

HEALTH Occupy Eugene Medical Clinic, noon-4pm, Park Blocks, 8th & Oak. FREE.

KIDS/FAMILIES Family Fun: Paleolithic Painting, 2:30pm, downtown library, call 682-5450. FREE.

LECTURES/CLASSES Soil Fertility Management: Compost & Compost Tea, 10am-3pm, Aprovecho, 80574 Hazelton Rd., Cottage Grove, email apro@aprovecho.net. Don.

iPad: Next Steps, 2:30pm, downtown library, call 682-5450. FREE.

ON THE AIR "The Sunday Morning Hangover TV Show," 1:30am, Comcast channel 29.

Sentinel Radio broadcast, 7am, KPNW 1120AM.

OUTDOORS/RECREATION Obsidians: North Fork Willamette, 7 miles; Mt. St. Helens, 10 miles; biking at Ankeny National Wildlife Refuge, 33 miles. Reg. at obsidians.org.

Vinyasa Yoga, mixed levels, 9-10:15pm, Everyday People Yoga, 352 W. 12th Ave., see epyogaeugene.com. Don.

Basic Adult Zumba, 11am-noon, Reach Center, 2520 Harris St. \$10 drop-in.

Restorative Yoga, mixed levels, noon-1pm, Everyday People Yoga, 352 W. 12th Ave., see epyogaeugene.com. Don.

CycloFemme Mother's Day Ride, 1:30pm, meet at Owen Rose Garden, 300 N. Jefferson St., or Willamalane Swim Center, 1276 G St., Spfd., call 726-3483. FREE.

Prenatal Yoga w/Simrat, 3-4:30pm, Yoga West Eugene, info at 337-8769. \$8 drop-in, \$7 stu.

Foosball League, free play 4-6pm & 8pm-midnight, league 6-8pm, The Barn Light, 924

Willamette St., info at thebarnlight@gmail.com. FREE.

Drop In Yoga, all levels, 5-6:15pm, Eugene Yoga, 3575 Donald St., see eugeneyoga.us. \$5.

Zumba Dance Fitness Class, 5:30-6:30pm, Eugene Ballet Academy, 1590 Willamette St. \$10 drop-in.

SOCIAL DANCE Music & Dance Workshops w/Taller de Son Jarocho, 3-5pm, WCC, Clark & N. Jackson St. FREE.

Tango Milonga, 3-5pm lessons, \$12; 5-7pm dance, \$5, Reach Center, 2520 Harris St.

Ballroom Dancing, 5pm lesson, 7-9:30pm dancing, Vet's Club, 1626 Willamette St. \$8, \$5 mem & stu.

Cuban Salsa, 5pm lesson, 6pm social dance, Courtsports, 2728 Pheasant Blvd., Spfd., see eugenecasinos.com for info. \$2 sug. don.

La Milonguita, Argentine Tango Social Dance, no partner necessary, 5-7pm, Reach Center, 2520 Harris St. \$5 dance, watch for FREE.

Veselo Folk Dancers, weekly international folk dancing, 7:15-10pm, In Shape Athletic Club, 2681 Willamette St., 683-3376. \$3.

SPIRITUAL Let's Develop Our Abilities to Communicate with MultiDimensional Beings, relate your cosmic interests & experiences, contact lovelightcommunication@live.com for time & location. FREE.

Buddha Path Practice, 10:30am-noon, Celebration Belly Dance & Yoga, 1840 Willamette St. Ste 206, email dzogchenbuddha-foundation@gmail.com. FREE.

Dharma Practice, meditation, readings, discussion & more, 10:30am, 1840 Willamette St. Ste 206. FREE.

Water Blessing Ceremony, bring flowers, water or healing songs to share, 11:50am-12:20pm, EWEB Plaza Fountain. FREE.

Gnostic Mass Celebration, 8pm, Coph Nia Lodge 010, 4065 W. 11th Ave. #43, info at coph-nia-oto.org.

Buddha's Voice Seminar continues. See Saturday.

THEATER *The Other Place* continues. See Thursday, May 8.

Into the Woods continues. See Friday.

MONDAY

MAY 12
SUNRISE 5:50AM; SUNSET 8:29PM
AVG. HIGH 66; AVG. LOW 43

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

GATHERINGS Archaeology Conference on Cultural Heritage Film, 10am-5pm today & tomorrow, UO Baker Downtown Center, 975 High St. FREE.

League of Women Voters Meeting, 10am, 90 Westbrook Way, call 343-7917. FREE.

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

Pine Needle Basket Guild, share ideas & techniques, 1:30-4pm, The Crafty Mercantile, 517 E. Main, Cottage Grove, call 514-0704. FREE.

League of Women Voters Meeting, 2pm, 394 Cherry Dr., call 343-7917. FREE.

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

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

Let your kids play with knives!

Everyone is fascinated with knives. But how can you become a competent adult knife user without first spending time with them as a child? Learn why childhood is actually the best time to learn safe knife use. Follow the 5 Knife-Safety Steps and get your kids outside using knives!

Sponsored by:

Whole Earth Nature School
A local non-profit provider of school-year nature programs and summer nature camps.

Take Risks, Safely: Kids want to do dangerous things. Some more than others, but the draw toward it is real. Get your kids using knives with your supervision to allow them a mentored avenue for their proclivity toward danger. Teach them to feed their need for risk-taking in a responsible way!

Trade a Cut Now for a Lost Finger Later: Kids will get cut using knives, it's going to happen. Would you rather they get a small cut when you are around to bandage their finger (and hurt pride), or banish them from using knives altogether and worry they'll hide using knives until you are not there to support and mentor them? You don't want them playing with knives, but using a tool.

Knives are Powerful Tools: They can cut and shape wood, and can cut and misshape flesh. Their power is a double-edged one, and learning how to walk that line with awareness will help your child realize their own power within themselves. Their confidence will influence the rest of their life as well.

Connect With a Skill That's Over 2 Million Years Old: Yes, humans have been using knives for a looong time! *Help them safely reconnect and they'll think you're the most awesome mom or dad, ever!* **Just teach them the following:**

1. Sharp Knife = Safe Knife | Dull Knife = Dangerous Knife

Most parents seem to think that this can't possibly apply to kids and that their kid will be safer with a dull knife. Please don't do this. A sharp knife will be more efficient to use, it will require less force and if it slips it won't fly out of control.

2. Stay Seated While Carving

This creates a solid and steady foundation, and avoids the easy ability to move around with an open knife. Focus all your attention on what you are doing.

3. Create, and Maintain, Your "Blood Bubble"

A "blood bubble" is defined as anywhere you can reach with the combined length of your arm and your knife blade. Your blood bubble is anywhere that you could accidentally draw blood on someone else. While carving, make sure that there is no one else within your blood bubble! Teach others to respect yours as well.

4. Cut Away From All Body Parts (and stop cutting if you look away)

Note that I didn't say "always cut away from yourself." It is easy to be cutting away from your body but still be cutting toward a finger or even your leg while sitting down. Also, stop cutting if you need to look away, like to talk with someone!

5. Close or Sheathe Knives Not In Use

Whenever you are finished using your knife, even if it is only for a few moments, it needs to be folded closed or put into its sheath. Knives that are left with the blade exposed pose an obvious hazard.

SUMMER CAMPS

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www.eugene-or.gov/reccamps

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FOR MORE INFO:
www.southeugenesoccerclub.org
Or call Libby 541-302-3259

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