

IT'S YOUR MONEY!



EUGENE BUDGET PUBLIC WORKSHOP

Monday, February 4, 2008
4:30–6:30pm

Eugene Downtown Library • Bascon-Tykeson Room

The City of Eugene is taking a new approach to its budget process to better link service and funding priorities with the City Council's established visions for Eugene.

At this drop-in session, learn about the new process and provide your views on the Council's visions and City priorities. Free child care will be provided to participants.

Public comment from the meeting will be considered by the City Manager and the Budget Committee in the development of the City's FY09 Budget.

Illuminating the Individual in You

Valentine Glamour Specials

Featured Artist at New Zone.
Opening Reception February 1st

Paula Goodbar Photography

541/520-8855
95 Lawrence St.



The bare essentials for day hiking are (in the order of their importance): Map, water, warm clothes (including change of socks) rain slicker, tinder and waterproof lighter or matches, emergency blanket, water purification tablets, knife and snacks.

response that will signal your brain stem — the ancient, reptilian lower back part of your brain that controls panic reactions — to chill out. Singing and chanting to yourself also helps. Seriously.

Deal with it. The most important survival skill is good decision making. Poor decision making, as with most self-destructive human behavior, is a result of how people frame the problem they face. If you are alone in a deep forest at night, cold, with no idea where you are or how to get out, a

common reaction is to frame the situation in your mind as desperate, which will lead to desperate (and usually wrong) decision-making. You need better perspective on your situation. The facts are, if you stay on the trail, someone will be along for you, and the fir boughs and the shelter will keep you warm enough to survive until then. Sing yourself a song and breathe deeply. Try and think of a clever line to use when help arrives ("D-D-D-Dr. Livingston, I presume?").

Stay on the trail.

EW



To set the record straight: 1) Fight back aggressively with your hands, feet, rocks and sticks if attacked by a black bear or cougar; use a .30-06 for brown bears. 2) Moss grows everywhere; it is not a navigational tool. 3) Cell phone GPS signals won't work in steep canyons or dense forest cover, or when they're wet.



Winter Clearance SHOE SALE

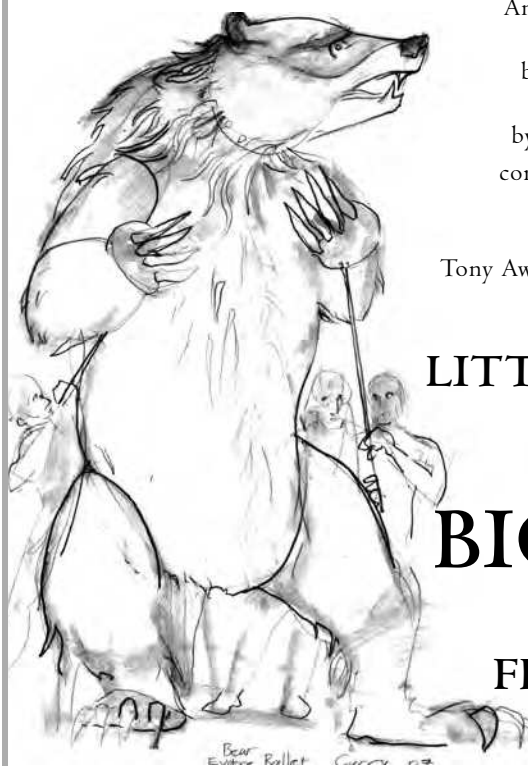


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TONI PIMBLE ARTISTIC DIRECTOR
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