



# Freedom Is in This Moment

## \$25 Introductory Special of Breema Bodywork

Given by a Certified Breema Bodywork Practitioner LMT# 6438

### Weekly Classes

- Monday Mornings: 9:30 - 11:30am
- Thursday Evenings: 7 - 9pm

Call about our Self-Breema Classes!



## UPCOMING EVENTS

**Breema Bodywork Workshop** - Sun., Feb. 8, 1-5pm, \$40/\$50 for two  
**Breitenbush Hot Spring Celebration** - March 5-7

Treat yourself to a taste of Breema: The Art of Being Present  
 For more information, or to sign up, call us at  
**344-8741**

# Shoe Sale

SAVE 20% - 80%  
 ON CLEARANCE SHOES

Sale Dates: January 9-19

Includes Dansko, Slippers, Teva, Chaco, Simple,  
 Joseph Seibel, Wolky and limited selection of  
 Birkenstock and Ugg.

### FOOTWISE THE BIRKENSTOCK STORE

301 SW Madison  
 Downtown Corvallis  
 Mon-Sat 10-6 & Sun 11-5  
 757-0875

181 E Broadway  
 Downtown Eugene  
 Mon-Sat 10-6 & Sun 11-5  
 342-6107

## ENROLLMENT BEGINS IN JANUARY FOR 2004-05 SCHOOL YEAR



### THE VILLAGE SCHOOL

A K-8 PUBLIC CHARTER SCHOOL

Parent Information Meetings are scheduled:

Sat., Jan. 17th, 10am • Fri., Jan. 30th, 10am • Fri., Feb. 13th, 10am  
 Sat., Feb. 21st, 10am • Tues., Feb. 24th, 6:30pm

THE VILLAGE SCHOOL • 2855 LINCOLN ST. • 345-7285

The Village School is a tuition-free, Steiner-inspired charter school serving Kindergarten to Eighth grade.

We provide a holistic academic experience using artistry, music, movement and foreign language.

The Village School's lottery for the 2004-05 school year will be held February 27, 2004.

To apply for enrollment for 2004-05, you must attend a required Parent Information Meeting.

## calendar

Eugene Symphonic Band winter concert, 7:30 pm, Beall Concert Hall, UO. \$3-\$5.

**ON THE AIR** "Alternative Radio" features "From Afghanistan to Iraq: The Bush Wars," Medea Benjamin, 6:30 pm, KLCC, 89.7 FM.

"Democracy Now!," Amy Goodman and Juan Gonzalez, 7 am weekdays, "Free Speech Radio News" 6 pm weekdays, KWVA, 88.1 FM.

**OUTDOORS/RECREATION** One-hour fast bike rides continue. See Thursday, Jan. 15.

**PRESENTATIONS** "The Alchemy of Commitment... Transforming Resolutions into Reality," Wings Seminar, 7pm. FREE. Call 683-8540 for registration and location.

"Community Drum Circles: Rhythm for Life," features group drumming, 1:30 pm, Willamalane Adult Activity Center. 736-4444. \$4.

**SPIRITUAL** Video meeting and meditation with GangaJi, 7 pm Tuesdays, 5th St. Market, 4th floor, Conf. Rm. FREE.

Shambhala meditation group meeting, 7 pm Tuesdays, 100 W. Q ST., Spfd. 726-1988. FREE.

Zen meditation and Dharma talk, 7:15 pm, Eugene Zendo, 2190 Garfield. 302-4576. FREE.

**VIGIL** Peace vigil, 4:30 pm Tuesdays, Island Park and Main Streets, Spfd. 747-5886. FREE.

Wednesday afternoons. For information, call 687-6234. FREE.

Martin Luther King, Jr. Keynote, featuring Dr. Tricia Rose, UC Santa Cruz, 7 pm, 100 Willamette, UO. FREE.

AllLevels yoga, 5:30 pm Wednesdays, Friends Meetinghouse. \$7-\$9 ss.

"Open the Energy Gates of Your Body," Qigong, 11:30 am Wednesdays, Wu Style Tai Chi, 12:30 pm Wednesdays, Friends Meeting House, 2274 Onyx. 338-2170. \$8-\$12 ss.

Public assembly and demonstration in support of Measure 30, 4:30 pm Wednesdays, Federal Building Plaza, 7th Avenue and Pearl Street. FREE.

**KIDSTUFF** Pre-school Storytime for ages 3 to 6, 10:15 and 11 am, Teen Book Club features *Dream Park*, 4 pm to 5 pm, Downtown Library. FREE.

Wednesday Storytime, 7 pm, Barnes & Noble. FREE.

**MUSIC** UO Chamber Choir, 8 pm, Beall Concert Hall, UO. \$3-\$5.

**ON THE AIR** "The Jefferson Exchange," 8 am, 8 pm weekdays, KRVM, 1280 AM.

"Democracy Now!," Amy Goodman and Juan Gonzalez, 7 am weekdays, "Free Speech Radio News" 6 pm weekdays, KWVA, 88.1 FM.

**OUTDOORS/RECREATION** One-hour fast bike rides continue. See Thursday, Jan. 15.

**SPIRITUAL** Tibetan Buddhist teachings, meditation, chanting and relaxation continue. See Sunday.

Tibetan Buddhist meditation continues. See Sunday.

**21**  
**WEDNESDAY**  
 Sunrise 7:41 am; Sunset 5:08pm  
 Av High 47; Av Low 33

**FILM** UO English Undergraduate Association Quarterly Film Series features subversive cinematic delights, *American Psycho*, 7 pm Wednesdays, 110 Willamette Hall, UO. FREE.

**GATHERINGS** Caring for the Caregiver support group,

**22**  
**THURSDAY**  
 Sunrise 7:40 am; Sunset 5:09 pm  
 Av High 47; Av Low 33

**FILM** UO Sociology Winter Film Series runs Thursdays. *Mean Machine*, 7 pm, 180 PLC. FREE.

**GATHERINGS** "Take Back the Right" 31st Roe v. Wade Celebration features speakers and music by the Ovulators, 6 pm, Wild Duck. FREE.

HIV counseling and testing continues. See Thursday, Jan. 15.

Vigorous yoga continues. See Thursday, Jan. 15.

Grief Support Group continues. See Thursday, Jan. 15.

**KIDSTUFF** Baby Storytime, 10:15 am, Children's Book Club features *The School Story*, 3:30 pm, Downtown Library. FREE.

Pre-school Storytime, 10:30 am, Bethel and Sheldon Branch Libraries. FREE.

**LECTURE** UN Population Laureate Werner Fornos speaks, 7 pm, EMU Fir Room, UO. FREE.

**LITERARY ARTS** Author Elizabeth Lyon speaks, 7 pm, Barnes & Noble. FREE.

Reflective Readers book group features *Middlesex*, 7 pm, Barnes & Noble. FREE.

Science of Spirituality Reading Group features *The Gospel of Mary Magdalene*, 7 pm. Borders Books. FREE.

**MUSIC** SHOcase presents: Anthony McCarthy, 12:15 pm, Hult Center Lobby. FREE.

Faculty Artist Series features the Oregon String Quartet and jazz and classical violinist Diane Monroe, 8 pm, Beall Concert Hall, UO. \$5-\$9.

The Rich McCulley Band, Nero, 9:30 pm, Samurai Duck. \$5.

Guy Davis, 8 pm, Café Paradiso. \$12.50.

**ON THE AIR** "The Healing Connection," 7 pm Thursdays, CTV-22 & 29.

"New Dimensions" features "Beyond Buddha," Steve Bhaerman-Swami Beyondananda, 6:30 pm, KLCC, 89.7 FM.

"The Jefferson Exchange," 8 am, 8 pm weekdays, KRVM, 1280 AM.



**HOT TUNA  
 MELTS THE  
 ALADDIN  
 THEATER. SEE  
 JAN. 17, ON THE  
 ROAD.**

# CRAFT CENTER

## WINTER WORKSHOPS 2004

Hey, we still have space in lots of great classes!

- Oil Painting
- Woodworking
- Jewelry
- Ceramics
- Bike Repair
- Locket
- Knitting
- Basketry
- Photography
- Bookbinding
- Knitting
- Silkscreen
- Wood Carving
- Papermaking

346-4361

<http://craftcenter.uoregon.edu>