

WOW HALL

All Ages Welcome
8th & Lincoln • 687-2746

Tonight
March 31

Saturday
April 1

Sunday
April 2

Thursday
April 6

Matt Keating with Doolittle

\$3 advance • \$6 at the door • Doors 9:00 p.m. • Showtime 9:30 p.m.

2nd Annual April Fool's Ball with Mithrandir, Kalamity Jam, Kudana, Rev. Chumleigh and Sally Sheklow

\$4 advance • \$8 at the door • Doors 8:30 p.m. • Showtime 9:00 p.m.

The Songcatchers present "Catching Songs" Workshop

The workshop runs from 1:00 to 3:00 p.m. Cost is \$15 per person. Sign up in advance at the WOW Hall office. For more information call 687-2746.

The Songcatchers with Ballet Sangamar

\$10 advance • \$12 at the door • Doors 8:00 p.m. • Showtime 8:30 p.m.

Robin & Linda Williams with The Leftovers

\$7 advance • \$9 at the door • Doors 7:30 p.m. • Showtime 8:00 p.m.

Ad support by Dwyer Simpson Attorneys

VIDEOS

Continued from Page 7

your body, but you'll be lucky if you experience great success. Her video is simply a splash in the pan.

Tanya Tucker Country Workout

(58 minutes. 1993, Maier Group, \$19.95.)
RATING: Moderate

Tucker's video is easy to follow and certainly has that down home tone to it.

What sets it apart is that she discusses optimal heart rates and pulses during exercise routines. For example, individuals 20 to 29 years old should have a pulse rate ranging between 65 percent and 85 percent of the maximum heart rate. This means that 21 to 28 beats are normal in a 10 second period. If someone's pulse is lower, they should consider picking up the pace.

This video was panned by USA Today critics who believed the saving grace of this video is Tucker's hit songs, including "Two Sparrows in a Hurricane."



Building Strength with Susan Powter

(60 minutes. 1994, Susan Powter Corporation, \$9.95.)

RATING: Beginners

This workout is solid using real people of various weights and ages. It's a video designed for people to use hand weights, a step and ankle weights.

Powter talks about how one pound of fat and one pound of muscle weigh the same, and that more muscle should be appealing to someone struggling with weight control.

But Powter's non-stop yakking could be very grating. She is a fanatic. If she doesn't break your spirit after working with her video, you're well on your way to becoming a Powter junkie.

Other videos to consider are the Jane Fonda workouts and a nearly 10-year old video led by Vanna White, who entices those who haven't worked out in a while to begin slowly to get back into shape.

Also look for MTV's new release after May 16, *The Grind Workout! Hip Hop Aerobics* (Sony Music, \$12.98) hosted by a Grind host Eric Nies who incorporates the freshest dance steps into a low impact, aerobic workout.

If you don't want to get out into the sun and work your body at least get into shape by working at home. Your body will thank you for it.

FINAL WEEK! 5:05, 7:20 Nightly Sat & Sun Mat 2:45 (\$3) "SUPERB!" THE MADNESS OF KING GEORGE	ONE WEEK ONLY! 5:15, 7:10 Nightly Sun Mat 3:15 (\$3) A MAN OF NO IMPORTANCE
FINAL WEEK! 9:40 Nightly EXOTICA	FINAL WEEK! 9:05 Nightly Sat Mat 2:30 (\$3) Vanya on 42nd Street
11:45 NIGHTLY HIGHER LEARNING	11:30 NIGHTLY I.Q.

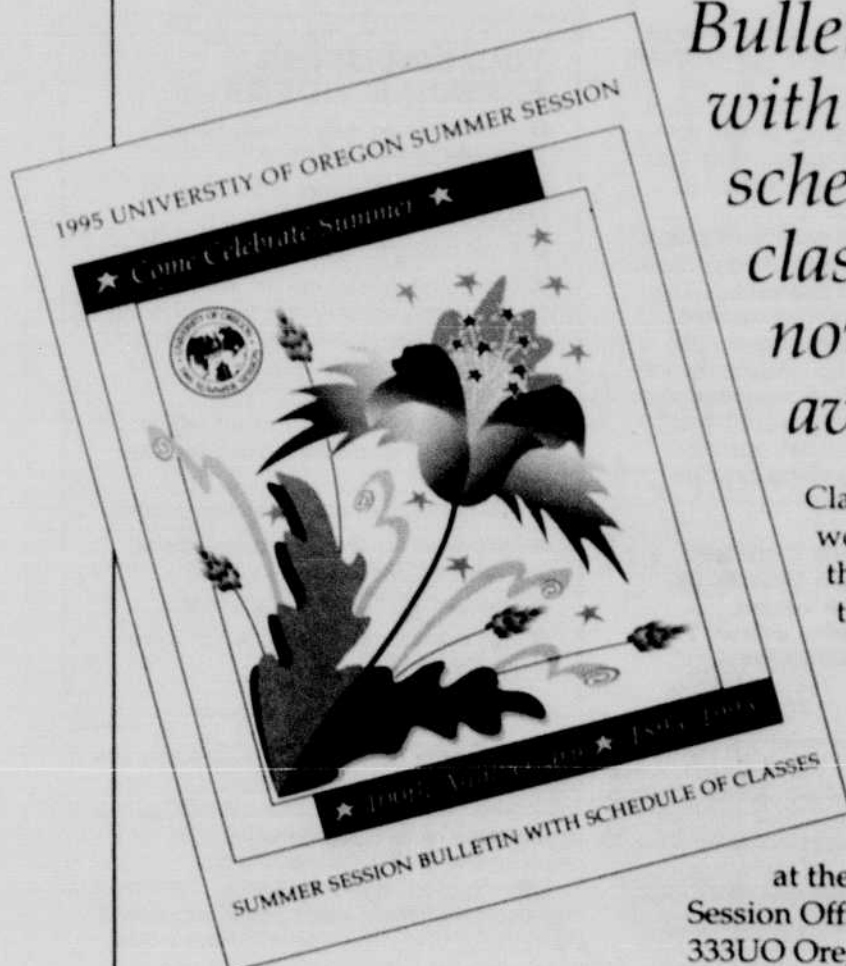
ODE CLASSIFIEDS... worth looking into!

University of Oregon Summer Session

Bulletins
with
schedule of
classes are
now
available!

Classes and
workshops begin
throughout
the summer.
No formal
admission
requirements.
Pick up your
free copy of
the bulletin

at the Summer
Session Office
333UO Oregon Hall
or call (503) 346-3475



JUNE 19—AUGUST 11, 1995

The Pizza Pipeline.

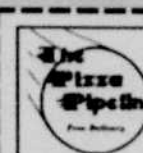
Quick Service and a Fair Price™

**EUGENE HOTLINE
686-5808**



824 Charnelton Street

The Best Pizza in Town



Free Delivery
Including UO
Campus

Any 16"

Three Item Pizza

ONLY \$9.95

Plus Two (2) FREE 22 oz. Soft Drinks

686-5808



Free Delivery
Including UO
Campus

26" Colossus

BIGGEST PIZZA IN TOWN!

ONLY \$18.00

Plus Four (4) FREE 22 oz. Soft Drinks

686-5808



Free Delivery
Including UO
Campus

CARRY-OUT SPECIAL

16" One Item Pizza

ONLY \$5.99

Plus Two (2) FREE 22 oz. Soft Drinks

686-5808

Hot Wings, Tricky Stix or Salad
Only \$2.00 with purchase