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Women's Rights Coalition

The Women's Rights Coalition is a coalition of over 40 groups throughout the state. Its purpose is to lobby the state legislature in Salem. That includes submitting testimony, proposing bills and educating lawmakers and their aides during the legislative session.

The Salem paper *The Eagle Forum* has called the WRC "the most effective and powerful lobby in Salem." In fact, during the 1983 session WRC got 19 out of 28 bills it supported passed into law, a 68% success rate that bested business, labor and environmental groups.

They employ only one lawyer who is supported by a volunteer staff. The Lane Women's Political Caucus has pledged \$3,000 to support the WRC this year and they are asking for donations at this time.

The focus of this year's lobbying efforts are: implementation of comparable worth (pay equity), elimination of insurance discrimination, reform of public assistance laws, defense of reproductive rights, child care, strengthening domestic violence/child abuse laws. They will also address parental joint custody, public contracts, gay civil rights, sex-discrimination and private right of action legislation.

If you have any questions, call Gail Shibley at 687-6732 (evenings). And if you can pledge monthly or give even a small amount, mail checks to P.O. Box 5352, Eugene, 97405. Write checks payable to Lane Women's Political Caucus and note "for lobbyist" on the check.

—Lucia McKelvey

RUNNING



Pre's Trail & Beyond

by Jack Craig

The real answer to the "good life" may have been found and first told by Nutritionist Nathan Pritikin! His answer—fitness brought about by both running and good nutrition!

Strangely enough this is really old stuff, but it is information that takes on new meaning each day. Pritikin started his experiments in nutrition on himself more than 20 years ago. He found that he could reduce the amount of cholesterol in his blood and improve a developing heart condition.

Pritikin couldn't and didn't run in the early 1950's but by 1958 he had taken down his own cholesterol reading from the 300 level to 162. By 1960, Pritikin had taken it down to a stationary 107. He started running as his cholesterol went down.

His story is outlined dramatically in the December, 1984 issue of *Runner's World* in an article titled *A Diet for Life*. The article is almost a digest of Pritikin's third and latest book, *The Pritikin Promise*, a book also just placed on the new book shelf at the Eugene Public Library. It has been in print since 1983 (\$19.95, Simon & Shuster, locally at Book Mark and B. Dalton).

"Long live the memory of Jim Fixx and long live running," says David Prokop in his article about the Pritikin program: "For it would be an even greater loss if people lost faith in the basic message Fixx conveyed in his books. Running is great for one's health and well being. But it is becoming increasingly apparent that running alone is not enough. Careful attention to diet is also crucial. Perhaps it can be said that in losing his life, Jim Fixx completed the lesson he was unable to give us when he was alive."

Coming Up

Couples Classic, Saturday, Feb. 16, by River Road Park and Recreation District. Five and 10K. Starts at 9:30 am and 10 am near

Park Districts building in River Road. For further information, telephone David Ryckman at RR Park District, telephone 688-4052. Registration blanks at local running stores. Prizes to be awarded for best combination year times.

George's Predictable, Sunday, Feb. 17. Eight kilometers at 10 am at the Sweatshop, Florence, OR. Sponsored by Siuslaw Running Club. Grand prize award for persons predicting winning time. Other prizes. Day of race registration from 8 am. Contact tel. 1-997-9053.

Logger Jogger, Saturday, Feb. 23. Eight kilometer road race and 1K fun run. Entry blanks at running equipment stores. Event begins at 9:30 am at Lane County Fair Grounds sponsored by Oregon Logging Conference. Entry fee until Feb. 16, \$6 with \$8 after that date. \$4 if no T-shirt desired. Refreshments, gifts and random prize drawings.

Eugene Symphony Run, Saturday, March 2 in East Eugene. Begins at 1 pm at YMCA. Contact Betty Carson, 344-0142.

Run for the Shamrock, Sunday, March 10. Five and 10K races, starting at 9:30 am. For more information, contact Roger Herbert, tel. 687-3390.

St. Patrick's Day Run for the Shamrock, Saturday, March 16. Begins at 9:30 am and 10 am at Autzen Stadium with run on KASH road and Alton Baker bike paths. Proceeds for benefit of Sheldon High School Athletics. Contact Roger Herbert at 687-3381.

The Central Oregon Cross-Country Ski Tours summary is being mailed. It turned out to be a 22-page booklet with rough maps of the ski tour areas. Now, for mailing and xeroxing, price is \$3.00. Order from Jack Craig, P.O. Box 1211, Eugene, OR 97440.

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WOMEN'S GROUP

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Nurture and love your body. Solve eating and weight problems with my caring and expertise. Barbara Weinstein, MS, 344-7696.

Contact your inner wisdom, release old patterns, and learn how to make your life work for you. Counseling and Bodywork for individuals and couples. Reba Townsend-Simmons, LMT. 342-5366, The Healing Tree.



Shoshanah Thielle

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