

What's Your New Years Resolution?

NEW CLASSES OFFERED THIS WINTER BY
Lane Community College • Continuing Education Department

Using Emotional Freedom Techniques (EFT) to Stop Cigarette Cravings - \$25

Are you committed to stop smoking for the new year? Learn about energy psychology, Emotional Freedom Techniques, to help you break the habit for good.

Eat Right for Your Baby for Pregnant and New Moms - \$29

Is your New Years Resolution to eat right for yourself and your baby? We have a class that will show you what foods are best for you while you are pregnant, breastfeeding, or for baby's first foods.

Eat Right for Your Ideal Weight - \$29

If your resolution for the new year is to find a diet that works for you, then check out the Blood Type Diet that shows you how to eat and is tailored to your needs.

Introduction to the Shamanic Journey - \$35

Are you seeking a spiritual quest for the new year that is both fun and challenging? If you are, join us.

Assisting Your Aging Parents - \$49

Does the New Year find you helping your parents with life transitions? We have a class that will help you to understand Medicare, Medicaid, housing options and more.

REGISTER BY:

Phone:

Call the Continuing Education Department at (541) 463-5252

Web:

ExpressLane (www.lanecc.edu/explane)

In-Person:

Downtown Center, 1059 Willamette St., Eugene, OR 97401

See more classes at: www.lanecc.edu/ce

Lane
Community College

Lifelong
Transforming Lives through ^ learning

Computer Problems?

OREGON TECH SUPPORT.COM
(541) 968-2218

calendar

The Lorane Movie Night
presents **Elephant**, Gus
Van Sant's meditation
on high school violence,
at the Lorane Grange
Saturday

SPIRITUAL Tarot study circle,
3pm, Shambala, 446 E. 13th. 868-
1178. Don.

Taize service, 7pm, Unity of the
Valley Church. FREE.

ON THE AIR "The Jefferson
Exchange" discusses genetically
engineered foods, 9am & 9pm,
KRVM 1280 AM.

OUTDOORS/ RECREATION

Walkabout, 1pm, departs from
Campbell Center, 155 High.
Register, 682-5318. \$2.

Women's Climb Night at the Crux,
open to all levels, 7pm, Crux Rock
Gym, W. 3rd & Lawrence St. \$12.

SPIRITUAL Alchemical heal-
ing monthly circle, 6:30pm,
office@shamanicjourneys.com or
484-1099 for directions. Don.

ages 24-39 at 8:15pm, Adam's
Place restaurant, 30 E. Broadway.
[\\$35.](http://www.cupid.com/predating)

LITERARY ARTS
Explorations book group: *Gilded
Chains* by Dave Duncan, 7pm,
Barnes & Noble. FREE.

MUSIC Pink Snowflakes, 6pm,
CD World. FREE.

ON THE AIR "The Jefferson
Exchange" discusses the applica-
tions of nanotechnology, 9am &
9pm, KRVM 1280 AM.

"Alternative Radio" presents
Martin Luther King, Jr.'s speech:
"Beyond Vietnam," 6:30pm, KLCC
89.7 FM.

7
MONDAY

Sunrise: 7:48am; Sunset 4:51pm
Av High 46; Av Low 33

GATHERING Mayor Kitty
Piercy gives a "State of the City"
address, 5:30pm, Hult Center
lobby. FREE.

LECTURE "The Benefits to
Human Consciousness of a
Vegetarian Diet," Ravi Logan,
7pm, McNail-Riley House, 601 W.
13th. 343-8055. FREE.

MUSIC Sound-Bytes: Mark
Gould & Pink Baby Monster,
11:54am, Collier
House, UO.
FREE.

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TUESDAY

Sunrise 7:47am; Sunset 4:52pm
Av High 46; Av Low 33

DANCE Riverdance, 7:30pm
today, tomorrow and Jan. 10; 8pm
Jan. 11-12; 2pm Jan. 11, Hult
Center. SOLD OUT.

FILM Eckhart Tolle's
Retreat in India: Spiritual Practice and the Patterns of Resistance, w/discussion, 7pm, SGC, 390 Vernal St. 995-3799. FREE.

GATHERINGS
Lana Lindstrom &
Richard Hughes give
a presentation on
travels in Quebec
province, 1:30pm,
Willamalane Adult
Activity Center, 215 West
C St. Register, 736-4444.
FREE.

Speed Dating event for
single professionals,
ages 43-56 at 6:30pm;

9
WEDNESDAY

Sunrise 7:47am; Sunset 4:53pm
Av High 46; Av Low 33

DANCE Riverdance continues.
See Tuesday.

FILM S.P.R.O.U.T.ed film series: *V for Vendetta*, 8pm, The Lorax,
1648 Alder. FREE.

GATHERINGS E-MUG's
monthly meeting, topic: Bento,
6:30pm, Vet's Memorial Bldg.,
1626 Willamette. FREE.

Rainy Day Blues Society's Events
Committee mtg., 6:30pm, Mac's
at the Vet's Club, 1626 Willamette.
FREE.

LECTURE Cities in War,
Struggle and Peace lecture series:
"The Many Uses of
Reconstruction: Ideology,
Economics and Designs in Berlin,
1945-2008," Brian Ladd, 7:30pm,
177 Lawrence, UO. FREE.

MUSIC African Children's Choir,
11am, Eugene Faith Center, 1410 W.
13th Ave. FREE.



See artists (like Rebecca LaMothe,
her art pictured) create their art
during the Oregon Crafted open
studio Saturday and Sunday

2008 Slavic Festival

Enjoy Life Enjoy Culture

January 17
Musical Play: *The Joyless Princess*
7pm • Agate Hall, University of Oregon

January 18
Slavic Wonderland: Star Filled Russian Nights
7:30pm • Hult Center for the Performing Arts

January 19 & 20
Slavic Festival
9AM-11PM • Regional Sports Center, Springfield

January 24
Voronezh Devchata
7pm • Agate Hall, University of Oregon

January 26
Russian Restaurant
6:30pm • Lane Community College



TICKETS: Star Filled Russian Nights at hultcenter.org 682-5000. All other events at slavichome.org 579-3900 or at the door.

The Register-Guard

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Northwest Branch, Eugene District

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Breakfast Seven Days a Week



Winner of Eugene's "Best Glass of Wine" three years in a
row invites you to experience the best breakfast in town.
Expanded menu and "sit down" service on Weekends.
8:00 a.m. - noon.

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oregonwineandmore.com