

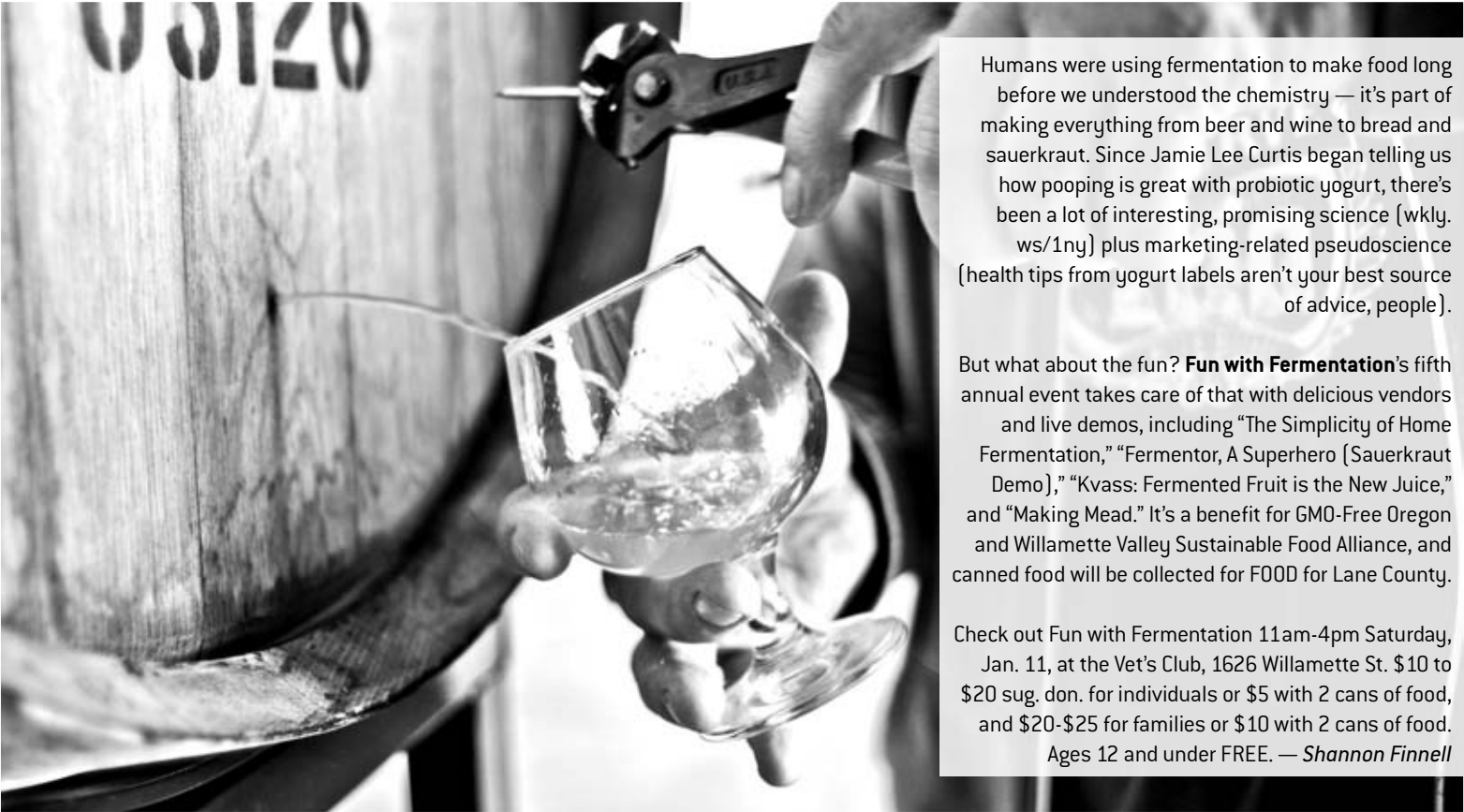


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1650 W. 22nd Ave., info at 682-5329. \$5.

Aerial Yoga, adult classes, 6-7pm, Bounce Gymnastics & Circus Arts Center, 329 W. 3rd Ave., 343-4222. \$10 first class, \$15 drop-in.

“Tuesday Tempo” Zumba, 6-7pm, Reach Center, 2520 Harris St. First class \$5, drop-in \$10.

Tricycle Racing, cash & prizes for winners, 9pm, McShane’s Bar & Grill, 86495 College View Rd. FREE.

Pool Hall continues. See Thursday, Jan. 9.

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

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

WEDNESDAY

JANUARY 15
SUNRISE 7:45AM; SUNSET 5PM
AVG. HIGH 47; AVG. LOW 34

BENEFITS Oakshire Inspires: Benefit for Oregon Environmental Council, 11am-10pm, Oakshire Public House, 207 Madison St., call 654-5520. Don.

FILM *Winged Migration*, 1pm, Willamalane Adult Activity Center, 207 W. C St., Spfd. FREE.

SpringFILM: *When We Were Kings*, 6pm, Wildish Theater, 630 Main, Spfd., 726-2237. FREE.

International Film Night, 7-10pm, Cush Cafe, 1235 Railroad Blvd. FREE.

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

The Corner Market continues. See Thursday, Jan. 9.

Coast Fork Farm Stand continues. See Saturday.

GATHERINGS Postpartum & Pregnancy Depression/Anxiety Support, 10am, Parenting Now!, 86 Centennial Lp., call 1-800-896-0410. FREE.

No Keystone XL Pipeline Civil Disobedience Training, 11:30am-4:30pm, First United Methodist Church, 1376 Olive St. Don.

City Club of Eugene: Making Oregon More Business Friendly

w/Kate Brown, 12:05-1:10pm, Gerlinger Hall, UO Campus. FREE.

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

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

Co-Dependents Anonymous, women-only 12-step meeting, 6-7pm, St. Thomas Episcopal Church, 1465 Coburg Rd., south entrance. FREE.

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

Potluck/Presentation on U.S. in Latin America, 6pm, LASC Office, 458 Blair Blvd., call 485-8633. FREE.

Support Group for People Who Have Loved Ones w/Asperger’s Syndrome, 6-7:30pm, 1283 Lincoln St.

Co-Dependents Anonymous, men-only 12-step meeting, 7-8pm, McKenzie Willamette Hospital, 1460 G St., Spfd., east entrance, info at 913-9356. FREE.

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

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

Trivia Night, 7-9pm, The Cooler, 20 Centennial Loop. FREE.

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

Quizzo Pub Trivia w/Dr. Seven Phoenix, 9pm, The Barn Light, 924 Willamette St. FREE.

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.

Sensory Storytime, for children w/sensory integration needs w/caregivers, 1pm, downtown library, info at 682-8316. FREE.

Family Board Game Night, 6pm, Castle of Games, 660 Main, Spfd. 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.

Belly Dancing Basics, 5:30pm, downtown library, call 682-5450. FREE.

ON THE AIR “The Point,” 9-9:30am, KPOV 88.9AM.

OUTDOORS/RECREATION Active & Restorative Yoga Blend, 7-8:30am, Just Breathe, 2868 Willamette St. Ste 200., call 343-3770. \$11.

Yoga in the Morning, 7:30-8:45am, Eugene Chiropractic Group, 131 E. 11th Ave., call 343-3455. \$11.

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.

Tai Chi for Balance 1 & 2, 9:45am & 11am, River Road Annex, 1055 River Rd. \$4.

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.

Aerial Yoga, adult classes, 11am-noon, Bounce Gymnastics & Circus Arts Center, 329 W. 3rd Ave., 343-4222. \$10 first class, \$15 drop-in.

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 & Tae Kwon Do combo class, 4pm, Alchemy Lotus Healing Center, 1380 W. 17th Ave., info at 286-0000 or yogini-matrix@gmail.com. \$5 sug. don.

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.

Prenatal Yoga, 5:30-6:45pm, Just Breathe Yoga Studio, 2868 Willamette St. Ste 200, call 343-3770. \$11.

Active & Restorative Yoga Blend, 7-8:30pm, Just Breathe Yoga Studio, 2868 Willamette St. Ste 200, call 343-3770. \$11.

Humans were using fermentation to make food long before we understood the chemistry — it’s part of making everything from beer and wine to bread and sauerkraut. Since Jamie Lee Curtis began telling us how pooping is great with probiotic yogurt, there’s been a lot of interesting, promising science (wkly. ws/1ny) plus marketing-related pseudoscience (health tips from yogurt labels aren’t your best source of advice, people).

But what about the fun? **Fun with Fermentation’s** fifth annual event takes care of that with delicious vendors and live demos, including “The Simplicity of Home Fermentation,” “Fermentor, A Superhero [Sauerkraut Demo],” “Kvass: Fermented Fruit is the New Juice,” and “Making Mead.” It’s a benefit for GMO-Free Oregon and Willamette Valley Sustainable Food Alliance, and canned food will be collected for FOOD for Lane County.

Check out Fun with Fermentation 11am-4pm Saturday, Jan. 11, at the Vet’s Club, 1626 Willamette St. \$10 to \$20 sug. don. for individuals or \$5 with 2 cans of food, and \$20-\$25 for families or \$10 with 2 cans of food. Ages 12 and under FREE. — *Shannon Finnell*

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.

Beginners Evening Yoga continues. See Monday.

Pool Hall continues. See Thursday, Jan. 9.

SPIRITUAL A Course in Miracles Drop-in Study Group, 10-11:45am, Unity of the Valley, 39th & Hilyard, 914-0431. Don.

Open Heart Meditation, noon, Unity of the Valley, 39th & Hilyard, info at 914-0431. FREE.

THEATER Very Little Theatre Backstage Tour, 12:15-1pm, 2350 Hilyard St. FREE.

THURSDAY

JANUARY 16
SUNRISE 7:44AM; SUNSET 5:02PM
AVG. HIGH 47; AVG. LOW 34

FOOD/DRINK The Corner Market continues. See Thursday, Jan. 9.

GATHERINGS Tu b’Sivat Tree Walk, noon, Hendricks Park, Wilkins Shelter, call 514-2571 or visit JewishEventsWillamette-valley.org. FREE.

G.L.A.D. Public Safety Forum, 5:30pm, Cesar E. Chavez Elementary, 1510 W. 14th Ave. FREE.

Hearing Voices & Extreme States Support Group, 6pm, First United Methodist Church, 1376 Olive St., visit differentminds.us/eshv. FREE.

Emerald Valley Quilters Meeting, 6:30pm, Masonic Lodge, 2777 Martin Luther King Jr. Blvd. \$5, mem. FREE.

Friendly Area Neighbors Meeting, 6:30pm, Washington Park Center, 2025 Washington St. FREE.

Board Game Night continues. See Thursday, Jan. 9.

Doc’s Pad Drag Queen Bingo w/ Karess continues. See Thursday, Jan. 9.

Downtown Public Speakers Toastmasters Club continues. See Thursday, Jan. 9.

Eugene Metro Business Networking International continues. See Thursday, Jan. 9.

McKenzie Milky Mamas continues. See Thursday, Jan. 9.

Trivia Night at Sidebar continues. See Thursday, Jan. 9.

Trivia Night at Sixth Street Grill continues. See Thursday, Jan. 9.

Wonderful Ones Storytime continues. See Thursday, Jan. 9.

LECTURES/CLASSES Intro to Blogging, internet experiences & email account required, 1:30pm, downtown library, call 692-5450. FREE.

Medicare Made Clear, for those new to Medicare, 5-6pm, The Oregon Insurance Lady Office, 333 W. 10th Ave., ground floor office, pre-reg. at 222-9020. FREE.

Adapt Your Home for Aging, 6pm, downtown library, call 682-5450. FREE.

ON THE AIR “Arts Journal” continues. See Thursday, Jan. 9.

“The Point” continues. See Thursday, Jan. 9.

OUTDOORS/RECREATION Aerial Yoga continues. See Thursday, Jan. 9.

Aqua Yoga continues. See Thursday, Jan. 9.

Contact Juggling continues. See Thursday, Jan. 9.

Drop-in Kayaking continues. See Thursday, Jan. 9.

Gentle Yoga continues. See Thursday, Jan. 9.

Hot Mamma’s Club continues. See Thursday, Jan. 9.

Mahjong for Seniors continues. See Thursday, Jan. 9.

Prenatal Yoga continues. See Thursday, Jan. 9.

Pool Hall continues. See Thursday, Jan. 9.

Team Run Eugene continues. See Thursday, Jan. 9.

Walk with Us continues. See Thursday, Jan. 9.

Yoga Weight Management continues. See Thursday, Jan. 9.

SOCIAL DANCE Crossroads Blues Fusion Dance continues. See Thursday, Jan. 9.

Square Dancing continues. See Thursday, Jan. 9.

Yoga Dance Party & Vegetarian Dinner continues. See Thursday, Jan. 9.

Reiki Tummo Healing Clinic continues. See Thursday, Jan. 9.

SPIRITUAL “Heal the Ocean: A Day of Shared Culture in Prayer,” noon-6pm, Yachats Commons, 441 U.S. 101 N., Yachats, call 547-3565. FREE.

VOLUNTEER Care for Owen Rose Garden continues. See Thursday, Jan. 9.

CORVALLIS

AND SURROUNDING AREAS

THURSDAY, JAN. 9: OSU Board of Trustees Meeting, 8:45am-4:15pm & 9am-3:30pm tomorrow, CH2M Hill Alumni Center, 725 S.W. 26th St.

Compassionate Communication, 7-9pm, First Alternative Natural Foods Co-op, 1007 S.E. 3rd St., call 753-2255. FREE.

FRIDAY, JAN. 10: *Venus in Fur*, 7:30pm today & tomorrow, 2:30pm Sunday, Majestic Theatre, 115 S.W. 2nd St. \$14, \$12 stu. & sr.

SATURDAY, JAN. 11: Detox w/the Doc, 4-4:30pm, First Alternative Natural Foods Co-op, 1007 S.E. 3rd St. FREE.

Benefit Concert w/Michelle Loverich, benefit for Afghanistan Duvet Project, 6-8pm, Sunnyside Up Cafe, 116 N.W. 3rd St. \$5-\$15 sug. don.

SUNDAY, JAN. 12: Exploring Humanity’s Current Evolutionary Process, 2-4:30pm, First Alternative Natural Foods Co-op, 1007 S.E. 3rd St. \$15 sug. don.

MONDAY, JAN. 13: *Der Golem: How He Came into the World*, 6pm, Whiteside Theatre, 361 S.W. Madison Ave. FREE.

Science Pub: Living with HIV/AIDS, w/Sugat Patel, 6pm, Old World Deli, 341 S.W. 2nd St. FREE.

TUESDAY, JAN. 14: Outdoor Fitness Series, 6:30-7:30pm, First Alternative Natural Foods Co-op, 1007 S.E. 3rd St. FREE.

THURSDAY, JAN. 16: Soul Collage, make cards w/magazine & photo images, 6:30-8:30pm, First Alternative Natural Foods Co-op, 1007 S.E. 3rd St., call 704-0135. \$10, \$8 mem.

ATTENTION OPPORTUNITIES

Ballet North West Academy, 380 W. 3rd Ave. Ste A, is holding auditions for the Springtime Story Ballet, *Hansel & Gretel*, open to dances in Ballet 1 & up from 3-6pm on Saturday, Jan. 11.

West Coast Dog & Cat Rescue is in need of volunteers. Hours are flexible. Pick up application at PetSmart South, 2858 Willamette St. or email westcoastvolunteer@gmail.com.

The Eugene Symphony invites Oregon musicians ages 18-24 to participate in its Young Artist Competition on Feb. 15. Winner receives \$500 scholarship. For eligibility, see eugenesympphony.org/education/young-artist-competition or contact jennifer.diaz@eugenesympphony.org. Applications due Jan. 31.

Cottage Theatre, 700 Village Dr., Cottage Grove, is holding auditions for *Fiddler on the Roof*, for adults Saturday & Sunday, Jan. 18 & 19 at 6pm & for children Saturday, Jan. 18 at noon. Prepare a short song from a musical & bring sheet music; piano accompaniment will be provided. Be prepared for a movement/dance audition.

Pick up book & pre-register for the Tween Scene & Teen Book groups at the downtown library. For more info, call 682-8316.

The downtown library is accepting applications for its Teen Team to help staff prepare items for check-out, set up crafts, create displays & more. For more information, call 682-8316.

The Eugene/Springfield Community Production of The Vagina Monologues 2014 needs volunteers, poster distributors, makeup & costume volunteers, performers & more. For more info, contact vdayeugene@gmail.com or attend information meetings at 1pm Sunday, Jan. 19 & 6pm Wednesday, Jan. 22 at The Wesley Center, 1236 Kincaid St.