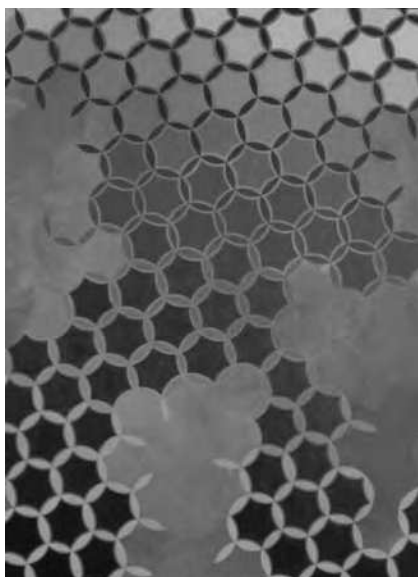


WHAT'S happening



Coffee! Beer! Treats! Art! Yep, it's the **Last Friday Artwalk**, when Amy Smith Garofano (her art, above left, shows at Wandering Goat) joins forces with a host of other fine artists like Crystal Wroblewski (Elemental Play), Claire Flint (at the fun little Hillbillyhip store), Wes Shafer (below) and Ron Lafond (The Art of Glass), Oregon WAND members and local youth (at CALC), John Holdway (above right) and Teague Cohen (Studio C) and Jamie Burrell (above middle, at Studio B). Kiki Metzler hosts a holiday party in front of her studio, and tons of other places get in the fun. But the party's at the coffee place: If you can believe it, Wandering Goat is now a 1-year-old, and walking so well, too. Lots o' bands celebrate the anniversary during the Artwalk, and Garofano's hypnotic (her friends call say "obsessive compulsive") geometrical designs might lull you even as the free espresso shots kick you in the, er, you know. Fun times! Go to www.lastfridayartwalk.org for a map; then put on your reflective gear and bring your rubber boots, and all should be well. See Friday Calendar.



Gifts! Gifts! Gifts! Gifts! Are you sick of shopping yet? We love the Holiday Market and hate spending money at national stores, yet we gave in and bought a \$50 iTunes gift card for a relative not too long ago. Thankfully, the Eugene/Springfield area simply *teems* with artists and recycled/repurposed/reused gift ideas. If you can't find or make anything at the **Maude Kerns Club Mud Holiday Show**, the **"Build a Birdhouse"** program in the West Eugene Wetlands, **Greenhill's "Art for Animals"** sale or **Faith Rahill, Faye Nakamura** or **Tracie Manso's studio sales**, zip (by bus, carpool or bike, please) to **BRING's Less Is Best Holiday Fair & Recycled Art Sale**, where art-making and buying opportunities abound. It's not "shopping" if you're tapping into your own creativity or snagging a gift from our excellent local artists like **Tim Boyden**, whose recycled flying pig is pictured here. See Calendar.



Recent scientific studies proved that heart patients who know they're being prayed for actually do *worse*, health-wise, than those blissfully free of divine intervention. But even if, as our friend's athiest mom's bumper sticker says, "Nothing Fails Like Prayer," people still like to *believe*. The Unity of the Valley Church brings two events for believers this week, one too spendy to place in the calendar (but hey! We're putting on this page anyway, what the heck).

Bruce Lipton (pictured), author of *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles*, comes to town to lead a two-day science/shamanism convergence work-



shop with **Nicki Scully** Nov. 30-Dec. 1 (go to shamanicjourneys.com for details). And Oregon author **Guy Finley** (*365 Days to Let Go*) pops in to Unity Dec. 4 to tell Eugeneans how to "Live the Extraordinary Life." See Tuesday Calendar.