can also be used in many ways. Call 687-4243 or 687-4246 for ideas on preserving your crops.

Another crop that will be coming on now is winter squash. Squash is harvested for storage when the skin resists puncturing with a fingernail, and is best harvested before being frosted as it keeps much better. Leaving one to two inches of stem on the squash greatly improves storability. If they are placed in a warm room for seven to ten days to cure, the squash will form a protective corky layer over injuries. Be careful not to bruise squash while handling, especially before cured. Squash stored at 50-55° F and 55-75% humidity keeps longest.

Pumpkin and acorn squash will store easily for two to three months. Sweet Meat for four to six months, and Butternut for three months. Kuta, Hubbard, Buttercup, and Banana will keep six months or more. Squash should be stored dry and many people like to swab them with a chlorine solution (one tablespoon chlorine per gallon water) to retard decay organisms.

Don't store squash near any ripening fruit, especially apples. Check squash every couple of weeks for mold, which can be wiped off with a cloth moistened in vegetable oil, and for decay. If decay starts, use the squash at once. Don't forget, all squash seeds are delicious and nutritious.

Sunflowers are about ripe now. To tell if it is harvest time, rub the sunflower face gently. If the florets fall off readily, revealing a dark pattern on the seeds, the head is ready for harvest. Because of our high humidity, it is best to remove the seeds from the head to dry. Drying can be on screens or in a dehydrator. Once dry, the seeds can be roasted in the shell or just stored in glass jars. Birds and humans alike appreciate these high-powered snacks. We use them in salads and as a substitute for pine-nuts in pesto sauce.

If your soil is well-drained and gophers are not a problem, you will probably store your root crops where they grow. Be sure to mark each crop so it can be found after the tops die down. If the winter becomes severe (below 20° F), mulch over the top of these crops with leaves or straw. Turnips, rutabagas, beets, carrots, horseradish, chicory, parsnips, and salsify all will store very well this way. All should be used before they resprout in the spring.

If garlic hasn't been harvested yet, it should be brought in and stored in an airy, dark, cool (35° F) area. Onions, however, need an airy, very cool (32-40° F) place. Potatoes are stored in darkness to avoid greening (solanine poison), above 40° F to avoid a starch to sugar breakdown, but below 50° F to prevent sprouting. Most of our fruits (apples, etc.) are stored as close to 32° F as possible with about 75% humidity and away from all other vegetables, due to the aging effect of the ethylene gas. If the storage area is well-ventilated, the fruits will keep much better.

The old-fashioned root cellar provides nearly ideal storage for most vegetables, but a walled-off area which is colder and ventilated to the exterior would be needed for your fruits. For more information, contact me or the Master Food Preserver (687-4246). Happy Gardening!

—Pat Patterson
Lane County Extension Service
687-4247

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