

**FILM** *Tough Guise 2*, a follow-up to the documentary film about violence, media & notions of masculinity, 7pm, The Boreal, 450 W. 3rd Ave. FREE.

*Defies Measurement* continues. See Tuesday.

**FOOD/DRINK** Wine Wednesday, tasting, 5-7pm, Tap & Growler, 207 E. 5th Ave. FREE.

**GATHERINGS** Nar-Anon Meeting, 12:30pm, Springfield Lutheran Church, 1542 I St., Spfd. FREE.

Peace Vigil, 4:30pm, 7th & Pearl. FREE.

Co-Dependents Anonymous, women-only 12-step meeting, 6-7pm, St. Thomas Episcopal Church, 1465 Coburg Rd. FREE.

Open Session Figure Drawing, 6:30-9pm, Emerald Art Center, 500 Main St., Spfd. \$6.

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

Exhibit Talks continue. See Thursday, Jan. 21.

**HEALTH** "Cravings, Weight Gain & the Blood Sugar Rollercoaster" w/ nutritionist Yaakov Levine, noon-1:30pm & 6-7:30pm, YMCA, 2055 Patterson St., 686-9622. FREE.

**KIDS/FAMILIES** Eugene Waldorf School Tours, 8:30-10:30am, 1350 McLean Blvd., 683-6951 ext. 103. FREE.

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.

Grrrl Jamz w/musicians from Grrrlz Rock! for girls 10-18, 3:30-6pm, Ophelia's Place, 1577 Pearl St., 284-4333. FREE.

Women's Advisory Council for Youth, for girls 12-18, 4-5pm, Ophelia's Place, 1577 Pearl St., 284-4333. FREE.

Children's Ki Aikido, 5:15pm, Oregon Ki Society, 1071 W. 7th Ave. FREE.

Family Board Game Night, 6pm, Castle of Games, 660 Main, Spfd. FREE.

4J School Choice Visit Week continues. See Monday.

**LECTURES/CLASSES** Understanding Disability: Family & Community Stories, 6pm, downtown library. FREE.

Cascade Mycological Society: Dyeing Wool & Silk w/Mushrooms, 7pm, Amazon Community Center, 2700 Hilyard St. FREE.

**LITERARY ARTS** Bi-Focal Book Club, meet other readers, talk about books, 9am, The Barn Light, 924 W. Broadway, 935-1182. FREE.

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

"Truth Television," live call-in local news/politics, 6pm, Comcast 29.

"That Atheist Show, weekly call-in, 7pm, Comcast 29, 790-6617.

**OUTDOORS/RECREATION** Obsidians: Hike Amazon Headwaters/Spencer Butte, 6.2 miles, reg. at obsidians.org. FREE.

Accessible Aquatics, swimming classes for individuals with disabilities, 10am, Amazon Pool, 2600 Hilyard St. \$7.

Community Group Run, 3-5 miles, bring lights for visibility, 6pm, Run Hub Northwest, 515 High St., 344-1239. FREE.

Pinball Knights, double-elimination pinball tournament, 21 and over, 8pm, Blairally, 245 Blair Blvd., 683-1721. \$5 buy in.

Duplicate Bridge continues. See Thursday, Jan. 21.

Pool Hall continues. See Thursday, Jan. 21.

## THURSDAY

JANUARY 28

SUNRISE 7:34AM; SUNSET 5:17PM  
AVG. HIGH 48; AVG. LOW 34

**GATHERINGS** Parkinson's Disease Support Group, 10-11:30am, Trinity Lutheran Church, 675 S. 7th St., Cottage Grove, 345-2988. FREE.

"Honey of a Dinner" w/honey bee expert Carolyn Breece, 5pm, Museum of Natural & Cultural History, UO, 346-1671. FREE.

Gun Violence Forum, 7-9pm, Unitarian Universalist Church, 1685 W. 13th Ave. FREE.

Northeast Neighbors General Membership Meeting, 7-9pm, Gilham Community Church, 3633 Gilham Rd. FREE.

Doc's Pad Drag Queen Bingo continues. See Thursday, Jan. 21.

Downtown Toastmasters continues. See Thursday, Jan. 21.

Eugene Metro Business Networking International continues. See Thursday, Jan. 21.

Exhibit Talks continue. See Thursday, Jan. 21.

Home Grown Community Radio Forming KEPW-FM meeting continues. See Thursday, Jan. 21.

Open Figure Drawing continues. See Thursday, Jan. 21.

**KIDS/FAMILIES** 4J School Choice Visit Week continues. See Monday.

DanceAbility Class for Youth continues. See Thursday, Jan. 21.

Wonderful Ones Storytime continues. See Thursday, Jan. 21.

**LECTURES/CLASSES** Pruning: Fruit Trees, Raspberries & Blackberries, 1-3pm, Nearby Nature, Alton Baker Park. FREE.

"Singing Shakespeare" w/Laura Wayte, 6pm, downtown library. FREE.

UO Visting Artist Lecture Series: Lauren Fensterstock, 6pm, Lawrence Hall room 115, UO. FREE.

DanceAbility Class for Adults continues. See Thursday, Jan. 21.

**LITERARY ARTS** Lunch w/Author Bonnie Henderson, author of *The Next Tsunami*, noon, The Book Nest, 1461 Mohawk Ave., Spfd. FREE.

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

"Arts Journal," current local arts, 9-10pm, Comcast channel 29.

**OUTDOORS/RECREATION** GEARS Bike Club: McKenzie View & Sunderman, 35 miles, medium pace, 9:30am, Alton Baker Park. FREE.

Duplicate Bridge continues. See Thursday, Jan. 21.

Lunchtime Tap & Growler Running Group continues. See Thursday, Jan. 21.

Pool Hall for seniors continues. See Thursday, Jan. 21.

**SOCIAL DANCE** English & Scottish Country Dancing continues. See Thursday, Jan. 21.

Music & Dance Workshops w/ Taller de Son Jarocho continues. See Thursday, Jan. 21.

**SPIRITUAL** Insight Meditation continues. See Thursday, Jan. 21.

Open Heart Meditation continues. See Thursday, Jan. 21.

Zen Meditation continues. See Thursday, Jan. 21.

**THEATER** South Eugene High's *Hamlet* continues. See Thursday, Jan. 21.

*The Last Five Years* continues. See Thursday, Jan. 21.

*No Shame Workshop* continues. See Thursday, Jan. 21.

*To Kill a Mockingbird* continues. See Thursday, Jan. 21.

*Water by the Spoonful* continues. See Thursday, Jan. 21.

**VOLUNTEER** Care for Owen Rose Garden continues. See Thursday, Jan. 21.

Native Plant Nursery Volunteer Work Party continues. See Thursday, Jan. 21.

## CORVALLIS AND SURROUNDING AREAS

**THURSDAY, JAN. 21:** Ballroom Dance Class & Open Dance, all proceeds donated to We Care, 7pm today & Thursday, Jan 28, Odd Fellows Hall, Corvallis. \$7.

Paris Climate Conference Lecture w/Green Party Presidential Candidate Jill Stein, 7pm, Unitarian Universalist Fellowship, Corvallis. FREE.

**FRIDAY, JAN. 22:** MLK Celebration w/writer Leonard Pitts Jr., 7pm, Willamette University, Salem FREE.

**TUESDAY, JAN. 26:** Panel Discussion examining senator Mark Hatfield's work to end the Vietnam War, slow the nuclear arms race & promote human rights, 5-7pm, Rogers Music Center, Willamete University, Salem. FREE.

**THURSDAY, JAN. 28:** Film Screening: *Legacy of Fire: The Story of the Tillamook Burn*, 7pm, Whiteside Theater, Corvallis. FREE.

**ATTENTION OPPORTUNITIES** Actors Cabaret holds auditions for actors male & female 16 and older, 1pm Sunday, Jan. 24, for *Saturday Night Fever*. More info at actorscabaret.org.

ARC of Lane County is looking for volunteers to help paint their new youth center, Jan. 24-Jan. 31. Call 743-6289 for more information.

The Boys & Girls Club of Emerald Valley seeks volunteers. Call 354-9939.

CASA is looking for volunteer Court Appointed Special Advocates who can make a two-year commitment to the program. Call 868-3083 for more information.

Lane Blood Center is trying to drum up blood donations. For hours or more info, see laneblood.org.

The Maude Kerns Art Center is accepting applications from artists interested in exhibiting their work during the the 2017-18 season. The application deadline is April 15, 2016. Call 345-1571 for more information.

Meals on Wheels needs volunteer drivers. Call 682-4368 for information.

Siuslas National Forest asks for public input on a proposed 30,800-acre resotration project in Indian Creek. Learn more about the project 6pm, Thursday, Jan. 21, at the Mapleton Grange, 10868 E. Mapleton Rd.

Sponsors Inc. is looking for volunteers to mentor men & women transitioning out of state & federal prison. Call 735-6400.

Springfield Arts Commission has issued a call to local artists interested in displaying their work in the Springfield City Hall Gallery. More information at springfieldartscommission.org.

# WE COME BEARING HEALTH

At Kaiser Permanente, we believe in healthy communities. Congratulations to the 85 schools in Lane County that received more than \$150,000 in grants, services, and scholarships from programs in partnership with Kaiser Permanente, including:

- Kaiser Permanente Health Care Career Scholarship Program
- Kaiser Permanente Educational Theatre Program through Oregon Children's Theatre
- Fire Up Your Feet through the Safe Routes to School National Partnership

Visit [kp.org/communitybenefit/nw](http://kp.org/communitybenefit/nw) for more information.

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