

Saturday

Concert Music

Holiday Celtic Event at the WOW Hall, 8th and Lincoln, celebrate with Apples in Winter, O'Carolans Consort, Gregory Field and other surprises. Wassail available. 9:30 pm. \$3.

Dance

The Nutcracker is performed at the Hult Center Silva Theatre again at 8 pm. Call 687-0020 for ticket information.

Theatre

On the Edge, last night at the Brass Rail; see Friday's listing for details.

Etc.

Planetarium Shows at WISTEC: 1 pm "Winter Skies," constellations of the night sky, 3 pm "Star of Wonder," astronomical Christmas show, costs \$1 adults, 50c students, free to under 6 and senior citizens. Call 484-9027 for more information.

The Holiday Project needs more people to visit those confined in nursing homes and hospitals on Christmas Day. Interested? Call 345-3277 or come by the Holiday Project's gift-wrapping booth at the Saturday Market.



**housemates
wanted**
Quiet, warm
Spiritually
oriented
in S.E. Eugene
non-smoking
683-5952

Sunday 19

Workshops

The Tree of Life and Mystical Experience, led by film producer Rowena Pattee, will be held at Eugene Church of Religious Science, 390 Vernal St, 485-0035 or 726-0534 from 2-7 pm. Costs \$25. The workshop will explore direct mystical experience and practice exercises to open intuition. Sponsored by Connections.

Esoteric Tarot workshop will study the major arcana through guided meditation, myths, and other teachings. Explore this rich source of ancient and modern wisdom from 1-4 pm, \$9. Call 345-0233 for location.

Rajneesh quiet meditation and bioenergetics workshop from 1-4 pm for a cost of \$5. Call 343-8516 for more information.

Massage workshop for couples; see Saturday's listing for details.

Exercise workshop at the New Age Center; see Saturday's listing for more information.

Sports/Recreation

UO Wrestling Team competes in the Oregon Invitational Tournament at Mac Court beginning at 9:30 am. Call 686-4461 for ticket information or 686-5241.

Sunday

Radio

This Sunday Morning on KLCC, 89.7 FM, offers comprehensive world news and focuses today on "Gifts for a Poor Planet" at 10 am.

Women and the Arts on KLCC's Women's Night Out at 6 pm, 89.7 FM.

Fairs/Festivals

12th Annual Old Oregon Christmas Fair continues at the Fairgrounds, free. Reverend Chumleigh entertains at 12:30; Cascade Chorus performs at 2:30. Fair closes at 6 pm today.

Kwanzaa Celebration: looking for black families interested in celebrating Kwanzaa, an Afro-American Festival of the First Fruits, Dec 26-Jan 1. Contact Debra Cook at 688-6165.

Piccadilly Flea Market at the Lane County Fairgrounds Expo Halls from 10 am-4 pm costs 75c adults, 50c kids.

Christmas Market in the Park at the new Saturday Market, 8th & Oak location, features Judith Reese, strolling Christmas Caroler, at 11:30; Skinner City Cloggers at noon; the Eugene No-Name Marimba Band performing African Marimba at 1:30, and Spring Creek Band playing English and Irish music.

Dance

The Nutcracker at the Hult Center performs at 2 and 8 pm; call the box office, 687-0020, for ticket information.

International Folk Dancing instruction from 7-8 pm at Westmoreland Community Center is followed by program and request dancing until 10 pm. Cost is 75c. For information, call 726-7548.

Etc.

4-H Christmas Tree Sale continues today at the Lane County Extension Parking Lot from 1-5 pm; see Saturday's listing for details.

Celebration of the Spirit features poetry, music, ritual, visions. Free at the New Age Center, 1015 River Road, at 7 pm. Sponsored by Coyote's Dance, a Journal of Transformation. For more information, call 969-5561.

Buffet at Old Town Pizza sponsored by Network Singles, 345-6432, begins at 7 pm.

WISTEC planetarium shows and special exhibits continue today; see Saturday's listing for details.

Eugene Storyteller's Association sponsors storyteller's potluck at 7 pm at 1975 Olive. Call Godfrey, 484-0758, for more information.

**WILD IRIS
CAFE**
1161 Lincoln St.
Fantastic Food
Friendly Prices
Best Fishburger
in Town
9 AM - 2 PM
Weekdays



sound & yoga classes / herbs

Yach maggie Gafield

psychic readings & healings

—psychic consultant—

**Holiday
Gift Certificates
for Readings & Classes
689-3105**



WISTEC

SPECIAL REDUCED
ADMISSION
IN DECEMBER

Children, College Students & Seniors - .50 Adults - \$1.00
Children under 6 free

diana-mite

**Stocking
Stuffers**

- Colorful warm all cotton gloves \$4.99
- Satin scarves \$12.95
- Outrageous holiday cards
- Spandex jeans
- Leather motorcycle jackets
- Eugene's largest button selection
- Mini-Skirts

diana's

126 W. Broadway
Downtown Mall
phone: DIANA-45

THERE'S SOMETHING NEW TO DO IN TOWN!

ZOO ZOO'S
LATE NIGHT COFFEE HOUSE

LIVE MUSIC
FINE PASTRIES
EXOTIC DRINKS
LIGHT MEALS

fri-sat 10pm-1am
454 WILLAMETTE ST.

NO COVER

Grassroots Survival Company

They live in a log cabin 17 miles out of town; they call their hand-built home Company Headquarters. From this place near Sandpoint, Idaho, Mark and Buffy Nichols have written and published a little book to help folks make it through lean times better. The book, *A Grassroots Survival Company Cookbook of Memories, Remedies, and Recipes from the Great Depression*, is available for \$7.50 at the Old Oregon Christmas Fair until Christmas Eve or for \$8.95 plus \$1 handling by mail.

The Nichols and their 10-year-old daughter and 10-month-old son live a somewhat rustic lifestyle, by choice. Buffy typed the manuscript for the book on an electric typewriter plugged into car batteries back before they had electricity; they proofed the book by kerosene lantern light. This was their first publishing venture and Buffy says they made many mistakes and lived through them all.

This Depression-era cookbook, now in its 6th printing, contains over 400 home remedies and recipes, many gathered from people who came through the Great Depression and the "eggless, butterless, milkless" war years. Buffy researched old cookbooks as well. She dug up a couple of great recipes for Soda Cracker Pie (which I thought was a Texas delicacy) and Mock Cherry Pie (made with cranberries and raisins) as well as lots of "stretching" recipes. One part of the book deals with making main dishes go further with the use of bread, pasta, beans and vegetables; there are sections on cooking wild meats and cheaper cuts of organ meats, lots of great soup recipes, a section on wild, free foods, clever substitutions, vegetarian main dishes, breads and "Brews for the Blues"—cordials, beer, and wine making recipes—round out the collection.

The Nichols take self-reliance quite seriously. They hope by this spring to put out a second book on canning and drying foods, building and using a root cellar, developing alternative forms of energy, and maybe even a section on buying rural property. To survive the Great Depression required a combination of self-reliance and neighborly cooperation the Nichols believe we would do well to emulate in the 80s. Who's to argue?

—Lois Wadsworth



"Holiday in the Park"

December 18 through 23
6 Days, 10-5 p.m.

**SATURDAY
MARKET**

Shop for gifts in an atmosphere of celebration.
Quality crafts made with love and care,
and sold to you by their creators.

* The Market has moved to the Park Blocks
at 8th and Oak - Downtown Eugene