

## Come Celebrate "Hiking Day" Sat. April 24th

Come in and enjoy a day of **FREE** discussions, seminars and resources for getting the most out of hiking in Oregon.

\* 11am - 12 pm \*  
Shoe/Boot Fitting and  
Foot Health Clinic.

\* 12 pm - 2 pm \*  
Book Signing - Bill Sullivan  
local author of 12 books  
including "Cabin Fever".

\* 2 pm - 3 pm \*  
Effective Packing Tips for  
a Day Hike.

\* 3 pm - 4 pm \*  
Hiking Safety Clinic.

\* 4 pm - 5 pm \*  
Wilderness Navigation  
Clinic.

- FREE PARKING -

Hours: 10-6 Mon-Sat / 12-5 Sun  
www.mckenzieoutfitters.com  
566 Olive St.  
Downtown Eugene  
343-2300



## DO YOU HAVE THE FOLLOWING SYMPTOMS:

### Problems with Sleep?

Difficulty  
Concentrating?

Lack of Energy?

Irritability?

If you are between the ages of 21 to 64 and you have had insomnia related to depression for the past 6 months or less, you may qualify for a research study investigating the safety and effects of an investigational medication to aid in sleep for people with depression. Qualified participants will receive an approved antidepressant medication in addition to the investigational medication. Lab tests, study visits, and study related physical exams are provided at no cost to you as well as compensation for time and travel.

## OREGON PSYCHIATRIC PARTNERS

Nicolas Telew, MD and Franc Strgar, MD  
If interested, please call Karen Wilson, LPN, CRC

**(541)726-8612**

# "All violence is a tragic expression of unmet needs"

MARSHALL  
ROSENBERG, Ph.D.

The Oregon Network for Compassionate  
Communication presents:

## Marshall Rosenberg, Ph.D.

International peacemaker,  
author, educator and founder  
of Nonviolent/Compassionate  
Communication<sup>SM</sup>

## In 17 Interactive Workshops Around Oregon!

**APRIL 23-25, 2004** --  
Ashland

**MAY 4-9, 2004** -- Portland,  
Salem, Bend, Eugene

### **MAY 7, 2004 - IN EUGENE**

#### **Basic Theory and Practice of Nonviolent Communication<sup>SM</sup>**

Learn NVC Basics to fulfill your intention  
to connect to yourself and others at the  
heart level • 8:30am - 12:30pm  
Unity of the Valley, 3912 Dillard Rd  
Requested Fee: \$80 - \$40 sliding scale,  
registration preferred, limited seating.

#### **Nonviolent Communication<sup>SM</sup> for Personal Growth and Healing**

Understand your personal challenges in  
terms of unmet needs, and develop the  
skills to meet them • 2:00pm - 6:00pm  
Unity of the Valley, 3912 Dillard Road  
Requested Fee: \$80 - \$40 sliding scale,  
registration preferred, limited seating.

**REGISTER, FIND INFO  
AND MORE AT:  
www.orncc.net  
503-450-9909**

## calendar

**APRIL 23** Concert features  
Floater, 9 pm, Ballroom, MU, OSU.  
\$10 adv., \$12 dos.

"April in Paris" wine and cheese  
tasting features music by Chris  
Johndes, 4 to 6 pm, First  
Alternative Co-op main store.  
FREE.

"Forests and Fire" multimedia show  
features live folk music, 9 pm,  
Intaba's Kitchen. \$5 don.

2004 West Coast Human Powered  
Vehicles Challenge, McAlexander  
Fieldhouse and OSU campus,  
through April 25. For information  
call 737-7020. FREE.

**APRIL 24** Saturday farmers'  
market features organic produce,  
fresh flowers, baked goods, herbs,  
syrups, nuts, meat and more, 9 am  
to 1 pm, 1st Ave. and Jackson St.  
FREE.

"Butterflies and Blues" Spring  
Creek Project live literature, music  
and bug-zoo event, 4 pm, the covered  
bridge on Campus Way, near  
OSU. 737-6198. FREE.

**APRIL 26** "Blanket of Fear"  
performance by Seattle Tribes  
Project Alumni Ensemble, 7 pm,  
Unitarian Universalist Fellowship.  
\$5 sug. don.

**APRIL 27** Arthritis support  
group, 6:30 pm, Corvallis Sr. Center.  
FREE.

**APRIL 28** Wednesday farmers'  
market features organic produce,  
fresh flowers, baked goods, herbs,  
syrups, nuts, meat and more, 8 am  
to 1 pm, Benton Co. Fairgrounds.  
FREE.

**APRIL 29** Amy Wu solo recital,  
7:30 pm, First Congregational  
Church. FREE.

## ATTN: OPPORTUNITIES

Performers sought for "No Talent"  
show, April 25, Cozmic Pizza. Call  
942-9813.

The deadline for applications to the  
Oregon Arts Commission Artist  
Fellowships is May 26. For applica-  
tion call (503) 986-0082.

Wildlife Habitat Project seeks vol-  
unteers May 1. Register at (503)  
363-6329 or email  
jkjcritter@aol.com

The deadline for submissions to the  
Mayor's Show of Teen Art is May 14.  
For information call 345-1571.



Miss Saigon opens at the Hult's Silva Hall. See Wednesday Calendar.

## A NIGHT OF IMPROV WITH



THE CAST OF "WHOSE LINE IS IT ANYWAY"

**RYAN STILES • COLIN MOCHRIE  
GREG PROOPS • CHIP ESTEN  
BRAD SHERWOOD • JEFF DAVIS**

**JUNE 2**

**Hult Center  
Silva Concert Hall  
8:00pm**

Hult Center Box Office (541) 682-5000  
or www.hultcenter.org

A Good Smack Productions

