



EXTERIOR GATE

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—OREGON MAGAZINE

SERVING LUNCH 11-5 MONDAY-FRIDAY
Featuring daily lunch specials under \$4.00

754 E. 13th BETWEEN HILYARD & ALDER
CAFE - RESTAURANT - BAR

BUDGET SOAKS

Take a relaxing soak and save on afternoon rates at Onsen. Great after workouts, and for study breaks—especially between exams! \$7 per hour for two people. Reservation times noon-5:15 p.m.

No alcohol or glass containers permitted on the premises.



1883 Garden Ave. (off Franklin) 345-9048



Outdoor Program

Monday's noon-time film series scheduled for Feb. 11 at 12:30 p.m. in the Outdoor Program office, Room 23, EMU, will feature a movie of a recent Eugene lecture by Dr. Helen Caldicott on nuclear arms.

Dr. Caldicott will be discussing the current issues and problems dealing with nuclear arms and disarmament.

Two more Aerobos aerobic and ski conditioning workshops are scheduled for tonight and Wednesday, Feb. 14 at 7:30 p.m. in the EMU Ballroom.

The free workshops are conducted by exercise physiologist Carol Mahar and are designed to increase flexibility and aerobic fitness and strengthen muscle groups.

A free clinic on winter camping is scheduled for Tuesday, Feb. 12 at 7:30 p.m. in the Outdoor Program office, Room 23, EMU.

The workshop will include a discussion and display on winter camping clothing, equipment, safety and snow shelters. The program will also include a 3-projector slide show on ski touring in Oregon.

Jim Blanchard will present a slide show on "Trekking the Mountains of Europe" on Thursday, Feb. 14 at 7:30 p.m. in Room 107, Lawrence Hall.

Blanchard spent three months traveling by rail, tractor, ox cart and foot from the Berner Oberland of Switzerland to the Transylvania Alps of Romania.

There has been a location change for Tim Blood's multimedia slide presentation of his 3-month bicycling trip to New Zealand.

The location has been changed from Room 177, Lawrence Hall to Room 107, Lawrence Hall tomorrow at 7:30 p.m.



Skiing

Mt. Bachelor will be holding the Henry's College Race Series on Feb. 9 and the Bill Koch Ski League Technique and Jump Day. On Feb. 10, Mt. Bachelor will be having the Cascade Race Series X-C Middle Sister Race. For more information on any of these races call Cindy Low at 382-2442.

Willamette Pass currently has 6-8 feet of snow. Track conditions on the cross-country ski trails are icy and hard-packed, especially trails having south exposures. Trails in the Westview area have been color-coded to aid in navigation. Alpine Skiing facilities are operating Wednesdays through Sundays with night skiing on Friday and Saturday evenings. For current conditions call 345-SNOW.

Wild Women Adventures is holding intermediate cross-country ski lessons beginning Feb. 10. Participants will learn how to turn and stop, proper poling and how to be comfortable on hills and how to hone your diagonal stride technique. The small classes are taught by experienced ski instructors and outdoorswomen. There is a sliding scale fee from \$10 to \$15. For more information call 754-1065.



Running

Euphoria Chocolate Company will be holding its fourth annual Valentine's Day Truffle Trot on Sunday, Feb. 10. The two-mile race begins at Alton Baker Park 1:00 p.m. and the four-mile race also begins at the park at 1:45 p.m. All registrants receive a long-sleeved T-Shirt and a truffle. Awards will be given at 2:45 p.m. to the top five winners in men's, women's and wheelchair divisions in both races. One-half dozen truffles will be given to age group winners in each race. There will be no day-of-race registration. The entry fee is \$10, and you must register by Feb. 10. Entry blanks are available at Eugene's Euphoria Chocolate Company. Proceeds for the race will go to the Association for Retarded Citizens of Lane County.

The 50th annual Oregon Logging Conference is including a running event in their schedule this year. The Logger Jogger 8-kilometer road race and 1-kilometer fun run will start and finish at the Lane County Fairgrounds on Saturday, Feb. 23 beginning at 9:30 p.m. The pre-registration fee is \$6 with the entry fee increasing to \$8 after Feb. 16. All registrants will receive a long-sleeved Logger Jogger T-Shirt. A special \$4 entry fee is available for those not wanting a T-Shirt. Race forms are available at Nike Eugene. For more information call Di Torrice at 343-0081 or Merry Gesner at 485-2720.

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Green Skin Fuerte
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70% Lean
GROUND BEEF

98¢
lb.

Red Large Slicer
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39¢
lb.

Large Sweet Texas
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57¢
lb.

Whole Smoked
PICNIC HAMS

78¢
lb.

Fresh All Natural Foster Farms
TURKEYS

88¢
lb.

Star Kist • 6½ oz. tins
TUNA

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Golden Wheat • 7¼ oz.
MACARONI & CHEESE

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Guest Ranch, Jumbo Rolls
PAPER TOWELS

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Trend • 147 oz.
DETERGENT

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9-Lives

CAT FOOD

Limit 4 6 oz. tins

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Guest Ranch

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First two

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Expires February 12, 1985

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2 CONVENIENT LOCATIONS
• 2370 W. 11TH
• 3051 HILYARD

Mon. - Sat. 8 a.m. - 10 p.m.
Sun. 9 a.m. - 10 p.m.

Prices Good Thru Feb. 12, 1985



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Eugene

Wednesday, February 8, 1985