

GATHERINGS Your Body, Your Sexuality Group, ages 14-18, 4-5pm through March 12, Ophelia's Place, 1577 Pearl St. Ste 100, pre-reg. at 284-4333. 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.

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, 7pm, 16 Tons, 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.

"Contracting Freedom, Chinese Coolies in Cuba & Peru in the Age of Emancipation," 2pm, Knight Library Browsing Room, UO Campus, contact cllas@uoregon.edu. FREE.

"The Right to Culture as a Human Right: Noise, Gender Violence & the Cultural Defense," w/Alison Dundes Renteln, 3:30pm, EMU Ben Linder Room, UO Campus. FREE.

"Emancipating the Past: Kara Walker's Tales of Slavery & Power," w/curator Jessi DiTillio,



A 2013 study indicated that vegetarians live longer than meat-eaters, with a 19 percent lower likelihood of dying from heart disease. Whether you adopt a vegan lifestyle for the health benefits or the ethical and environmental positive karma, you're sure to learn something new at **Wrap 'n' Roll**, a free cooking class offered by Maui Vegetarian and TruVeg International Vegan Cuisine owners Brian Igarta and Crystal Du-Boyce. The menu consists of sushi rolls, summer wraps with Thai peanut sauce, raw wraps and medicinal herb teas. Even if you're not a vegan, it doesn't hurt to add a little more fruit and veg to your life.

Wrap 'n' Roll starts 6:30pm Tuesday, Jan. 28, at the Eugene Seventh-Day Adventist Church, 1275 Polk St., call 863-9706. FREE. — *Amy Schneider*

5:30pm, Jordan Schnitzer Museum of Art, UO Campus. FREE.

LGBTQ Spectrum, meeting for LGBTQIA youth, 5-6pm through March 19, Ophelia's Place, 1577 Pearl St. Ste 100. FREE.

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

OUTDOORS/RECREATION Obsidians: Amazon Headwaters/Spencer Butte, 6 miles. Reg. at obsidians.org.

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 yoginimatrix@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.

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. 23.

SPIRITUAL The Seth Books as Channeled through Jane Roberts, email SethGroup@Live.com for time & location. FREE.

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.

THURSDAY

JANUARY 30
SUNRISE 7:33AM; SUNSET 5:21PM
AVG. HIGH 49; AVG. LOW 35

BENEFITS Pints for a Cause: Benefit for MECCA, 5-9pm, Ninkasi Tasting Room, 272 Van Buren St. Don.

FOOD/DRINK Fort George Brewing: Stout Month Preview, 6-9pm, The Bier Stein, 1591 Willamette St.

GATHERINGS Board Game Night continues. See Thursday, Jan. 23.

Doc's Pad Drag Queen Bingo w/Karess continues. See Thursday, Jan. 23.

Downtown Public Speakers Toastmasters Club continues. See Thursday, Jan. 23.

Eugene Metro Business Networking International continues. See Thursday, Jan. 23.

Group Acupuncture Clinic continues. See Thursday, Jan. 23.

McKenzie Milky Mamas continues. See Thursday, Jan. 23.

Trivia Night at Sidebar continues. See Thursday, Jan. 23.

Trivia Night at Sixth Street Grill continues. See Thursday, Jan. 23.

Wonderful Ones Storytime continues. See Thursday, Jan. 23.

LECTURES/CLASSES Travel Mongolia, w/Suman, 1:30-2:30pm, Willamalane Adult Activity Center, 215 W. C St., Spfd., pre-reg. at 736-4444. FREE.

Silk Route & Diamond Path: The Archaeology of Tibetan Buddhism, 6pm, downtown library. FREE.

LITERARY ARTS Teen Book Group, 4pm, downtown library, call 682-8316. FREE.

ON THE AIR "Arts Journal" continues. See Thursday, Jan. 23.

"The Point" continues. See Thursday, Jan. 23.

OUTDOORS/RECREATION Aerial Yoga continues. See Thursday, Jan. 23.

Aqua Yoga continues. See Thursday, Jan. 23.

Contact Juggling continues. See Thursday, Jan. 23.

Drop-in Kayaking continues. See Thursday, Jan. 23.

Gentle Yoga continues. See Thursday, Jan. 23.

Hot Mamma's Club continues. See Thursday, Jan. 23.

Mahjong for Seniors continues. See Thursday, Jan. 23.

Prenatal Yoga continues. See Thursday, Jan. 23.

Pool Hall continues. See Thursday, Jan. 23.

Team Run Eugene continues. See Thursday, Jan. 23.

Walk with Us continues. See Thursday, Jan. 23.

Yoga Weight Management continues. See Thursday, Jan. 23.

SOCIAL DANCE Latin Dance Fiesta w/Intro Salsa Lesson, 8pm, Cozmic, 199 W. 8th Ave. \$5.

Crossroads Blues Fusion Dance continues. See Thursday, Jan. 23.

Square Dancing continues. See Thursday, Jan. 23.

Yoga Dance Party & Vegetarian Dinner continues. See Thursday, Jan. 23.

SPIRITUAL Sound Bath w/Ann Christiansen, 7-8pm, Tsunami Books, 2585 Willamette St. \$12 sug. don.

Channeling Group continues. See Thursday, Jan. 23.

Reiki Tummo Healing Clinic continues. See Thursday, Jan. 23.

THEATER *The Government Inspector*, 7:30pm, Wildish Community Theatre, 630 Main, Spfd., see wildishtheatre.com for tix. \$7, \$5 stu. & sr.

VOLUNTEER Care for Owen Rose Garden continues. See Thursday, Jan. 23.

CORVALLIS AND SURROUNDING AREAS

THURSDAY, JAN. 23: Ava Helen & Linus Pauling Annual Peace Lecture w/John Hunter, 7pm, Milam Auditorium, OSU Campus. FREE.

TUESDAY, JAN. 28: Raising Pigs on a Small Farm, learn about basic health topics, 6:30-9pm, OSU Extension Benton County Office, 4077 S.W. Research Way, pre-reg. at 766-3556. \$5.

ATTENTION OPPORTUNITIES

Oregon Heritage is accepting applications for its four grant programs, which provide small grants for historic restoration & preservation. For more information, visit oregonheritage.org or call 503-986-0685.

Maude Kerns Art Center is calling for artists for its 2015-16 exhibits. The deadline to apply is Friday April 18. For more info, visit mkartcenter.org or call 345-1571.

Springfield Public Library is seeking a community member to serve on its Library Advisory Board. The successful applicant will serve a four-year term on appointment. The deadline to apply is 5pm Friday, Feb. 7. For more info, call 726-3756 or email reverett@springfield-or.gov.

West Coast Cat & Dog Rescue is requesting donations of art in any medium for its fundraiser at New Zone Gallery during the month of March. Intake will be noon-6pm March 4 & 5, New Zone Gallery, 164 W. Broadway. For more info, contact sooheaae@gmail.com or call 521-7937.

The Eugene Team in Training group will begin training for the Eugene Marathon on March 15. Contact teamintraining@lls.org or call 800-482-8326 for more info.



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