

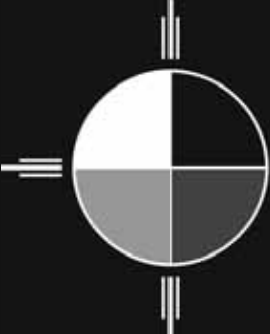
**PAPA'S SOUL FOOD KITCHEN** **WANTS YO' BIG ASS**

**LUNCH** *Tues-Fri*  
**DINNER** *12-2 & 5-10pm*  
**CATERING** *Sat 2-10pm*

**The Best OF EUGENE**  
2009-2012

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**DENTISTRY**

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# Diabetes Academy

Let us help you manage your diabetes.

FREE!

The Eugene Family YMCA is collaborating with Novo Nordisk, a diabetes care company, to bring you an opportunity to take control of your health. The more you know and the more support you have, the less impact diabetes will have on your life.

Each class includes the following information:

**Diabetes 101**  
What is diabetes? Why does it affect my body the way it does?  
What do all these medical terms mean for me?

**Staying Healthy**  
Now that I have a better understanding of what it is and how it affects my body, how do I best manage it?  
What are some convenient and practical things I can do, every day, to feel better?

Free class options; no registration required.

- Oct 4th 5:00-6:30pm
- Nov 1st 5:30-7:00pm
- Dec 6th 3:30-5:00pm

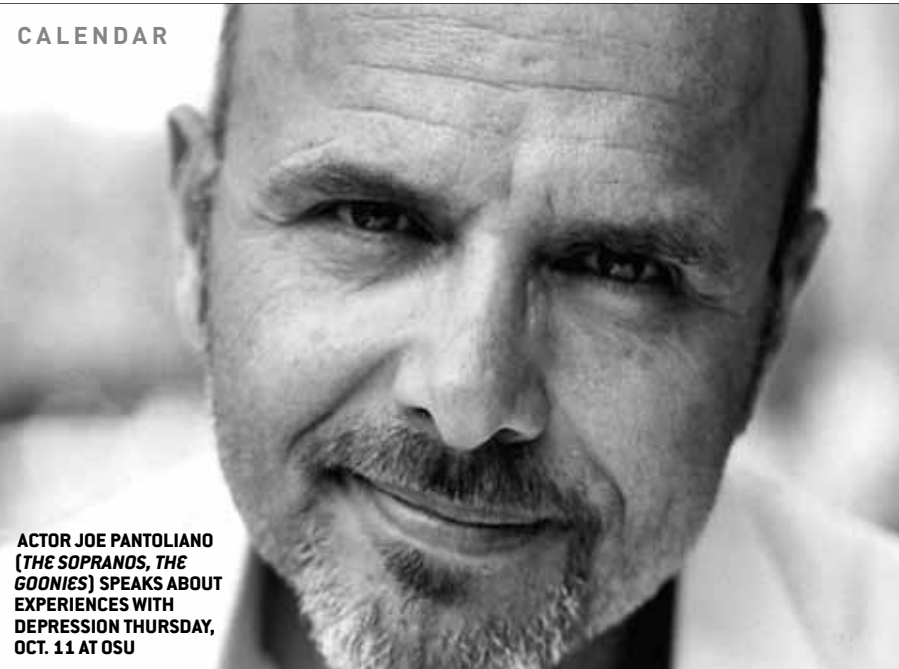
Location: Eugene Family YMCA  
2055 Patterson Street  
P 541 686 9622 W eugeneymca.org

Questions? Please contact Kari at the Y.





## CALENDAR



**ACTOR JOE PANTOLIANO**  
(*THE SOPRANOS, THE GOONIES*) SPEAKS ABOUT EXPERIENCES WITH DEPRESSION **THURSDAY, OCT. 11 AT OSU**

**LECTURES/CLASSES** Madeleine Kunin, "Finding a Work/Life Balance: How Can It Be Sustained?" 4 pm, Knight Library Browsing Room, UO Campus. FREE.

Carl Morris: A Painted History, 6pm downtown library, info at 682-5450. FREE.

Jerry Rust speaks on his fictionalized history books, 6-7pm, Lane County Historical Society, 740 W. 13th Ave. FREE.

Science Pub: The Origins of Life on Earth w/Dr. Niles Lehman, 7pm, Cozmic. \$5 donat.

**OUTDOORS/RECREATION** Trip to Benton County, 9am-5:30pm, Amazon Community Center, 2700 Hillyard St., info at 682-5373. \$32.

Gentle Yoga, 5:30-6:30pm, Trauma Healing Project, 2222 Coburg Rd., STE 300, 687-9447.

Drop-in Kayaking continues. See Thursday, Oct. 4.

Free Yoga, mixed levels continues. See Thursday, Oct. 4.

Prenatal Yoga continues. See Thursday, Oct. 4.

Walk with Us continues. See Thursday, Oct. 4.

**SOCIAL DANCE** Crossroads Blues/Fusion, no partner necessary, 7:30pm lesson, 8:30pm-midnight social dance, Just Breathe, 2868 Willamette St. \$5.

**SPIRITUAL** Yoga Attunement w/Dave Curtis, all levels, 6:45-8am, Saraha Njingma, 447 E. 40th Ave., info at yogawithdave.com or 515-3614. \$10 pre-reg., \$12 door.

Reiki Tummo Healing Clinic, 5:30-7:30pm, 2550 Portland St., 914-0431. FREE.

**THEATER** *Beauty & the Beast* continues. See Thursday, Oct. 4.

**VOLUNTEER** Care for Owen Rose Garden, bring gloves & small hand-weeding tools, instruction provided,

noon-3pm, end of N. Jefferson St., 682-5025.

## ON THE ROAD

**CORVALLIS AND SURROUNDING AREAS**

Note: Continuation dates for out-of-town events are listed under the first day of the event.

**SATURDAY, OCT. 6:** Corvallis Community Rhythm Circle, 7:30-9pm, 101 NW 23rd St. FREE.

**MONDAY, OCT. 8:** Statewide Public Health Conference: Richard Jackson speaks, 9:30am, La Sells Stewart Center, OSU Campus.

Biber Blick I - German Film Festival, 8pm today through Friday, Oct. 12, Darkside Theater, 215 SW 4th St., info at <http://bit.ly/R0nrVC>

**TUESDAY, OCT. 9:** Statewide Public Health Conference: Bruce Goldberg speaks, 9am, La Sells Stewart Center, OSU Campus.

**THURSDAY, OCT. 11:** Joe Pantoliano (actor) speaks about experiences w/depression, 7pm, La Sells Stewart Center, OSU Campus.

Nov. 13, sign up 682-8316.

FIRST Children's Center call for volunteers, 682-8749.

Florence Events Center Call to Artists: 2012 Juried Art Show, deadline Oct. 5, info at [www.eventcenter.org](http://www.eventcenter.org)

Florence Events Center Call to Vendors: 2013 Winter Folk Festival, booths available from \$65, more info & app. at [winterfolkfestival.org](http://winterfolkfestival.org) deadline for app. Friday, Oct. 12.

McKenzie Montessori Institute call to artists: help artistically renovate the outside of the institute's bus, proposals accepted through Nov. 30, call 228-5352.

MECCA call to volunteers: help w/ working reuse store, serving on committees, sorting donations, fundraising & more; contact Patricia at [volunteers@materials-exchange.org](mailto:volunteers@materials-exchange.org) or 302-1810.

Planned Parenthood electoral interns needed, cover letter & resume to [nichi.masters@ppcw.org](mailto:nichi.masters@ppcw.org)

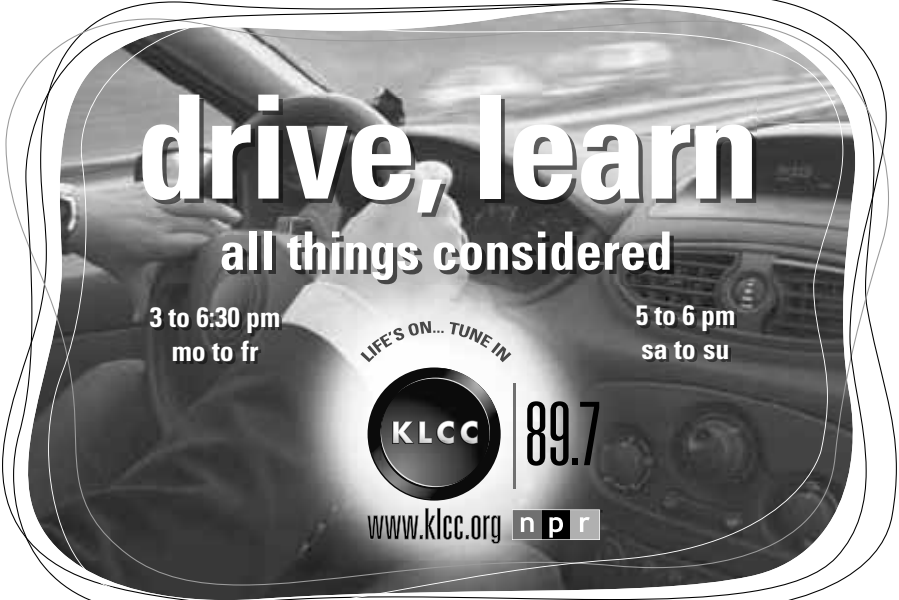
Short Story Writing Contest for teens: write a story containing the phrase "May the odds be ever in your favor." 1500 words or less, \$50 prize. Deadline 5pm, Saturday, Nov. 3. Forms at [wheremindsgrow.org/teens.html](http://wheremindsgrow.org/teens.html)

Soup Makers & sponsors wanted for movie nights at Crow Middle/High school, email Lisa Livelybrooks at [llivelyb@gmail.com](mailto:llivelyb@gmail.com)

West Coast Dog & Cat Rescue call for volunteers, help needed w/ adoptions, cleaning cages & fostering, apps at [westcoastdogandcat.org](http://westcoastdogandcat.org) or 225-4955.

Willamette Girlchoir auditions, Dolce & Bella Voce choirs, more info at 503-370-6383 & [willamettegirlchoir.org](http://willamettegirlchoir.org)

Winter Folk Festival Artisan Fair is now accepting vendor applications, for more info visit [winterfolkfestival.org](http://winterfolkfestival.org)



# drive, learn

all things considered

3 to 6:30 pm  
mo to fr

5 to 6 pm  
sa to su

LIFE'S ON... TUNE IN



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[www.klcc.org](http://www.klcc.org) n p r