

BOOKS

New Titles: On Growth and Fathers

Here with us to celebrate summertime is a new, bright red book from Ram Dass, *How Can I Help?* Co-authored by Paul Gorman, it is a collection of stories and reflections on service. Whether as members of the helping professions, as volunteers, community activists, or simply as friends and family, we want to help others, but question just what we can really do, and how we can face suffering. There are many deeply moving personal accounts of people struggling towards clarity and wisdom.

A book that was of help to me a few months ago when I was feeling depressed and frustrated is Linda J. Bailey's *How to Get Going When You Can Barely Get Out of Bed*. Doesn't that just say it? Almost all of us have times when we feel this way. Being an independent, responsible adult is *work*; whether it is worth it or not depends on how well we know how to reward ourselves. In a chapter called *Bondage*, she examines many of the different addictions we have that keep us hooked without really satisfying us: approval seeking, self-denial, and searching for "the endless childhood." Bailey has a very personal way of speaking to these issues, and at least one of her many suggestions is bound to be one that helps you get going when your motivation has "got up and gone."

Fathers: Reflections by Daughters is a rich collection of reminiscences by British and American women writers. Alice Walker, Doris Lessing, Grace Paley, Adrienne Rich, Shiela Rowbotham, and Angela Carter are some of the fine writers here taking a look at their relationships with that primary male. Some fathers are remembered as being warm and supportive, others as cruel or absent, but all of these pieces are moving for their depth of self-understanding. Our culture has not laid down the same ground rules for fathering as it has for what a good mother should

be. There seems to be more flexibility for this role of fatherhood. No pet psychological theories are demonstrated here, just honest, intimate reflections from some very outstanding observers of human behavior.

Forgive and Forget by Lewis B. Smedes is sub-titled "Healing the hurts we don't deserve." The author's photo shows him to be a very compassionate man who teaches ethics and theology at Fuller Theological Seminary in Pasadena, California. As he describes it, there are four stages to forgiving: we hurt, we hate, we heal ourselves, and we come together. We cannot leap ahead to the healing if we have not first experienced the hurt and the hate. Forgiving does not mean that the relationship continues as if hurt had never taken place; we "make our new beginnings, not where we used to be or where we wish we could be, but only where we are and with what we have at hand." He also discusses self-forgiveness, which is not the same thing as self-esteem: "You esteem yourself for the good person you are, you forgive yourself for the bad things you did." Some things which forgiving is not are: smothering conflict, excusing, tolerance, or acceptance. Forgiving is most often a slow process, which happens over time. Sometimes we never do come together again with the person who hurt us, but forgiveness above all is to bring peace to the person who does the forgiving. Smedes doesn't shy away from the difficult ethical questions involved in forgiving invisible people, corporations, those who do not care that they have hurt others, "monsters" such as Hitler, even God. While he writes from a Christian perspective, it is not necessary to share this worldview in order to find a great deal of value in this book.

—Catherine Harris

(Catherine Harris is owner/manager of Peralandra Books and Records, 790 E 11th Ave, Eugene.)

The Oregon Lottery Playing to Win

by John L. Jordan

A waste of money, you say? An addiction of dubious merit, you intone with raised eyebrow and upturned nose? No, no, please don't be so quick to resist Oregon's new State Lottery, lest I remind you it was our very own voting public (great seat of political wisdom) which elected to give the idea a whirl last November. Think of the whole scheme in terms of "the greatest good for the greatest number," and "public monies gathered for the public welfare," and other public-spirited notions. I urge you to let loose your secret instincts and revel in the joy of decadence, but do not think of it as decadence. Proceed to follow your greed to the nearest establishment where these silver and green little beauties are sold. I have recorded below a few simple tips to enhance your luck and heighten the pleasures of the gambling experience. As a hardened veteran of already seven tickets bought and scratched (nothing won, but my hope is still high), I offer my knowledge in the spirit of generous camaraderie, for we are all members of a burgeoning religion.

First, my instincts tell me that, somehow, it is unwise to buy lottery tickets at a health food store (or natural food store as I like to call them). There is something incongruous about the very idea of it. It seems almost sacrilegious to buy something so sleek and glossy as a lottery ticket in a place where meat and sugar and corn flakes are not proudly displayed, and, in fact, may not even be sold! I fear

the Gods of Gambling would rarely smile upon a poor soul so unaware of the rude disharmony of it. Safeway would clearly be a safer bet than, say . . . Sundance or Kiva. Any Safeway in town nearly heralds the crass commercialism that makes America world-renowned and so well represents the slick exploitation of hope that is the lottery. Your luck would be better at Safeway; harmony exists there.

Second, upon consulting other grised veterans and lottery connoisseurs—many of whom are winners of great cash settlements—I have determined three key recommendations for enhancing your chances of winning:

- Go once a day and buy only one ticket.
- Wait at least two hours after purchase to scratch your card.
- Try to use a coin of large value (silver dollars are best, or at least a quarter) to scratch the ticket.

All three "tricks of the trade," as it were, I found (to my surprise) are common to those of us with more experience. Concerning the second recommendation, I've found a truly uncanny relationship between the length of time waited before scratching and the chance of winning. Among those veterans I interviewed the only limitations on success seems to have been

their inability to wait much longer than three hours. My own experience illustrates powerfully the close relationship. Only yesterday I bought two tickets and scratched them merely ten minutes later (a serious violation of the first and second recommendations). The results were terrible: two tickets with not even a pair of matching figures on either card. By contrast, the two winners of a thousand dollars with whom I spoke had each waited an entire day before scratching their tickets. And when they did scratch, one used a Susan B. Anthony dollar coin, and the other used a 1921 "E Pluribus Unum" silver dollar. A powerful combination for both lucky gamblers.

Finally, it is quite important indeed to hold on to all the tickets you've bought and keep them in a warm, dry place—preferably in a neat pile. This discipline imparts the respect due these precious parchments of legal gambling. Throwing them away like so many candy wrappers and 7-11 Big Gulp containers would certainly cause the Gods of Gambling to frown upon your future chances. Of course, I am not sure if there are any Gods of Gambling, but it's always better to be on the safe side. Besides, if you throw the tickets away—the tickets you bought with your hard-earned money—you might feed that nagging doubt in the back of your mind that the bloody little things are a waste of money. An attitude sure to damage your already stressed-out psyche.



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