

in the art of television production and to learn about your local Public Access Center. Certificates will be given to all those completing the training. For more information call 343-2089 between 12 noon and 8 pm, M-F.

Radio

"Radio 80's" is now on the air seven days a week! This new KRVM music program has been added to the air schedule Saturday nights from 10:30 pm-midnight. Radio 80's is now heard Mon-Sat nights in this 10:30 pm-midnight slot, and Sundays from 4 pm-midnight. KRVM 91.1 FM. For more information, call 687-3370.

Meetings

Overeaters Anonymous meets every Saturday at 9 am at Far West Savings & Loan, 1570 Mohawk Blvd., Spfld. For men and women recovering from compulsive eating. Contact Valerie at 683-8767.

Free Zen Meditation Workshop designed to give a complete introduction to the practice begins at 10:30 am at the Oregon Zen Priory, 2255 Hilyard St., 344-7377.

Announcements

1984 Community Village Potluck Picnic and talent show at the Village, 3 pm until dark. For more information, call 345-1452 or 345-6005.

Sports/Recreation

Another Dam Run, a benefit for the Coalition Against Child Abuse, starts at 10 am from Richardson Park, Fernridge Lake. 10K and 2-mile fun run. Prizes, refreshments, free parking, registration. For more information, call 935-3505.

10K Prefontaine Memorial Run starts at 11 am. Hilly, paved, out & back, Coos Bay. For more information, call Mike Hodges at 267-7255.

2nd Annual Willamette Valley Bike Trek, Sept. 15-17. Would you like to cross the Willamette River by Ferryboat? Photograph historic covered bridges? Visit small Oregon towns? Meet many new friends and have a great time? Leaving from Portland, this 150-mile adventure will lead trekkers through the Willamette Valley backlands by experienced tour guides. A \$15 registration fee will include breakfast and dinners on the road, overnight accommodations in a camping setting, a T-shirt and sagwagons (vans) to carry gear. For more information, call 224-5145.

McKenzie Riders Bicycle Club, Lon & Sue's slide show at 7:30 pm in the Hilton Hotel. Admission charged, approx. \$3. Contact Willamette Century Committee or local bike shop for details.

Fairs/Festivals

Saturday Market, Eugene's traditional weekly open air craft and food fair, is open 10 am-5 pm in the Park Blocks at 8th & Oak. Maiden Voyage performs jazz at 11 am. Searchlight appears with a musical medicine show at 1 pm. Secret Lingo will play modern electronic rock 'n roll dance music at 3 pm. The Express Yourself Booth will experiment with building concepts. Art demonstrations will be provided by Michael Leckie with his porcelain faces and clay sculptures, and Badger Creations will demonstrate ink drawing and scrimshaw.

Farmers' Market is open on East 8th & Oak across from Saturday Market. This year's market will feature a wide variety of locally grown and produced farm and food products. The emphasis of Lane County Farmers' Market is to provide local farmers and market gardeners with a direct market to Eugene residents and to give shoppers an opportunity to purchase locally produced food products directly from the grower or producer. Open 9-3 pm each Saturday thru October.

Israeli Art Festival and Auction. Viewing, wine & cheese, followed by auction and drawing for an original work to be offered as a door prize. All are welcome. Free. Viewing at 7:30 pm, auction at 8:30 pm at Temple Beth Israel, 2550 Portland St., Eugene. For more information, call 485-7218.

Etc.

WISTEC Computer Lab rent time on Apple IIe computers. You must pass basic competency test first (tutoring available). 12-5 pm at WISTEC. For more information, call 484-9027.

"Summer Skies" **Planetarium Show** produced for WISTEC by Lane ESD Planetarium. Live sky show each Saturday and Sunday thru Sept. 16. 3 pm. Cost is \$2 for adults, 75¢ for kids. 484-9027, Alice Carnes, for more information.

Huge Rummage Sale sponsored by the Clergy & Laity Concerned, a peace and justice organization, will be held today from 9 am-4 pm at the First Congregational Church, 24th & Harris. Donations welcomed. For more information, call 485-1755 or 683-1755.

Workshops/Classes

WISTEC Registration today for the general public from 12-5 pm. No registration will be accepted by mail. Spaces will be reserved on a first-come, first-served basis. No spaces will be reserved without payment. Register at WISTEC, 2300 Centennial Blvd. For more information, call 484-9027.

First Aid Instructor Training, an 8-hour session will be given for people who wish to become Volunteer First Aid Instructors. Anyone certified in Red Cross First Aid is eligible for the training. For more information, call the American Red Cross at 344-5244.

Sunday 16

Theatre

Auditions for three pieces to be presented by Mixed Pieces/Hands-on Theatre continues today. Starts at 6 pm in the Lincoln School Community Room. See Saturday listing.

Meetings

Tibetan Buddhist Silent Meditation sessions are being offered weekly on Sunday evenings at 6 pm at the Tibetan Library, 1159 Mill St. Instruction on meditation techniques will be given to newcomers. Everyone is welcome. No cost. 342-2474 for more information.

Sunday Meditation and Soto Zen Service held weekly at 9 am. Oregon Zen Priory, 2255 Hilyard, 344-7377 for more information.

Former Peace Corps Volunteers, a potluck meeting at 6:30 pm at the Swartz home, 309 W 22nd (corner of 22nd & Lincoln). All RPCV's are welcome. Bring something to eat and plans for the coming year. A statewide meeting is being organized for Nov. 10. Bring ideas. Hot tub is available. For more information, call 686-8227.

Benefits

Save Eugene's Historical Trees Now! Benefit dinner at Zoo Zoo's Restaurant, 454 Willamette. 5-9 pm. Sponsored by Citizens Alliance for Trees. For more information, call 344-6643. Also, tree sale of Norway and Red Leaf Maples, 4-5' tall, \$3-4. For more Tree info call Nena at 484-9084.

Sports/Recreation

McKenzie Riders Bicycle Club's Annual Willamette Flyway Century; contact Committee or local bike shop for registration information and other details.

Concert Music

Bagpipe and Organ Recital: English organ music from anonymous to Mendelssohn, and traditional Scottish tunes, plus hymns, with harmonizations. Timothy Tikker, organist; Julia Harlow, bagpipers. Free. 8 pm at the Central Lutheran Church, 18th & Potter. For more information, call 683-1635.

Dance Music

Big Band and Modern Ballroom Dance with dance lessons offered free from 5-6 pm every Sunday. Dancing continued thru 11 pm. Your hosts and instructors are Tom Gassman and Marie Grammatico. Location: Best Western Country Squire ballroom, north of Eugene, I-5 exit 199. For more information, call 484-2000.

Etc.

WISTEC Computer Lab rent time on Apple IIe computers. You must pass basic competency test first (tutoring available). 12-5 pm at WISTEC. For more information, call 484-9027.

"Summer Skies" **Planetarium Show** produced by WISTEC for Lane ESD Planetarium. Live sky show each Saturday and Sunday thru today. 3 pm. Cost is \$2 for adults, 75¢ for kids. 484-9027, Alice Carnes, for more information.

Radio

"Modern Mono" **Moves to KRVM!** Eugene's only indie/garage/punk radio program—on the air since 1981—has moved from KLCC to KRVM at 91.9 FM. Modern Mono's original host, Lenny Tone, and most recent host on KLCC, Lucy Lizard, are teaming up to host Modern Mono in its new time slot, 2-4 pm on Sundays on KRVM.

KLCC airs special program on Ahora Si at 7:30 pm as part of National Hispanic Week. KLCC 89.7 FM.

KLCC and Balladeer Music are sponsoring a contest for listeners of KLCC's Children's Music show on Sunday mornings at 7 am. Listeners age 12 and under are invited to submit their own verses to the show's themes song, "A Horse Named Bill," which is sung to the tune "Dixie." Three prizes will be awarded to the top three winners who will be judged on the basis of creativity and originality. Entries need to be typed or neatly printed and sent to Children's Contest, c/o Tripp Sommer, KLCC, 4000 E 30th Ave, Eugene, OR 97405 by Sept. 20. Contestants must include their name, address, age and phone number.

Folk Music Jubilee on KWAX is at a new time, Sundays from 7-10 pm. The focus of the program is traditional music. KWAX 91.1 FM.

Dance Performance

Interpreting Literature into Dance, a talk and demonstration by Artist Director Riley Grannan and the Eugene Ballet Company Dancers. 1 pm in the Silva Concert Hall of the Hult Center. For more information, call 485-3992.

Workshops/Classes

WISTEC Registration today for the general public from 12-5 pm. No registration will be accepted by mail. Space will be reserved on a first-come, first-served basis. No spaces will be reserved without payment. Register at WISTEC, 2300 Centennial Blvd. For more information, call 484-9027.

Monday 17

Radio

Morning Edition at 5 am, a blend of local and national news. From Washington, host Bob Edwards brings you news from around the country and the world. From Eugene, Marcia Kraus localizes with hourly newscasts, local features, live interviews, and weather throughout the morning. KLCC 89.7 FM.

Workshops/Classes

Healthyourself Free Open Session: Be totally convinced that this program is right for you before you register. Attend the first session without charge or obligation and see for yourself what this seminar can do for you. Designed to increase energy, reduce fatigue, improve digestion, lower stress, learn new ways to relax, and achieve weight goals without dieting. 9-10:30

am at Campbell Senior Center, 155 High St. For more information, call 741-2912.

Meetings

CISCAP, the Committee in Solidarity with the Central American People, holds their weekly meeting each Monday at 372 W. 10th, Eugene, at 7:30 pm.

Astrology Group meets every Monday, 12 noon at the Eugene Public Library in the Gallery Room. All who are interested in Astrology are welcome. Call 484-3163 for more information.

Overeaters Anonymous is meeting from 2-3:30 pm today at St. Catherine's Catholic Church in Veneta, OR. For men and women recovering from compulsive eating. For more info, call pat at 997-7961.

American Atheist Meeting: Must one believe in God to behave morally? All welcome. No charge. 7-9 pm in the Eugene Public Library. For more information, call 942-4597.

Concert Music

Myron Floren Show at 8 pm in the Silva Concert Hall of the Hult Center. Tickets: \$11.50 and \$9.50.

Tuesday 18

Radio

Blue Plate Special Central American report at 12 noon on KLCC, 89.7 FM.

Video/TV

Hot Bagels shows again tonight. See Saturday's listing.

Workshops/Classes

Male/Female Relationship Group free introduction. 7 pm in the Eugene Public Library Gallery Room. Lisa Marie, Richard Grimaldi, facilitators (New Directions Counseling Center). For more information, call 342-5472.

Meetings

Asian House Group for Teens, issues important to you and brought to the group by you will be discussed. 3-5 pm at 1465 Coburg Rd. Cost is sliding scale. For more information, please call Kate at 683-4408.

Men's Group thru the Asian House Counseling Center meets every Tuesday evening at the Center, 1465 Coburg Rd, from 7-8:30 pm and is guided by Dave Mace and Mary Ann Fix. The members of the group will determine its direction while guided by the facilitators who will assist in establishing openness. Cost is \$5 per session. For more information, call Asian House, 344-0620.

Overeaters Anonymous is meeting from 12 noon-1:30 pm at the Central Presbyterian Church, 1475 Ferry, Eugene. For more information, call Pat at 997-7961.

Overeaters Anonymous is meeting from 7:30-9 pm at the Newman Center, 1850 Emerald, Eugene. For more information, call Pat at 997-7961.

Free Zen Meditation Workshop designed to give a complete introduction to the practice begins at 7 pm at the Oregon Zen Priory, 2255 Hilyard St., 344-7377.

Concert Music

Mary O'Hara (voice and harp) at 7:30 pm in the Soreng Theatre of the Hult Center. Tickets: \$10 and \$8.

Sports/Recreation

Free Fitness Workshops and Testing with Sheldon Community Center and Pool from 7-9 pm. Area fitness specialists will offer workshops on exercise testing procedures, weight control, hydrostatic weighing, and developing and maintaining a personal running program. Come dressed to participate in aerobics, aquaerobics, slimmastics, weight training, mood testing, and skinfold and body fat testing. Blood pressure checks and massage will also be available throughout the evening. For more information, call 687-5327.

Art

Open Life Drawing Workshop at 275 Lawrence Hall, UO campus, from 6:30-9:30 pm. Cost is \$1.50 per class. For more information, call 683-4673.

Dance Music

International Folk Dancing, instruction given. Beginners and newcomers always welcome. 7 pm at Campbell Senior Center, 155 High St., Eugene. For more information call 345-6687.

Wednesday 19

Radio

"Focus on Jazz," John Coltrane interview at 7:30 pm on KLCC 89.7 FM.

Workshops/Classes

Wednesday Night Meditation and Class held weekly at the Oregon Zen Priory. Zazen begins at 7 pm, class at 7:45 pm, closing service at 9 pm. This week, "Doing the Best We Can" with Ernest Rimmerman. No charge. 2255 Hilyard, 344-7377 for more information.

"Light Years Ahead," a weight control program to help you change eating habits and control weight successfully. Free introductory session today. Offered by Sacred Heart Hospital and Nutrition Associates. For more information and a descriptive brochure, call 343-1649.

Meetings

Diabetes Support Group for young adults meets tonight at 7:30 pm in 3 Main Conference Room at Sacred Heart Hospital. Young adults with Type 1 diabetes (Juvenile Onset), ages 18-40, can share feelings, problems, and ideas at this meeting. Paul Roche, pharmacist, will speak on "Human or Purified Insulin—Are They for Me?" For more information, call 686-7074.

Lesbian Adult Children of Alcoholics, a support group to explore and re-evaluate our lives in an alcoholic environment. Free. 7 pm. Call Linda, 345-1073, for location and more information. This group will be meeting every Wednesday.

Support Group for Disabled Women, come share your story and learn to overcome challenges. For all types of disabilities. Accessible in the Sacred Heart Hospital conference room (G or H). 1:30 pm. For more information, call 344-2296.

Film

"Tahiti and The Cook Islands," the first film in the Hult Center's World Adventure Film Series,

is scheduled at 7:30 pm in the Soreng Theatre. Filmmaker Clint Denn will personally narrate the 90-minute color and sound film which focuses on the customs, traditions, dance and song of the Polynesian people as well as the exotic scenery. Denn's film brings the charm and romance of old Polynesia to life with visits to the marketplace, fishing villages, archaeological sites, and an underwater reef. Series tickets are \$18 for all four films; single tickets are \$5.50. All seating is general admission.

Speakers

Birth to Three Special Event. "Oh, poor Tom, he's the middle child!" "No wonder she's such a leader, she's first born!" "Ron is so spoiled, but after all, he's the baby of the family!" Have you ever wondered if there's any truth to these sayings? Mothers, fathers and children of all ages and birth ranks are invited to Birth to Three's first program in its "Parents Night Out" series entitled, "Our Children, Our Selves." Basil Freedman, M.D., a child psychiatrist and third born, will be discussing the effect that birth order has on personality as well as birth order and sibling relations. Birth to Three's toddler room, 3411-2 Willamette St., at 7:30 pm. Recommended monetary donation is \$1.50/family with membership card and \$2.50/family without membership card.

Women

Have you found some men disinterested, unpredictable, self-centered and difficult to communicate with?

Feel more comfortable relating to men—Attend this valuable workshop.

How to communicate with men

Use what you learn to help you gather support and understanding for your ideas at work.

Also valuable for sharing your personal feelings in your special relationship.

All of this and more
for only \$15.

When and Where:
Monday night, September 17th
7:00 until 9:30 pm
Holiday Inn on Coburg Road

Make plans to join us.
Sign up starts at 6:30 pm
30 minutes before we start.
VISA, Mastercard, cash &
checks accepted.

Workshop Leader—Harold Hansen
Telephone 484-0329

Be sure to attend

Communicating with men will be
simple for you when you use the
ideas you will learn.

Presented by "How to ... Seminars" 1755 W. 9th Place, Eug. OR

OPTIONS

COMMUNITY BASED CARE

A CHOICE YOU CAN LIVE WITH

Care For Elderly and Handicapped People

OPTIONS can provide additional support when you need it:

- SHOPPING
- MEAL PREPARATION
- BATHING AND DAILY HYGIENE
- HOUSEKEEPING
- RESPITE CARE

Certified Personnel Provide Reliable, Professional Care

OPTIONS 345-9174

NEW FRONTIER MARKET

Special:
Chico San Rice Cakes
Reg. \$1.08 SALE 79¢

- Bulk Natural Gourmet Foods
- Fresh Local Produce
- Imported & Domestic Cheese
- Wine & Beer
- Nature's Life Vitamins

OPEN DAILY 345-7401
8th & Van Buren, Eugene