



Eugene's  
World Class  
Neighborhood  
Grocery Store

## ORDER YOUR TURKEY NOW!

Call 541-345-1014 and ask for our Meat Department to place your reservation for a fresh, vegetarian-fed, range-grown Diestel Thanksgiving turkey.



## THANKSGIVING SIDE DISHES

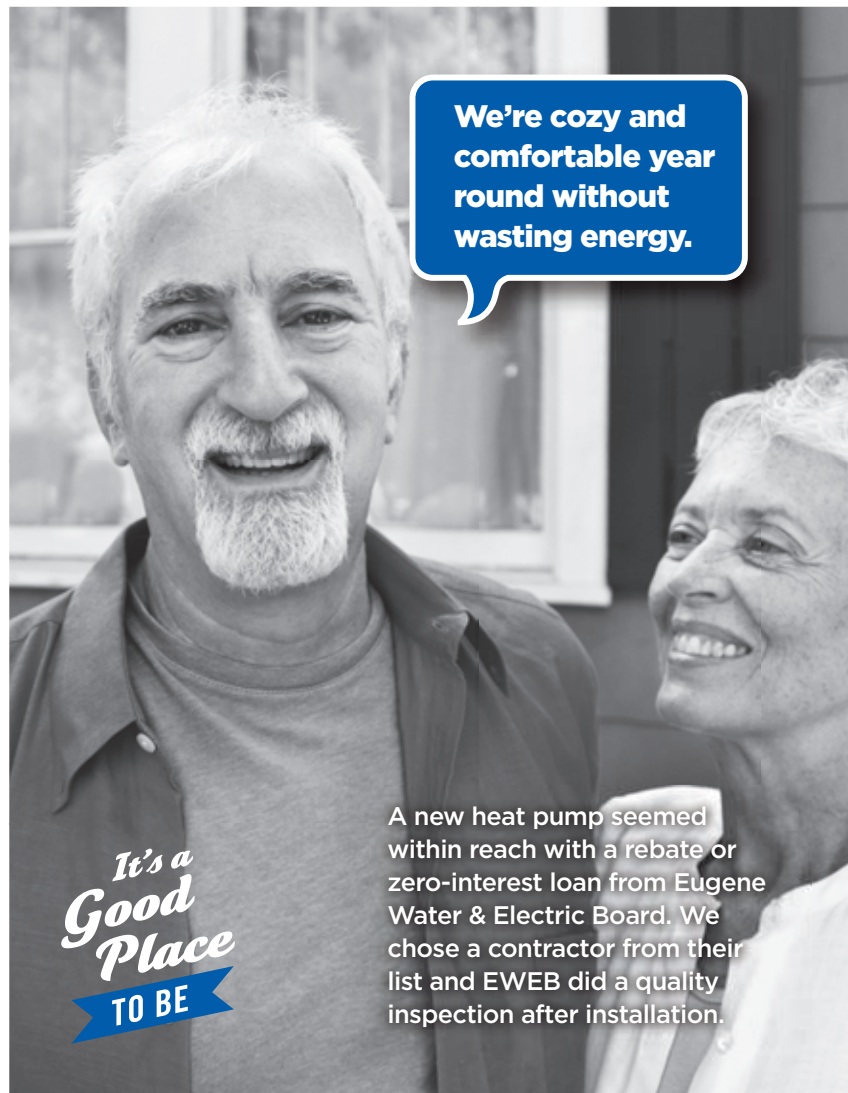
Our deli is offering delicious complements for your holiday meal, including: Stuffed Delicata Squash, Mashed Potatoes, Candied Sweet Potatoes, Green Beans & Chanterelles, Cornbread & Chestnut Stuffing, Sourdough & Sausage Stuffing, Cranberry Chutney, Mushroom Gravy, and Poultry Gravy.

ORDER FORMS ARE AVAILABLE AT THE DELI



TURKEYS AVAILABLE STARTING NOV. 19  
SIDE DISHES AVAILABLE STARTING NOV. 20  
WE'LL BE OPEN 8AM-10PM ON WEDNESDAY 11/21  
THANKSGIVING HOURS: 8AM-2PM

2489 Willamette Street • 541-345-1014  
Open Daily 8am-10pm • capellamarket.com



We're cozy and comfortable year round without wasting energy.

It's a  
Good  
Place  
TO BE

A new heat pump seemed within reach with a rebate or zero-interest loan from Eugene Water & Electric Board. We chose a contractor from their list and EWEB did a quality inspection after installation.



Outsmart energy waste. Learn more about ducted and ductless heat pump programs at [eweb.org/saveenergy](http://eweb.org/saveenergy)

Northwest Alternative Health  
presents

# CANNABIS COMEDY NIGHT

Join us for a night of laughter and levity with West Coast cannabis comic **NGAIO BEALUM**

**WOW Hall Thursday December 6th**  
Admission: \$5 • Doors 7:30pm Show 8:00pm



Seen on The Sarah Silverman Program, Comics Unleashed with Byron Allen, and on the Doug Benson podcasts.

Ngaio has performed at The High Times Cannabis Cup, The Seattle Hempfest, Portland Hempstalk, The State of Jefferson Hemp Expo, and just about every other cannabis themed event on the West Coast.



**Northwest  
Alternative Health**  
Your OMMPC Advocate

It's Your Medicine – It's Your Right – Get Legal!

Do You Qualify for Your Medical Marijuana Card?  
To Find Out Call Northwest Alternative Health:

Visit us online at [OMMPCARD.COM](http://OMMPCARD.COM) 1-888-920-6076