

PRO HEALTH

FAMILY MEDICINE

Office visits starting at \$99
Same Day Appointments

Justin Montoya, MD

1410 Oak St, Ste 102 in the Keiper Spine building
541-228-3270 • www.prohealthfamilymedicine.com



MEDICAL MARIJUANA CLINIC

Are You Tired of Pills?

Do You Suffer From:

- Severe Pain
- Muscle Spasms
- Seizures
- Glaucoma
- Cancer
- AIDS
- Severe Nausea
- Cachexia
- Alzheimer's



An Established & Respected Clinic For Over 13 Years • We've Been Here For You!

Southern Oregon Alternative Medicine

Springfield Location 152 Main St.

www.southernoregonalternativemedicine.com

(541) 844-1708

Tasty Thai Kitchen
Authentic Thai Cuisine

THAI AMERICAN BREAKFAST
Saturday & Sunday
starting at 9:30am, \$6.95
Daily Delivery 4:30-9:00pm
Lunch & Dinner Specials
All Organic Spices, Greens & Tofu
Vegetarian, Vegan & Gluten-free Options
Wine & Cocktails
Beer on Tap
Bubble Tea & Smoothies
Visit Our Campus Location

11am-9:30pm MON-FRI
9:30am-9:30pm SAT & SUN
80 E. 29th & Willamette • 302-6444

VLT
84th SEASON!

The Very Little Theatre
presents
The Cripple of Inishmaan
by Martin McDonagh
Directed by Michael Walker
FINAL WEEKEND!
Aug. 8-10
Tix: \$17 (\$12 for Thursday)
Box office open 2:00-5:30
Wed.-Sat., 2350 Hilyard St.
Tix on-line at www.TheVLT.com
541-344-7751

AMAZON PARK
animal clinic

Taking Care of Your Four-Legged Family for Over 30 Years

Introducing Laser Therapy
Class IV Therapeutic Laser
Drug Free, Surgery Free relief for your pet
Call us for more details

Cameron Jones, DVM
Barbara Maki, DVM
Cary Heyward, DVM

Appointments Available 8am-6pm Weekdays 9am-4pm Saturday
info@amazonparkvet.com • 541-485-0161 • 725 E. 25th Ave. Eugene

CALENDAR

Young Frankenstein, 7pm, UO Baker Center, 325 E. 10th Ave.

FOOD/DRINK New beer release, meet the brewer & hang out w/the Oakshire Crew, 6pm, Oakshire Public House, 207 Madison St., info at 654-5520.

Pig Roast, various music artists outside, 6pm, Agate Alley Laboratory, 26th & Willamette St. FREE.

The Corner Market continues. See Thursday, Aug. 8.

GATHERINGS Cascade Toastmasters, drop-ins welcome, 6:45-8:15am, Original Pancake House, 782 E. Broadway, call 343-3743 for info. FREE.

Parkinson's Disease Support Group of Lane County, 10:30am-noon, Campbell Community Center, 155 High St., info leah@parkinsonsresources.org or 345-2988.

NAMI Connections, peer support group for people living with mental illness, 3:30-5pm, First United Methodist Church, 1376 Olive St. FREE.

InStove Public Tour, 5:30pm, InStove, 79099 Hwy. 99, Cottage Grove, info & RSVP at 942-9519 or instove.org. FREE.

Board Game Night, new players welcome, 6-11pm, Funagain Games, 1280 Willamette St., info at 654-4205. FREE.

Gateway Toastmasters, drop-ins welcome, 6:30-7:45 pm, Northwest Community Credit Union, 3660 Gateway St., info at toddk.pe@gmail.com. FREE.

Adult Children of Alcoholics Meeting, 7-8pm, Santa Clara Church of Christ, 175 Santa Clara Ave., Santa Clara.

Industrial Workers of the World meeting, 7pm, New Day Bakery, 449 Blair Blvd., info at icono-clasmo.scott@gmail.com.

Oakridge Bingo, proceeds go to local organizations, 7pm, Big Mtn. Pizza, 47527 Hwy. 58, Oakridge. \$5/4 cards.

Trivia Night, 7pm, Divine Cupcake, 1680 W. 11th Ave. FREE.

Tricycle Races, 9pm, McShanes, 86495 College View Rd. FREE.

Create! Eugene continues. See Thursday, Aug. 8.

HEALTH 3-Series Feldenkrais Group Class w/Steve Cable, 12:30-1:30pm, Willamette medical Center, 2401 River Rd., info & sign-up at 345-8292. \$10, \$25/3 classes.

KIDS/FAMILIES Terrific Twos Storytime, for 2-year-olds w/ caregivers, 10:15am & 11am, downtown library, info at 682-8316. FREE.

Kids: Louisiana Fiddlin', 1pm & 3pm, downtown library, info at 682-8316. FREE.

LECTURES/CLASSES Science Art Projects Workshop, 1-3pm, Springfield Library, 225 5th St., Spfd.

"A Son of Liberty's Walk Across America," 6pm, downtown library, info at 682-5450. FREE.

NLP Meetup: Are your beliefs holding you back? Explore how beliefs can help & hinder you, 6:30-8pm, Market of Choice, 28th & Willamette St.

ON THE AIR "The Point," 9-9:30am, KPOV 88.9fm.

Taste of the World w/Wagoma continues. See Saturday.

OUTDOORS/RECREATION Pinochle for Seniors, 9am-noon, Campbell Community Center, 155 High St. \$0.25.

WREN Wetland Wander at Tsanchiifin Trail, 9-10:30am, meet at WREN office, 751 S. Danebo Ave., info at 338-7047 or info@wewetlands.org. FREE.

Tai Chi for beginners w/Suman Barkhas, 11:30-noon, Sacred Heart Medical Center at Riverbend, 3333 Riverbend Dr., Spfd., info at 515-0462.

Scrabble for Seniors, 1-3pm, Campbell Community Center, 155 High St. \$0.25.

OBRA Criterium, bike ride, 1K flat oval course, 5:30pm, Greenhill Technology Park, W. 11th & Terry, reg. 521-6529. \$15 per race, \$50 per month.

Disciples of Dirt bike club women Tuesday night rides, helmets required, 6:30pm, various locations throughout the summer, info & locations at disciplesofdirt.org/forum/rides FREE.

Pool Hall continues. See Thursday, Aug. 8.

SOCIAL DANCE All Access Dance Party, 4:30pm, Cozmic. FREE.

Joy of Hula Community Dance, family friendly, 6:30pm, 1400 Lake Dr., info at 688-4052.

Beginning Samba class, 6:45-7:45pm, Celebration Belly Dance & Yoga Studio, info at 255-9253. \$10.

Eugene Folk Dancers, weekly international folk dancing, 6:45pm lessons, \$3; 7:45pm dance, \$2, Willamalane Activity Center, 215 W. C St., Spfd., 344-7591.

WEDNESDAY

AUGUST 14
SUNRISE 6:15AM; SUNSET 8:18PM
AVG. HIGH 83; AVG. LOW 51

ARTS/CRAFTS Make & Take Beginning Earring w/Angela Lees, 2-3:30pm, Harlequin Beads & Jewelry, 1027 Willamette St., info at 683-5903.

Fiber Arts Circle: knitters, crocheters, designers, spinners, weavers, felters, bead makers & needleworkers, 4-6pm, Harlequin Beads & Jewelry, 1027 Willamette St., FREE.

COMEDY All Comedy 1450's Official Happy Hour, 4-6pm Wednesdays through Aug. 28, The Davis Restaurant.

FOOD/DRINK Sweetwater Farm Stand, fresh farm produce, products & recopies, 4-6pm, 1243 Rainbow Dr.

The Corner Market continues. See Thursday, Aug. 8.

GATHERINGS Free Admission Day at UO Museum of Natural & Cultural History, 11am-5pm, UO. FREE.

Lunch & Learn: SwellPath's Mike Arnesen talks SEO, 11:30am networking, noon lunch & program, Downtown Athletic Club, 999 Willamette St., info at emeraldmarketingassociation.com. \$24 mem., \$35. Lunch included.

Eugene's Got Talent! Youth Variety Show auditions, 3:30pm, downtown library, info at 682-5450. FREE.

Peace Vigil, 4:30pm, 7th & Pearl. FREE.

Foreclosure Defense meeting, 5pm-7pm, Growers' Market, 454 Willamette St., info at 844-8280. FREE.

Co-Dependents Anonymous, women-only 12-step meeting, 5:30-6:30pm, St. Thomas Episcopal Church, 1465 Coburg Rd., south entrance. FREE.

D&D Encounters, dungeons & dragons campaigns, 6pm, Delight, 811 E. Main St., Cottage Grove, info at delightcg@gmail.com

NAMI Connections Support Group for individuals w/mental illness, 6pm, NAMI Office, 76 Centennial Loop., Suite A, 209.

Support Group for People Who Have Loved Ones w/Asperger's Syndrome, 6-7:30pm, Garden Way Retirement Community, 175 South Garden Way, Spfd.

Thinkersmith Open House & Fundraiser, 6-8pm, Broadway Commerce Center, 44 W. Broadway. FREE.

Trivia Night, 7pm, Sharkeys Pub & Grill, 4221 Main St., Spfd.

Trivia at Supreme Bean, 7pm, 16 Tons Supreme Bean, 29th & Willamette St. FREE.

Sidewalk to Catwalk Fashion Show, 7:30-9pm, East Park Blocks, 8th & Oak St.

Bingo Night, 8pm, Rogue Public House, 844 Olive St. FREE.

Quizzo Pub Trivia w/Dr. Seven Phoenix, 8pm, The Barn Light, 924 Willamette St. FREE.

Create! Eugene continues. See Thursday, Aug. 8.

KIDS/FAMILIES Lapsit Storytime, ages birth-3 w/adult, 10am, Springfield Library, 225 5th St., Spfd. FREE.

Preschool Storytime, ages 3-6, 10am, Springfield Library, 225 5th St., Spfd. FREE.

Kids: Louisiana Fiddlin', 3pm, Bethel Branch Library, 1990 Echo Hollow Rd., info at 682-8316. FREE.

LECTURES/CLASSES Class for women recently widowed or seeking information about divorce, noon-1pm, Community Mediation Services, 93 Van Buren St., info at 2ndsaturday-eugene.org or 239-3504. \$25/4 classes.

Creative Suspense: A Workshop for Fiction & Screenplay Writers, 2pm, pre-reg. at 682-5450. FREE.

ON THE AIR "The Point," 9-9:30am, KPOV 88.9fm.

OUTDOORS/RECREATION Chess for Seniors, 9am-noon, Campbell Community Center, 155 High St. \$0.25.

Bike Riding for Seniors, weekly in-town rides, helmets required, 9:30am, from Campbell Center, 155 High St., reg. 682-5218. FREE.

Accessible Acquatics, swimming classes for individuals with disabilities, 10am, Amazon Pool, 2600 Hilyard St. \$7.

Aqua Nia, 10-11am, Tamarack Wellness Center, 3575 Donald St., pre-reg. at 686-9290. \$11.

Foursome Bridge for Seniors, noon-3:30pm, Campbell Community Center, 155 High St. \$0.25.

Cribbage for Seniors, 12:30-3pm, Petersen Barn Community Center, 870 Berntzen Rd. \$0.25.

Bingo for Seniors, 1-4pm, Campbell Community Center, 155 High St. \$0.25.

Yoga for Chronic Pain, 4:15-5:15pm, Willamette Medical Center, 2401 River Rd. \$10.

Kundalini Yoga Happy Hour, 5:30-6:30pm, YogaWest, 3635 Hilyard St. \$8.

Rock Climbing, 5:30-8:30pm, Art & Technology Academy, 1650 W. 22nd Ave., info at 682-5329. \$5.

Ayurveda Yoga for Women, 6-8:30pm, info & location at 344-5538. FREE.

Fusion Belly Dance w/Audralina, 6-7pm, TranZenDance Studio, 3887 Potter St. \$5-\$10.

Acrobatics, 7:30-8:30pm, Academy of Artistic Gymnastics, 1205 Oak Patch Rd., 344-2002. \$10 Drop-In, \$80 for 10 class punchcard. First class FREE.

Pinball Tournament, 21+, 8pm, Blairally Vintage Arcade, 245 Blair Blvd., info at 335-9742.

Pool Hall continues. See Thursday, Aug. 8.

SOCIAL DANCE Cajun/Zydeco Dance, 6:30-9pm, New Day Bakery, 449 Blair Blvd. \$3 donat.

Cuban Suelta II: Individual Salsa Dancing, intermediate level, previous experience required, 8pm, The Reach Center, 2520 Harris St., info at heidi@weiskel.org. \$10.