



Compassion Center Education Support Services Clinic Retail Store

The Willamette Valley's most trusted medical marijuana clinic

2055 W. 12th Avenue, Eugene OR 97402
(541) 484-6558 www.compassioncenter.net

**Tuesday - Thursday
10:00 - 4:30pm**

EFS 72 HR MUSIC VIDEO COMPETITION

16 NBT Thing finalists
join with EFS for the
72 hour music video festival.....
**SHOOTING STARTS TODAY
CONTINUES THROUGH
THE WEEKEND**

**SCREENING AT
THE BIJOU ARTS CINEMA
492 E 13TH...**

THURSDAY JULY 24TH ...
call for times...



ANIMAL HEALTH ASSOCIATES

Now Offering Acupuncture!

2835 Willamette St.
541-345-1544

www.animalhealthassociates.org

**Sheila Johnson, DVM
Judy Schroeder, DVM**

Local, Independent Veterinary Care since 1947

MEDICAL MARIJUANA CLINIC Are You Tired of Pills?

Do You Suffer From:

- Severe Pain
- Muscle Spasms
- Seizures
- Glaucoma
- Cancer
- AIDS
- Severe Nausea
- Cachexia
- Alzheimer's
- PTSD

We Offer

- Chiropractic Care
- Acupuncture
- Primary Care
- Marijuana Therapy



An Established & Respected Clinic For Over 15 Years • We've Been Here For You!

Southern Oregon Alternative Medicine

Springfield Location 152 Main St.

www.southernoregonalternativemedicine.com

(541) 844-1708

CALENDAR

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

Sponsors Employment Assistance Program Renaming Ceremony, in honor of Ross Shephard, 4pm, Sponsors, 338 Hwy. 99 N. FREE.

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

Pathways to Prosperity Town Hall: Growing Middle Class Jobs, w/Phil Barnhart, Kate Brown & more, 6-7:30pm, Bascom-Tykeson Room, downtown library. FREE.

Inquiry Group for the Work of Byron Katie, an invitation to peace in your life, 6:30pm, call 686-3223 for location. 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.

SASS Monday Night Drop-in Group, for survivors of sexual assault, self-identified women 18+, 7-8:30pm, Sexual Assault Support Services, 591 W. 19th Ave. FREE.

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

Oregon 2014 Welcome Party, join international youth athletes for a fabulous concert by Design, 7-9pm, Island Park, 200 W. B St., Spfd. FREE.

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

Trivia Night, 7pm, Webfoot, 839 E. 13th 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.

Public Hearing on Proposed Climate Recovery Ordinance, 7:30pm, Harris Hall,

Sin Night, bingo, trivia, karaoke & more, 7:30pm, Happy Hours, 645 River Rd. 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.

KIDS/FAMILIES Minecraft Boot Camp, learn how to write computer code, 10:30am-noon today through Thursday, July 24, Springfield Public Library, call 726-2287. FREE.

Tweens & Teens @2, learn how to make your own bubble gum, 2pm, Springfield Public Library, call 726-2287. FREE.

LECTURES/CLASSES Print Your Book, 5:30pm, downtown library, call 682-5450. FREE.

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

OUTDOORS/RECREATION Obsidians: Mount Pisgah Full Moon/Sunset, 3 miles. Reg. at obsidians.org.

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.

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.

Original Method Tai Chi & Qigong in the Park, 6-8pm today & Wednesday, Sladden Park, call 708-1163. \$10.

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

Recreation Swims, entire facility open to all ages, 6:30-8:30pm, Amazon Pool, 2600 Hilyard St. \$5, \$4.50 ages 3-17.

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, July 17.

Pinocle 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.

TUESDAY

JULY 22
SUNRISE 5:50AM; SUNSET 8:47PM
AVG. HIGH 84; AVG. LOW 52

FARMERS MARKETS Lane County Farmers Market, 10am-3pm, 8th & Oak.

FILM Movies in the Garden: *The Big Lebowski*, doors open 7pm, The Village Green, 725 Row River Rd., Cottage Grove. \$2, ages 10 & under FREE.

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

Church Women United Breakfast, 7am, 17th & Willamette, call 554-2546. FREE, breakfast extra.

Lane County Association of PERS Retirees, 10am, Campbell Senior Center, 155 High St. FREE.

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

Wine & Cheese After-Work Chorus, 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, Northwest Community Credit Union, 3660 Gateway St., info at toddk.pe@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.

Co-Dependents Anonymous 12-step Meeting, 7-8pm, Valley Methodist Church, 25133 E. Broadway, Veneta. FREE.

Open Mic Poetry, 7:30pm sign-up, Cush Cafe, 1235 Railroad Blvd., call 393-6822. 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.

Yoga for Kids, ages 3-8, 10:30-11am, Springfield Public Library, call 726-2235. FREE.

Louisiana Fiddlin', try fiddling w/Kelly Thibodeaux, 1pm & 3pm, downtown library. FREE.

Volcano Workshop, ages 5-12, 1pm, Springfield Public Library, call 726-2235. FREE.

Minecraft Boot Camp continues. See Monday.

LECTURES/CLASSES Science Pub: Water Law for the Layperson—Understanding Oregon Water Rights System, w/Michael Mattick, 6pm, Axe & Fiddle, 657 E. Main, Cottage Grove. FREE.

The Truths We Hold: The Poetry & Lessons of the Declaration of Independence, w/Wendy Willis, 6:30pm, Springfield Public Library. FREE.

Vegan Cooking Class: Using a Dehydrator, 6:30-8:30pm, Eugene Adventist Church, 1275 Polk St. FREE.

Northwest Festival Camp Prep, learn how to put together a festival camp, 7pm, REI, 306 Lawrence St., reg. at rei.com/eugene. FREE.

Cloth Diaper Demonstration Class continues. See Saturday.

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

IAAF World Junior Track & Field Championships, international event for junior-aged athletes, times vary, today through Sunday, July 27, Hayward Field, 1580 E. 15th St.

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

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

Zumba w/Shelly, 10:45-11:45am, Celebration Belly Dance & Yoga, 1840 Willamette St. #206. \$8 drop-in.