



Find Upward Bliss
with Downward Dog...

**SATURDAY, JANUARY 23RD IS
YOGA DAY USA**
FREE Yoga for the Community at your YMCA

Kundalini Yoga: 7:30 – 8:30am (with Ardas)

Revitalize, relax, stretch and strengthen in this class, designed to balance body, mind and soul.

Family Yoga: 9:00-9:45am (with Leah)

Enjoy the benefits of playing, as a family, and doing yoga! Parents & children, ages 4 and up are invited to do yoga, side by side.

Hatha Yoga: 10:00-11:15am (with Christine)

Explores breath-work, stretching, balance, postures, and focused relaxation to increase flexibility and strength.

Gentle Yoga: 3:00-4:00pm (with Tina)

Gentle stretch, increased range of motion, deep breathing and balance work: wonderful for beginners and all ages.

**Space is limited – first come, first serve.
Please bring your own sticky mat.**

For more information, please contact Kari. kari@eugeneymca.org



EUGENE FAMILY YMCA

2055 Patterson | 686-9622 | www.eugeneymca.org

We build strong kids, strong families, strong communities.

shows. For those who cannot attend the home show, donations can be made through www.medicalteams.org

On the national scene, the progressive organization MoveOn has recommended three charitable organizations in particular that are in a position to provide quick help for earthquake victims in Haiti, with the bulk of donations going directly to relief efforts.

“With water and medical supplies in short supply, and the Haitian government paralyzed, international aid efforts in the next few days will be critical to prevent more human suffering,” reads a statement to MoveOn members.

The three recommended charities are Doctors Without Borders at <http://wkly.ws/6b> and Oxfam America at <http://wkly.ws/6c> and Yéle Haiti at <http://wkly.ws/6d>

All three are set up for online donations using credit cards. Financial aid is the most efficient way to provide assistance in disasters. Last week, Oregon’s Attorney General John Kroger warned that disasters such as the Haiti earthquake stir action by fraudulent fundraisers and requests from unscrupulous nonprofits that direct most of their donations to their own salaries, advertising and overhead. If in doubt about an organization, find out more about it at Charity Navigator, www.charitynavigator.org

**ACTIVIST
ALERT**

• **Sierra Club Many Rivers Group** will be hosting its last Tuesday of the month

beer social from 6:30 to 8:30 pm Tuesday, Jan. 26 at the Tiki Room downstairs at Eugene City Brewery, 844 Olive St. in Eugene. All Sierra Club members and friends are welcome to meet new officers and discuss ideas about how to “Explore, Enjoy and Protect the Environment.” Contact Sally Nunn at 541-484-6707.

• A community meeting on **helping animals in disasters** is planned from 7 to 8:30 pm Thursday, Jan. 28, at the Michael Rogers Room, Lane County Mental Health, 2411 Martin Luther King Jr. Blvd., in Eugene. For the last six months, Lane County staffers have worked with community members to develop a local plan that can be activated in the event of an emergency, says Karen Gaffney, assistant director of Lane County Health & Human Services. She can be reached at karen.gaffney@co.lane.or.us

• The deadline for written public comments is Friday, Jan. 29, on proposed changes to harvest plans for northwest and southwest state-managed forests in Oregon. The **Oregon Department of Forestry** is holding public hearings from 5:30 to 9 pm Jan. 26 in Salem and Jan. 28 in Seaside. The Salem meeting will be at the ODF headquarters, 2600 State St., in the Tillamook Room. The Seaside meeting will be at Seaside City Hall. Comments can be emailed to jforeman@odf.state.or.us or mailed to 2600 State St., Salem, OR 97310; or faxed to (503) 945-7376. Copies of the plans and their changes are available on the ODF website.

Lane Area Herbicide Spray Schedule

Weyerhaeuser Timber Company owns about 332,500 acres in Lane County; Roseburg owns 76,500 acres; Giustina owns 58,800 acres; Seneca Jones owns 28,200 acres; Swanson Group owns 17,700; and Pacific West owns 17,100 acres. All acreages can potentially be sprayed with herbicides and other chemicals for several years at a time in the growing cycle of tree farms. See timber company ownership in Lane County on map at <http://wkly.ws/4h>

Compiled by Jan Wroncy, *Forestland Dwellers*: 342-8332, www.forestlanddwellers.org



EWEB
are making conservation
a group effort.

At the Eugene Water & Electric Board, we believe we’re only half of the green equation. The other half is you. We give homeowners and businesses the tips they need to save money and preserve resources for future generations.

**Choose a dishwasher
with an Energy Star
rating.**

It’s up to us to take action.
Visit eweb.org for more tips.



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