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VCR Reporter

by Jack Craig

It's true! The most comprehensive, almost up-to-date VCR handbook is now available at the B. Dalton Bookstore in downtown Eugene. The work comes in two volumes (*Vol. 1*, $16.95 and *Vol. II*, $9.95) and each volume is titled *The Complete Home Video Book* (Prentice Hall, 1983, Englewood Cliffs, NJ).

The Complete Home Video Book, while it will set you back $26.90, could easily save you that much in operation and maintenance of your home VCR. The volumes tell us in amazing detail the complexity of the VCR technology. If you want to know what you have in a VCR and how to operate and maintain a VCR, get this book. Make your VCR investment work for you!

The *Home Video* volumes tell how to buy, connect, maintain, and troubleshoot your VCR. I say in the opening paragraph "almost-up-to-date" because the book was copyrighted in 1983 and written earlier. VCR technology seems to change by the day so a lot has transpired since 1982-83.

Home Video Book I, according to the book blurb, is a "must for anyone involved in the home video revolution." *Volume One* covers such topics as TV sets, VCR's, TV cameras and lenses, advanced TV camera techniques, recording, audio, lighting, graphics and copying (dubbing) and editing videotapes.

Home Video, Vol. II covers such advanced subjects as: video maintenance (including head cleaning), options and accessories, video projectors and video discs, satellite TV, video compatibility, and home video books and periodicals.

If you have to make a choice between the two volumes because of time or money, I recommend first buying *Vol. II*, the book with the $9.95 price tag. This volume will give needed advice on how to start, service, and maintain your VCR. It talks about needed "nuts and bolts" information that can save you time and money and may save your set.

Right now many VCR users are thinking of their machines as only "movie" tape players or off-the-air recorders. Major new uses are now entering the VCR horizon such as making video "home movies" as well as videotaping valuables for insurance purposes, illustrating talks, etc.

VCR's are now being merged with the computer for a whole raft of home and business use. A VCR can run educational and tutorial programs, store information, and increase the many practical uses of the personal computer.

By the way, on sale at Eugene B. Dalton is a 1981 *Home Video* book for $1.98. It has a lot of general information including an index of available VCR movies up until that time. While out of date, the book is worth reading if only to give you needed background to understand the VCR revolution.

Next time, the start of a rundown on local VCR tape rental firms.

RUNNING

Pre's Trail & Beyond

by Jack Craig

Women Runners

This week, two books by and about women runners. One book by two Eugene women, Kay Porter and Judy Foster, relates to running objectives. The second book, *The Woman Runner* by Gloria Averbuch, is a general book about the woman runner and how and why running has become important to women.

Kay Porter and Judy Foster have written a workbook which describes a program to attain *Mental Training for Peak Performance*. Their workbook is for both sexes!

"Women runners are coming of age in a world previously dominated by men's sports. The first women's Olympic marathon in August of 1984 stands as symbol of the fact that millions of women everywhere are discovering—and taking pride in—their athletic selves" (from book blurb). Kay Porter, who many remember for her survey of women runners in the Eugene "Women's Run," has teamed up with Judy Foster in putting together a book to help runners attain their goals through "creative visualizations." The cost of the 1984 book is $6.95; an audio tape and the book are available for $15. The book is at Feets and the University of Oregon Book Store or available from P.O. Box 5584, Eugene, including $1.50 for handling and mailing.

The two women have been using their workbook for clinics they have held at pre-marathons and road runs in all parts of the United States. It is an excellent reference for persons who might want to start a running program or others who contemplate setting goals to run various races including a marathon, 10K or other type run. Instructions are given to assist in goal setting, log keeping, and profound mental training and conditioning. A chapter heading describes one of the Porter-Foster workbook objectives, *The more you think about it, the quicker you get it.*

The Woman Runner, while directed to women, has a great fund of information of interest to men and women. Price on the book is $9.95. (One copy is at the Eugene Public Library. The Bookmark will order, as will Marketplace Books in the Fifth St. Public Market.)

The chapters *Why Run* and *Running Relationships* are of particular interest because the author describes the benefits of running so as to leave little doubt about the gains and goals. It is a direct answer to a recent book by a New York heart specialist who attempts to tear down and detract generally from the benefits of exercise and specifically, running.

Running Relationships explains why running is important to women in defining "the universal spirit of women runners." All of this is important socially and individually because it spells an emancipation by and for women.

Coming Up

Video Teleconference on Training and Strategies: Running your best 10K, March 9. This is an all-morning event sponsored by Nike, Athletics West, *Runner's World* and Lane Community College at LCC. A major part of the event is a satellite interchange with local running experts and speakers commenting and interpreting the STV events. Cost is $15 and includes a fun run at 1:30 pm. It starts at 7:30 am with coffee and registration. Blanks for registration are available at local running equipment stores. For more information, telephone Dr. Frederick Loveys, 726-2215, Lane Community College.

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