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THE DEPARTMENT IS STAFFED UNTIL 9PM DAILY

INTRODUCING OUR ON-STAFF CERTIFIED NUTRITIONIST & MASTER HERBALIST KATHE FORREST

She is an experienced Nutritional Health Coach with over 200 coaching sessions under her belt.



Kathe is available Tues.-Sat., 1-4 pm, for in-store assistance with nutritional supplements and nutrition questions. Look for her upcoming educational presentations & community events!

25th & Willamette • Daily 8AM-10PM
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CALENDAR

Gnostic Mass Celebration, 8pm, Coph Nia Lodge OTD, 4065 W. 11th Ave. #43, info at coph-nia-oto.org.

THEATER *Habeas Corpus* continues. See Thursday, March 27.

MONDAY

MARCH 31
SUNRISE 6:56AM; SUNSET 7:39PM
AVG. HIGH 58; AVG. LOW 38

BENEFITS Roller Derby Bingo, fundraiser for Flat Track Furies, 6-9pm, The Barn Light, 924 Willamette St. Don.

FILM Movie Night, 9pm, The City, 2222 MLK Jr. Blvd. FREE.

GATHERINGS Eugene Lunch Bunch Toastmasters, learn public speaking in a friendly atmosphere, noon, 101 W. 10th Ave. Room 316, call 341-1690.

Anime Club, ages 12-18, 4-5:30pm Mondays through June 9, Ophelia's Place, 1577 Pearl St. Ste 100. FREE.

Animal Advocates Meeting w/ Dawn Lesley, 5:30-6:30pm, Abby's Pizza, 1425 Hwy 99, Junction City. FREE.

Overeaters Anonymous, 5:30-6:30pm, Central Presbyterian Church, 555 E. 15th Ave. FREE.

Drum Journey Circle, no experience necessary, 6pm, Unitarian Universalist Church, 13th & Charnelton, call 232-1038. FREE.

Auditory Art Extravaganza, bring art supplies, 7-11pm, Cush Cafe, 1235 Railroad Blvd. FREE.

Board Game Night, hosted by Funagain Games, 7pm, The Barn Light, 924 Willamette St., info at thebarnlightbar.com. FREE.

Empathy Cafe, evolve your talk, learn compassionate nonviolent communication in a group, 7-9pm, info & reg. at 484-7366. \$7-\$25 don.

Jameson's Trivia Night, 7-9pm, 115 W. Broadway.

Marijuana Anonymous, 12-step meeting, 7-8pm, St. Mary's Church, 166 E. 13th Ave.

Oregon Bus Club, 7pm, Oakshire Public House, 207 Madison St., see oregonbusclub.org. FREE.

Poetry Open Mic, 7pm, Granary Pizza, 259 East 5th Ave. FREE.

Cards Against Humanity Night, 7:30pm, Tiny Tavern, 394 Blair Blvd. FREE.

Eugene Cannabis TV Recording Session, 7:30pm, CTV-29 Studios, 2455 Willakenzie Rd., contact dankbagman@hotmail.com. FREE.

Bingo, 9pm, Sam Bond's. FREE.

Game Night, 9pm, Cowfish, 62 W. Broadway. FREE.

Quizzo Pub Trivia w/Dr. Seven Phoenix, 9pm, Cornucopia Bar & Burgers, 295 W. 5th Ave.

Oregon Medical Marijuana Business Conference continues. See Sunday.

LECTURES/CLASSES "Why Militant Islam Matters," w/Anita Weiss, 7pm, Knight Library Browsing Room, UO Campus. FREE.

ON THE AIR "The Point," 9-9:30am, KPVO 88.9FM.

OUTDOORS/RECREATION Drop In Yoga/Sunrise Yoga, 6:15-7:15am, Eugene Yoga, 3575 Donald St., see eugeneyoga.us. \$5.

Hatha Yoga Basics, 7-8:15am, Eugene Chiropractic Group, 131 E. 11th Ave., call 343-3455. \$11.

Chair Yoga, 7:30-8:30pm, Eugene Chiropractic Group, 131 E. 11th Ave., call 343-3455. \$11.

Basic Adult Zumba, 10-11am, On the Move Fitness, 519 Main, Spfd. \$10 drop-in.

Gentle Yoga, 11am-noon, Trauma Healing Project, 2222 Coburg Rd, Ste 300, 687-9447. \$5, scholarships available.

Drop-in Yoga for Girls, 4:30-5:30pm through March 18, Ophelia's Place, 1577 Pearl St.

Ste 100, pre-reg. at 284-4333. \$5 don.

Qigong for Health, 4:30pm, Willamalane Adult Center, 215 W. C St., Spfd. \$4.

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

Basic Adult Zumba, 6-7pm, Denbaya Studio, 1325 Jefferson St. First class \$5, drop-in \$10.

Beginners Evening Yoga, 6:30pm today & Wednesday, Willamalane Adult Center, 215 W. C St., Spfd. \$4.

Zumba Dance Fitness Class, 7-8pm, Eugene Ballet Academy, 1590 Willamette St. \$10 drop-in.

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.

Pool Hall continues. See Thursday, March 27.

Pinochle for Seniors continues. See Friday.

SOCIAL DANCE International Folk Dance Lessons, 2:30-4pm, Campbell Senior Center, 155 High St., 682-5318, \$0.25.

Beyond Basics & Advanced Beyond Basics, 7-8pm, The Vet's Club, 1626 Willamette St.

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.

Mindfulness Meditation Class, teaching/practice, 7:30-8:30pm, 477 E. 40th Ave., email eugene-sangha@gmail.com. Don.

TUESDAY

APRIL 1
SUNRISE 6:54AM; SUNSET 7:40PM
AVG. HIGH 59; AVG. LOW 38

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

FOOD/DRINK New Beer Release, 6pm, Oakshire Public House, 207 Madison St., call 654-5520.

GATHERINGS Cascade Toastmasters, drop-ins welcome, 6:45-8:15am, Downtown LLC Campus 108, 101 W. 10th Ave., call 343-3743. FREE.

Church Women United, w/Claire Syrett, 7-8:30am, Brails, 17th & Willamette, call 554-2546.

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

Wreck This Journal Class, ages 12-18, 4-5pm Tuesdays through June 3, Ophelia's Place, 1577 Pearl St. Ste 100. \$10-\$15 sliding scale.

New School Design Public Meeting, 5:30-7pm, Roosevelt Middle School, 680 E. 24th Ave. 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.

That's My Farmer Celebration, meet local farmers, 6-8pm, First United Methodist Church, 13th

& Olive, call 607-0106. \$5-\$15 sliding scale.

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

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

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.

Trivia Night, includes prizes, 7pm, White Horse Saloon, 4360 Main, Spfd. FREE.

Quizzo Pub Trivia w/Dr. Seven Phoenix, 9pm, Starlight Lounge, 830 Olive St. FREE.

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

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

LECTURES/CLASSES The Rajneeshees in Oregon: A Communal Experiment, panel discussion, 10am-3pm, Knight Library Browsing Room, UO Campus. FREE.

LITERARY ARTS Spring Poetry Reading, 7-9pm, Springfield Public Library, call 726-2237. FREE.

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

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

OUTDOORS/RECREATION Obsidians: Goodman Creek, 4 miles. Reg. at obsidians.org.

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.

Basic Adult Zumba, 10-11am, On the Move Fitness, 519 Main, Spfd. Drop-in \$10.

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.

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.

The Tap & Growler Running Group, 6pm, Tap & Growler, 207 E. 5th Ave., call 505-9751. FREE.

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

Basic Adult Zumba, 6-7pm, Reach Center, 2520 Harris St. First class \$5, drop-in \$10.

Zumba Dance Fitness Class, 7-8pm, Eugene Ballet Academy, 1590 Willamette St. \$10 drop-in.

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