

emu Fishbowl

DELI located in the Fishbowl



- CHEESES**
- Peppered Beef
 - Ham
 - Raft Salami
 - Pastrami (turkey)
 - Salami (turkey)
 - Ham Stick (turkey)
 - Ham (turkey)

- Cheddar
- Provalone
- Swiss
- Jack

- SALADS**
- Bean
 - Macaroni
 - Potato
 - Cole Slaw

- BREADS**
- Cracked Wheat
 - Onion Rolls
 - Light & Dark Rye
 - Wheat Berry

BAGELS

Make your own sandwiches from a variety of meats and cheeses, salads available too.

Open 11-7 Mon-Sat
12-6 Sun

ask the sexpert

Are there any exercises to help tone the vaginal muscles?

Yes. Kegel's exercises are used to prepare for childbirth, to tone up after childbirth, to prevent urinary incontinence (losing urine when you cough, sneeze or laugh) and to increase sexual pleasure with intercourse.

These exercises involve contracting and relaxing the pelvic floor muscle — the muscle used to start and stop the flow of urine. To help identify the pelvic muscle before starting these exercises, try to stop a flow of urine midstream.

There are three exercises:

•Contract the pelvic muscle for three seconds, then relax for three seconds. Repeat this 10 times. If the thigh, stomach or buttocks muscle moves, the wrong muscle probably is being contracted.

•Next, squeeze and release the muscle as quickly as possible. Start slowly and gradually work up to a rapid flutter.

•Finally, imagine there is a tampon at the opening of the vagina and that is being drawn up into the vagina. Repeat this 10 times.

If soreness or tightness in the pelvic area is felt, reduce the number of exercises. Even pelvic muscles can get stiff with exercise.

Where can people call anonymously to ask questions about venereal disease?

The V.D. hotline (tollfree: 1-800-227-8922) has trained volunteers to answer questions about venereal disease. They can also give referrals for diagnosis and treatment. Their hours are 8 a.m. to 8 p.m. Monday through Friday, and weekends from 10 a.m. to 6 p.m.

Open 7 Days

KINKO'S

4c

Self Service

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344-7894 764 E. 13th

Campus route hot topic at two LTD meetings

The redesigning of Lane Transit District bus routes, including direct service to the University from southeast Eugene, will be discussed at two community workshops Thursday.

The proposed routes would run in straight lines out and back from Downtown instead of the current loop route. The new routes would be based on a 60-minute interval, allowing LTD to adjust the number of buses on a specific routes during rush hour, evening and

weekend hours.

If adopted by the LTD board in April, the proposed changes will take effect in September.

LTD is redesigning the routes in anticipation of further service reductions during the upcoming fiscal year.

The workshops are scheduled for 1 p.m. to 3 p.m. at the Amazon Community Center, 2700 Hilyard St., and 7:30 p.m. to 9:30 p.m. at Roosevelt Jr. High School Library, 24th Avenue and Hilyard Street.

The meetings are part of 14 LTD workshops being conducted throughout Eugene and Springfield during February.

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Supply, Liquid Cooled

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Downtown
1022 Willamette
343-1223

Campus
860 E. 13th
484-1488

Car Stereo Center
2495 Willamette
484-6352

THE PLACE



The State Rock of Oregon
Welcomes

Sunday Showcase

This week:

The Gaye Lee Russell Band

Listen to KZEL for details

Thurs., Fri., Sat.
Feb. 19, 20, 21

The Gaye Lee Russell Band

**Monday Nite Madness
The Gaye Lee Russell Band**

All drinks 2 for 1..Be There!

Good for one (1)
Free Admission to
Monday Nite Madness

Tues. & Wed.
Feb. 24 & 25

Exit