

# Coming Up

## Natural Horizons Expo

Natural Horizons Expo will be held Sunday, November 28, at the Eugene Hilton and Conference Center. This event is expected to be the largest natural foods and natural body care products exposition ever held in the Pacific Northwest. Over 50 local and national firms will exhibit their products in a park-like "mini-city" in the ballroom while an expected crowd of 5,000 stroll through the avenues and boulevards. Keynote speaker Graham Kerr, television's "Galloping Gourmet," is a natural foods advocate and will address the Expo. Seminars include "Diet and Sports Performance," "The Healthy Way to Weight Loss," "Herbs," "Organic Food Growing," "Soy Foods for Economy" and others.

A 14-foot gazebo/playhouse by Pacific Yurts valued at \$1600 will be given away as a grand prize in a drawing from attendee tickets. Admission is \$1 per person or \$2 for the whole family for the 11 am - 7 pm event.

Lane County Natural Foods Association sponsors the exposition. They hope the Natural Horizons Expo will be the biggest event of the holiday season.

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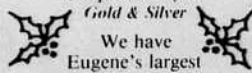
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# The Largest Natural Foods Event Ever Held in the Pacific Northwest!

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  - FOOD & NATURAL CARE SEMINARS
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  - LIVE ENTERTAINMENT
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SUNDAY, NOV. 28  
11 AM-7 PM  
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& CONFERENCE  
CENTER



ADMISSION  
ONLY  
\$1.00/  
INDIVIDUAL  
\$2.00/  
FAMILY

Sponsored by the Lane County Natural Foods Association.

**Tuesday  
23**

### Workshops

Alternative Relationship Center holds a workshop to meet with others who value loving more than one person in an optimal manner. Weekly discussion on group marriage at 7 pm free in Room 107, Gilbert Hall, U of O.

Active meditation of Bhagwan Shree Rajneesh at the New Age Center, 1015 River Road, at 7:30 pm, costs \$2. Sponsored by the Mandip Rajneesh Meditation Center, 343-8516.

**Wed'sday  
24**

### Boogie Music

Just before the Thanksgiving Break, come dance to Uptown Project, a 5-piece Funk band with vocalist, playing your favorite dancing music, at the EMU Beer Garden, 4-7 pm. Free.

Robert Cray Band plays the WOW Hall at 9 pm.

### Art

Eugene Bennet's recent brush drawings, painting, collages, and assemblages of Oregon's flora and landscapes go on display at the U of O Museum of Art today. Also included in the new exhibit are hand-cast paper works by 3 other Northwest artists: Lilian Bell, Margaret Ahrens Sahlstrand, and Carolyn Cole. Museum will be closed during Thanksgiving, then open noon-5 on Wednesdays-Sundays. Exhibit runs through Dec. 23.



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### Children

Stories for ages 4-6 are held every Wednesday at 11 am and 3 pm in the Springfield Public Library, 225 N 5th. Free.

### Workshops

Bioenergetics Exercise Group led by Carol Green/Susan Rutherford, from 4:15-5:15 costs \$10. 1177 Pearl St., the Eugene Psychological Services Center group room.

### Meetings

Bioenergetics exercise class followed by a Rajneesh quiet meditation from 6:45-9:15 pm at the Mandip Rajneesh Meditation Center, 343-8516.



**HAPPY THANKSGIVING DAY!**

Spend Thanksgiving with the Breitenbush Family, at Breitenbush Hot Springs near Detroit, Oregon. Vegetarian banquet, folksinging and storytelling, meditation and dancing to the music of Teresa Angelsong. \$65 for three days of meals, housing, hot springs. Information and registration: Breitenbush Community, P.O. Box 578, Detroit, OR 97342, or phone (503) 854-3501.

**Thursday  
25**

Benefit Dinner for the Homefried Truckstop, features music for 3:30 dinner by Apples in Winter and for 7 pm dinner by Michael Harrison. Complete dinner costs \$6 adults, \$3 children, free for children under age 4. Beer and wine available. Tickets available at Homefried Truckstop, Genesis Juice at 5th St. Public Market, Switchboard, the Food-Op, Solstice Bakery, and Zoo Zoo's.

### Radio

Bebop, the fiery expressions of this form of jazz come to life through a medley of recordings by Dizzy Gillespie, Charlie Parker, and pianists Bud Powell and Thelonious Monk on Taylor Made Piano, a jazz history with Dr. Billy Taylor, on KLCC 89.7 FM at 1 pm.

Violin Sonatas of Beethoven are the Featured Work on KWAX 91.1 FM at 10 am, followed at 12 noon with the Orchestra de Paris playing Ravel's Daphnis and Chloe, and The Chicago Symphony Orchestra playing Rachmaninoff's Piano Concerto No. 2, Op. 18 at 8 pm.

Reggae is featured on Songs of Work, Struggle & Change at 8:30 pm on KLCC 89.7 FM.

A Canticle for Leibowitz, Part 3 of 15, on KLCC at 7:30 pm, 89.7 FM.

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