

a matter of taste

By DEBRA MASON-COLE

Sometimes it takes an outstanding event, such as a gooey lasagne dinner topped with ice cream for dessert, to make us begin thinking about how our food is settling with us. Or perhaps it begins creeping up on you as you notice your energy level taking a distinct drop, finding it more difficult to wake up in the morning as you rise with a heavy, unrested feeling. Or perhaps it has been harder to concentrate lately? And you find yourself eating without really tasting or feeling hungry?

Any or all of these situations may bring you to feel that perhaps you've been eating too much, or the wrong things, or both and it's beginning to get you down. And, indeed, it will get you down in a myriad of destructive ways. Things can get especially heavy as the cold weather comes around and the sun and fresh fruit begin to fade.

Perhaps a healthful and rejuvenating pre-winter clean-up is in order! Let's make a stand for "Clear Thinking Food." A week or two of a cleansing regime and a few variations in diet throughout the winter can help to combat winter weight-gain, mid-term fatigue, and the deadly common cold.

Start now to get the jump on these unnecessary bummers. Establish one day each week to be your "day of rest" and fast on just herb teas and juice. Try a week or two of just fruits and vegetables, eliminating bread, dairy products, and meat for a light, cleansing effect. Do your own sprouting and concentrate on sprouts for your main supply of raw veggies, eating plenty every day. Sprouts are high in protein and minerals as well as life-giving chlorophyll that has been destroyed in most other foods. Drink plentifully of these herb tea combinations; they'll refresh and revitalize your system as well as help fight illness and fatigue. A happy, healthy body is a happy, healthy mind!

Cold Fighter

1 part dandelion root, 1 part nettle, 1 part burdock root, 2 parts elder, 2 parts mint. Steep, strain and serve with milk and honey or lemon.

Memory Tea

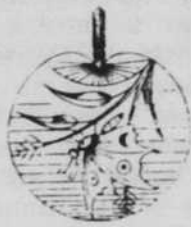
1 part rosemary, 1 part sage, 1 part gota-kola may add mint for flavor. Steep, strain and drink daily.

Breakfast salad

2½ cups sprouts, 1 cup hulled sunflower seeds, 3 grated apples, 3 bananas sliced, ½ cup raisins.



Hear and Now is edited by Cheryl Rudert and Jerril Nilson. All poetry contributions are edited by Kerry May. Information for Out and About must be submitted by the Friday previous to publication.



Leading jazz vibist sets one-night show

By CHERYL RUDERT

The vibes — those hollow-boned, mallet-struck musical keys — come to Eugene Monday in the form of jazz vibist Gary Burton.

A master of the four-mallet technique, Burton brings with him a 17-year background in the profession. He has played and recorded with French violinist Stephane Grappelli, pianist Keith Jarrett, George Shearing, Stan Getz and Ralph Towner.

Burton began his professional performing role in 1960 in Nashville. He had been playing vibes since age six. Notice of his work with country musician Chet Atkins led to a recording contract with RCA Records. Currently recording on the German ECM label, Burton's album list includes *Seven Songs for Quartet and Chamber Orchestra*, *Ring, Hotel Hello* and *Matchbox*.

In 1967 the Gary Burton Quartet was formed, expanding to a quintet later in 1974. The Quartet was noted for combining the improvisational intricacies of jazz and the more sophisticated forms of rock. Improvisation, according to Gary, "is the most important element in our music." That element has achieved for the Quintet a popularity with audiences in both jazz and concert halls.

The repertoire of the Quintet is highly original and features music especially written for Burton. Most prominent among these contributors is Michael Gibbs, who attended Berklee College of Music



Gary Burton

in Boston along with Burton in the early 60s. Gibbs' suite *Seven Songs for Quartet and Chamber Orchestra* was recorded by Burton with the Hamburg Symphony Orchestra.

In June, 1971 Burton performed an unaccompanied solo concert at the Montreux Jazz Festival in Switzerland. Later that year he toured Europe to recreate his performance as part of the Newport Jazz Festival's European Tour. Since then an a capella four-mallet solo has become part of every concert.

Burton is recognized by the polls of all the trade magazines as the top performer on the vibes. His four-mallet artistry has set a new standard of performance on the instrument. Currently a member of the faculty of Berklee College of Music he continues to teach advanced instrumental concepts and improvisational techniques. Burton is also an instrumental design consultant for a leading mallet instruments manufacturer.

Burton's performance features Steve Swallow, Joe La Barbra and John Schofield. Brought to Eugene by Shalam Productions, the concert will be held at the Lane County Civic Center at 8:30 and 10:30 p.m. Tickets are \$5.50 and available at House of Records, Crystalship and Bremen Town Music and Records.

CROSS COUNTRY SKI HEADQUARTERS

Regular Sale

FISCHER SUPER WAXLESS SKI PACKAGE

Fischer Super Step Ski — Alfa Boot — Pin Binding

Tonkin Pole — Binding Mounting

\$178.75 \$149.00

FISCHER DELUXE WAXLESS SKI PACKAGE

Fischer Step Ski — Alfa Boot — Pin Binding

Tonkin Pole — Binding Mounting

\$164.75 \$139.00

FISCHER ECONOMY WAXLESS SKI PACKAGE

Fischer Step Ski — Fels Boot — Pin Binding

Tonkin Pole — Binding Mounting

\$144.25 \$124.00

BONNA ECONOMY WAXLESS SKI PACKAGE

Bonna Diamond Glide Ski — Fels Boot — Pin Binding

Tonkin Pole — Binding Mounting

\$131.75 \$89.95

SPECIAL GENERAL TOURING PACKAGE

Silva X-73 Ski — Jofa Cable Binding — Tonkin Pole

(Use Your Own Boot)

Binding Mounting

With Fels Boot

\$66.00 \$49.00

\$105.00 \$69.00

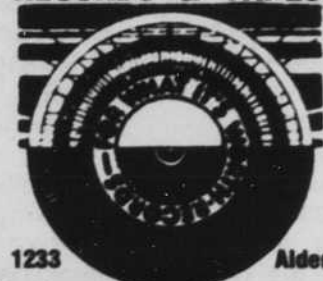
Southern Oregon's largest selection of outdoor recreational equipment

HAWKEYE'S THE GOOD LIFE

Bank cards welcome

Corner of 13th & Oak, Eugene

FOR WHAT IT'S WORTH RECORDS & TAPES



Coming soon to save you money on music

Tomorrow!

EMU Food Service

BEER GARDEN

4-7 Fridays

12-oz. glass 35¢

Pitcher \$1.50

Free Popcorn!

Free entertainment by Confluence