

Collectorswest.com
GUN & KNIFE Shows
You Never Know What You'll Find At A Collectors West Gun & Knife Show!
JANUARY 25-26
 Lane Co. Fairgrounds • 796 W. 13th, Exit 194B
 Adm: \$6 • Sat. 9-5, Sun. 10-3 • www.collectorswest.com

ACCURATE BOOKKEEPING & TAX SERVICE



Susan Ralls
Certified Public Accountant



Marcello Innocenti
Enrolled Agent



William Giacomazzi
Enrolled Agent

25% OFF

ON PREPARATION OF 2013
INDIVIDUAL INCOME TAX RETURNS

INDIVIDUALS, PARTNERSHIPS, CORPORATIONS, LLCs,
ESTATES, TRUSTS, ACCOUNTING, AND PAYROLL

Tax Planning and Compliance for the Affordable Care Act (Obamacare)

- New Individual and Employer Mandates and Tax Credits
- .9% Additional Medicare Tax
- 3.8% Net Investment Income Tax

New Important Regulations for the Deductibility of Supplies, Spare Parts, Repairs and Improvements

- Huge Impact on Most Small and Medium Sized Businesses
- Huge Impact on Residential Rental and Commercial Real Estate Owners

Tax Impact of the DOMA Supreme Court Decision

- Same-Sex Married Couples Can Now File Joint Federal Income Tax Returns
- Possible Reduction in Current and Prior Payroll Tax Liability for Employers and Employees

B15290



2757 RIVER RD. + 541-689-7071 + WWW.ABTSCORP.COM

Herbal Infused DARK CHOCOLATE ELIXIRS

A DELICIOUS WAY TO TAKE YOUR HERBS
Can be taken alone or with your favorite beverage



PASSION

Featuring Maca Root, this is formulated to stimulate sexual vitality, hormonal balance and stamina

FUEGO

Featuring spiced coffee with Tulsi, it awakens the senses promoting warmth, invigoration, and balanced energy

ADAPT

Featuring Reishi Mushroom, this blend is designed to induce harmony and balance to counter life's everyday stressors

RHAPSODY

Featuring Kava Kava, this anti-anxiety blend promotes relaxation and euphoria

Available locally at Market of Choice, Sundance, The Kiva, Wynant's & First Alternative Co-op



See our full line of herbals at
terrafirmabotanicals.com

CALENDAR

Scottish Country Dance w/Robert & Leone, all dances taught; reels, jigs, strathspeys, 7-9pm, Studio B, 1590 Willamette St., info at 935-6051. \$15/month.

SPIRITUAL Discovering Your True Nature through the Teachings of the Mystics, 1-2:30pm, Unity of the Valley, 39th & Hilyard, email mercyskiss@efn.org. FREE.

Open Heart Meditation, 5:30-6:30pm, 1340 W. 17th Ave., info at 914-0431. Don.

Beginning Level Samatha Meditation Class, drop-ins welcome, 6-7pm, Saraha Buddhist Temple, 477 E. 40th Ave. \$10 sug. don.

Calm Abiding Meditation, Tibetan Shamatha teachings & practice, drop-ins welcome, 7:30-8:30pm, Just Breathe Yoga, 2868 Willamette St., call 343-3770. Don.

THEATER Dr. Cook's Garden continues. See Saturday.

TUESDAY

JANUARY 28
 SUNRISE 7:35AM; SUNSET 5:18PM
 AVG. HIGH 49; AVG. LOW 35

ARTS/CRAFTS Beading Circle, 3-6pm, Harlequin Beads & Jewelry, 1027 Willamette St., FREE.

DANCE Excursion... Then & Now, 7:30pm, Ragazzino Performance Hall, LCC Campus, call 463-5161. \$10, \$5 stu. & sr.

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

Sen. Lee Beyer & Rep. Phil Barnhart Listening Session, 7:30-9am, Creswell Coffee Company, 116 Melton Rd., Creswell; 6-7:30pm, Springfield City Council Chambers, 225 5th St., Spfd. FREE.

Cover Oregon Enrollment, 1:30-4:30pm, Volunteers in Medicine, 2260 Marcola Rd., Spfd., call 342-4357. FREE.

Support Group for Partners of People w/Parkinson's Disease, 1:30pm, Eugene Hearing & Speech Center, 1500 W. 12th Ave., call 345-2988. FREE.

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

WACAC, a new adult chorus, 5:30-7pm, The Shedd, info & reg. at 687-6526.

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

Shuffleboard & Foosball Tournament, 6pm, The Barn Light, 924 Willamette St. FREE.

Gateway Toastmasters, drop-ins welcome, 6:30-7:45 pm, North-

west Community Credit Union, 3660 Gateway St., info at toddkpe@gmail.com. FREE.

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

Lively Introduction to Meditation, instruction & support for developing meditation practice, facilitated by Lisa-Marie DiVincent, 7-9pm, location & reg. at 484-7366. Don.

Local Talent Show, bring your talents, 7-10pm, Cush Cafe, 1235 Railroad Blvd. FREE.

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

Trivia Night, 7-9pm, LaVelle Tap Room, 400 International Way. FREE.

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

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

LECTURES/CLASSES Living w/ Beavers: Solutions to Common Problems, 6-7:45pm, Veneta Community Center, 25192 E. Broadway, Veneta, call 338-7060. FREE.

Vegan Cooking Class: Sushi Rolls, 6:30pm, Eugene Seventh-Day Adventist Church, 1275 Polk St. Don.

"Apocalyptic Planet: A Field Guide to the Future of the Earth," w/ Craig Childs, 7:30pm, Lillis Hall 182, UO Campus, call 346-3934. FREE.

Lane County Audubon Meeting: Barred Owls & Northern Spotted Owls w/Steve Ackers, 7:30pm, Eugene Garden Club, 1645 High St. FREE.

LITERARY ARTS Myths for Our Time Writing Workshop, girls ages 10-18, 4:30-5:30pm through March 18, Ophelia's Place, 1577 Pearl St., pre-reg. at 284-4333. \$25-\$50/9 workshops.

ON THE AIR "The Point," 9-9:30am, KPOV 88.9FM. Anarchy Radio w/John Zerzan, 7pm, KWVA 88.1FM.

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

OUTDOORS/RECREATION Climate Warm-Up Walk, talk about global climate change & next year's cross-country march to inspire action, 8am, EWEB, 500 E. 4th Ave.

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

Tuesday Morning Regulars, 9am-noon, Hendricks Park Rhododendron Garden. FREE.

Tai Chi for beginners w/Suman Barkhas, 11:30-noon, Sacred Heart Medical Center at River-

bend, 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.

Prenatal Yoga, 5:30-6:45pm, Core Star Center, 439 W. 2nd Ave., 556-7144. \$10, \$48 for 6 classes, sliding scale.

Rock Climbing, 5:30-8:30pm, Art & Technology Academy, 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. 23.

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.

SPIRITUAL Learn Zen Meditation, instructional classes based on text by Dogen, 7-9pm, Eugene Zendo, 2190 Garfield St., call 302-4576. FREE.

WEDNESDAY

JANUARY 29
 SUNRISE 7:34AM; SUNSET 5:19PM
 AVG. HIGH 49; AVG. LOW 35

BENEFITS Oakshire Inspires, benefit for March of Dimes, 11am-10pm, Oakshire Public House, 207 Madison St., call 654-5520. Don.

COMEDY Comedy Open Mic w/ Mac Chase, 9pm, Tiny Tavern, 394 Blair Blvd. FREE.

FILM Beyond the Medical Model, discussion to follow, 6pm, downtown library. FREE.

Take Back Your Power, 6:30pm, Tsunami Books, 2585 Willamette St. FREE.

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

FOOD/DRINK The Corner Market, fresh local produce, noon-6pm, 295 River Rd., 513-4527.

Sweetwater Farm Stand, fresh farm produce, products & recipes, 4-6pm, 1243 Rainbow Dr.

Coast Fork Farm Stand continues. See Saturday.

FARMS, RESTAURANTS, & FOOD BUSINESSES!

Looking for a new way to connect with local food growers or buyers? The 8th annual Local Food Connection Conference brings together food producers with buyers from restaurants, grocery stores, schools, and distributors.

Networking, workshops, a local food luncheon, and a keynote presentation on 'Demystifying Distribution: Creative Solutions for Complex Problems;' by Emerald Fruit & Produce, GloryBee Foods, Hummingbird Wholesale, McDonald Wholesale, and Organically Grown Company.



Monday, Feb. 3rd
 8:00 AM-3:30 PM
 LCC Center for Meeting & Learning
 \$30 registration
 Vendor display tables available.

local food connection
 www.localfoodconnection.org