

UNIVERSITY THEATRE PRESENTS  
**ANIMAL FARM**  
 NOVEMBER 7-8-13-14-15-21-22  
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# New way to keep fit (and dry): walking

The Lane County Division of the American Heart Association, area hospitals and Valley River Center have a solution for people who want to begin an exercise program (or are reluctant to give one up), but who want to stay safe, warm and dry during

the winter months.

The "Alive and Well" mall walking program will officially begin at 8 a.m., Thursday, at Valley River Center.

Participants will join world-class runners Steve Plasencia, Alberto Salazar and Mary

Slaney in a kick-off race walk around the mall. They will also receive an "Alive and Well" mall walking program T-shirt, printed materials, a membership card and the opportunity to attend seminars for a \$5 membership fee, according to

co-organizer Bill Temes, director of cardiac rehabilitation at the Oregon Heart Center, Sacred Heart General Hospital.

"Walking has become one of the easiest, most effective ways to attain physical fitness," Temes said.

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## Ranking Continued from Page 1

vast differences in how employee retirement benefits really work."

That's the main reason why the OECC predicts achievement of the upper one-third goal in the next biennium while the State Board achieves it over the next three biennia, Quenzer

said. If the OECC prediction has the effect of tempting legislators to postpone or lessen the faculty pay increase, it would be "unfortunate."

"The Board's request is to achieve the one-third goal. If that's our goal I would say let's get there as fast as we can."

Quenzer said.

But the differences between the OECC prediction and the State Board goal will probably not make any difference in the legislature because the differences are easily explainable, said Bill Lemman, vice chancellor of higher education.

## Sculling Continued from Page 10

"It's really peaceful out there and it gives you a good workout," she said. Trotter went on to describe the unique feeling of rowing through geese

on the lake and watching them fly off.

Nicole Ashton, a member of the University women's crew team said, "You can't explain

the feeling of what it is like when you're out there cruising across the lake. I love it!" Ashton said she has always had an interest in the sport and that it definitely takes a lot of commitment.

Another Eugene area sculler, Charles Spencer, was an active rower during his college years on the east coast. Last spring he got back into it when he heard about Richart's classes. Spencer gets a great deal of personal fulfillment from sculling. "You are interacting with a natural element and you have to give of yourself," he said.

Spencer says it never goes perfectly, but it's a nice reminder of how the rest of his life is. "You have to let your unconscious reflexes develop," he said. He described sculling as "pleasant and exciting as both oars are in harmony and the water disappears behind you."

Spencer feels that the timing of the increased interest in sculling in Eugene is good. People often find that jogging is rough on the body; rowing can be used as a good all-around body workout, according to Spencer. He sees real potential for sculling to work in with more and more people's exercise needs.

Richart will continue private instruction throughout the winter months and will start up group classes again this April.

## University of Oregon

**MacExpo '86**



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 \* Must be present to win

### Schedule of Events

#### Wednesday, November 12

9:00 MacExpo '86 Opens  
 9:00-5:00 Booths open for vendor demonstrations  
 9:30 Apple Developer Support  
 10:30 Mathematical Applications  
 11:30 Debugging Programs on the Mac  
 1:30 Panel: The Mac in Higher Education  
 2:30 Programming as An Art Form  
 3:30 Apple Developer Support Programs  
 4:30 Raffle Drawing for a Macintosh and other prizes  
 5:00 MacExpo '86 closes

#### Thursday, November 13

9:00 MacExpo '86 Opens  
 9:00-5:00 Booths open for vendor demonstrations  
 9:30 Macintosh Software Development Systems  
 10:30 Apple Desktop Publishing  
 11:30 AppleTalk Programming  
 1:30 Big Screen Displays  
 2:30 LISP on the Mac  
 3:30 Macintosh Software Update (Guy Kawasaki)  
 4:30 Raffle Drawing for a Macintosh and other prizes  
 5:00 MacExpo '86 closes

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