

FOOD/DRINK Wine & Music, 4-10pm, Noble Estate Urban, 560 Commercial St. FREE.

Wine Tasting, 6-9pm, Sweet Cheeks Winery, 27007 Briggs Hill Rd. FREE.

GATHERINGS Yawn Patrol Toastmasters, 6-7:45am, LCC Downtown Center, 110 W. 10th Ave. FREE.

Free First Friday at the Museum of Natural & Cultural History, 11am-5pm, MNCH, UO campus. FREE.

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

Food Not Bombs, vegan meal, 2-4pm, 8th & Oak. FREE.

Open Hack, 6-9pm today & Tuesday, Eugene Maker Space, 687 McKinley St. FREE.

Refuge Recovery Meeting, 7-8:30pm, Buddha Eye Temple, 2190 Garfield St. FREE.

KIDS/FAMILIES Rose Children's Theatre: *Willy Wonka Jr.*, 7pm today, 2pm & 7pm Saturday & Sunday, Wildish Theater, 630 Main St., Spfd. \$8-\$12.

LECTURES/CLASSES Panel discussion: "Crossing Borders: What it Means in the Life of a Child" w/Reyna Grande, 1pm, Knight Library, UO. FREE.

"From Iguala to El Otro Lado: A Young Girl's Journey to the American Dream" w/writer Reyna Grande, 6pm, downtown library. FREE.

"How I Accidentally Became a Record Producer" w/Guy Sigsworth, 7:30pm, Frohnmayer Building, UO. FREE.

LITERARY ARTS "Fearless Journeys on the Edge: A Literary Conversation w/Ariel Gore & Chris Schofield," 3:30pm, Knight Library, UO. FREE.

Live-Lit West! 7pm, Tsunami Books, 2585 Willamette St. FREE.

ON THE AIR "The Sunday Morning Hangover TV Show," 11pm, Comcast channel 29.

Marc Time's Record Attic, 11:30pm, Comcast channel 29.

OUTDOORS/RECREATION Obsidians: Hike Goodman Creek/ Ash Swale Shelter, 12 miles, see obsidians.org.

Walk 'n' Talkers, weekly self-led neighborhood walking group, 9-11am, meet at Campbell

Community Center, 155 High St. FREE.

Bridge Group for Seniors, 12:30-3:30pm, Campbell Community Center, 155 High St. \$0.25.

Final Table Poker, 6pm & 9pm, Steve's Bar & Grill, 117 14th St., Spfd. FREE.

Magic the Gathering, standard deck casual play, 6pm, Castle of Games, 660 Main, Spfd. \$1.

Magic the Gathering, 6pm, Delight, 811 E. Main St., Cottage Grove, info at delightcg@gmail.com. FREE.

Bike Month continues. See Thursday, May 5.

Pool Hall continues. See Thursday, May 5.

SOCIAL DANCE Folk Dancing for Seniors, request & lessons, 2-3:30pm today, Willamalane Adult Activity Center, 215 W. C St.; 2:30-4pm Monday, Campbell Community Center, 155 High St., info at 603-0998. \$1.50.

Advanced dance class w/Taller de Son Jarocho, 4:30-6pm, Whiteaker Community Center, N. Jackson & Clark St. FREE.

Oregon Ballroom Dance Club, 7:30pm lesson, 8:30-10:30pm open dance, Living Learning Center South, 1403 E. 15th Ave. FREE.

Salsa Dancing w/Jose Cruz, 8:30pm, Vet's Club Ballroom, 1626 Willamette St. \$7.

Church of '80s, 9pm, Blairally, 245 Blair Blvd. \$3.

SPIRITUAL Dances of Universal Peace, 7:30pm, Friends Meeting House, 2274 Onyx St. \$5 don.

THEATER *I Love You, You're Perfect, Now Change*, 7:30pm today & tomorrow, 2pm Sunday, Actors Cabaret, 996 Willamette St. \$16-\$27.

No Shame Eugene, 15 fine-min-ute original acts, 7:30pm, Atrium Building, 99 W. 10th Ave. FREE.

University Theatre: *Stage Kiss*, 8pm today & tomorrow, Robinson Theatre, UO. \$14-\$16.

Blackberry Winter continues. See Thursday, May 5.

Little Shop of Horrors continues. See Thursday, May 5.

The Three Musketeers continues. See Thursday, May 5.

SATURDAY

MAY 7
SUNRISE 5:56AM; SUNSET 8:24PM
AVG. HIGH 65; AVG. LOW 41

ARTS "Above the Fray: Traditional Hilltribe Art's Fine Silks & Tribal Art Show" continues. See Friday.

BENEFITS Mohawk Valley Metric Century: A Pedal for People for OSLP's Art & Culture Program, family friendly cycling event. More information at mohawk-valley100k.org.

Support Dance Rhododendron Fundraiser, 9am-6pm, Ballet North West Academy, 380 W. 3rd Ave. \$5-\$7.

Eugene Rotary Color Run & Romp for The Eugene Education Foundation for Arts & Music, 10am registration, 11am run, Camp Harlow, 3850 County Farm Rd. FREE to watch.

International Herb Day Celebration for Occupy Medical, 10am-4pm, Lovelight Herb Farm, 25987 Jeans Rd., Veneta. FREE.

Wild Birds Unlimited fundraiser for McKenzie River Trust, 10am-6pm, 2510 Willamette St. Don.

Dodging for a Cure, dodgeball tournament for Relay for Life, 10:30am-3pm, Willamalane Center, 250 S. 32nd St., Spfd. More information at playground-sports.com.

Vineyards & Violins auction for Willamalane Adult Activity Center, 5-8pm, 215 W. C St., Spfd. \$20-\$25.

Make-It a Pint Night for MECCA, 6-9pm, Sam Bond's Brewing, 540 E. 8th Ave. FREE.

DANCE Ballet Fantastique: *Scarlet Flower: Beauty & the Beast Retold* continues. See Friday.

FARMERS MARKETS Hideaway Bakery Farmers Market, 9am-2pm, Hideaway Bakery, 3377 E. Amazon.

Lane County Farmers Market, 9am-3pm today, 10am-3pm Tuesday, Park Blocks, 8th & Oak. FREE.

Eugene Saturday Market, locally made carft items, 10am-5pm, across the street from the Park Blocks at 8th & Oak. FREE.

Veneta Downtown Farmer's Market, 10am-2pm, downtown Vaneta. 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 knives as a child? Learn why childhood is actually the best time to learn safe knife use. Follow the Five Knife Safety Steps and get your kids outside using knives!

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 only wait until you are not around to support and mentor them? You don't really 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 new confidence will influence other areas 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:**

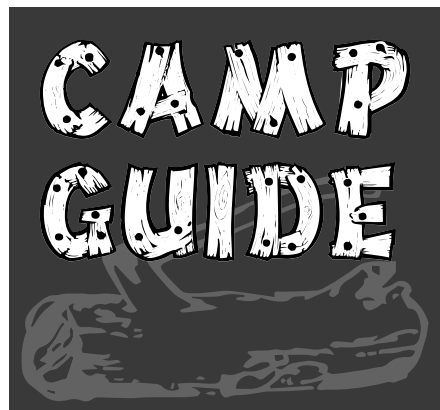
1. Sharp Knife = Safe Knife | Dull Knife = Dangerous Knife
Most parents seem to think that this can't possibly apply to kids and that their kid will be safer with a dull knife. Please don't do this. A sharp knife will be more efficient to use, it will require less force, and if it slips it won't fly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

2. Stay Seated While Carving
This creates a solid and steady foundation, and avoids the easy temptation 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 we didn't say "always cut away from yourself." It is easy to be cutting away from your torso but still be cutting toward a finger or even your leg while sitting down. Also, stop cutting if you need to look away, like when talking with someone.

5. Close or Sheathe Knives Not In Use
Knives that are left with the blade exposed pose an obvious hazard. 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.





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