

If you're looking to avoid that holiday bloat, check out the **free vegan cooking class** hosted by the Seventh Day Adventist church. The healthy holiday-themed class will teach you how to make the vegan versions of green bean casserole, pumpkin pie and meatless meatloaf. The church is hosting a series of healthy vegan cooking classes. For more information about their ongoing series, visit [eugeneadventistchurch.org](http://eugeneadventistchurch.org).

Free Vegan Cooking Class: Healthy Holidays runs 6:30-8:30 pm Monday, Nov. 21, at the Eugene Seventh Day Adventist Church, 1275 Polk St., 541-228-0667; FREE.



malane Adult Activity Center, 215 W. C St., Spfd., 344-7591.

Bailonga: Argentine Tango Milonga, lessons & open dance, 8-11pm, Vet's Club, 1626 Willamette St. \$4.

Coalescence Dance continues. See Sunday.

**SPIRITUAL** Tarot Readings, Find out what the universe has in store for you, call 324-3855 for appointment. Don.

**TEENS** Healing Empowerment Group for teen girls 14-18, 3:30-5pm, Ophelia's Place, 1577 Pearl St., Ste. 100. FREE.

## WEDNESDAY

**NOVEMBER 23**  
SUNRISE 7:19AM; SUNSET 4:39PM  
AVG. HIGH 50; AVG. LOW 37

**ARTS** Art Bar, bring art to work on, 7-9pm, Shadowfox, 76 W. Broadway. FREE.

**BENEFIT** Oakshire Inspires for Womenspace, 11am-10pm, Oak-

shire Public House, 207 Madison St., FREE.

**FARMERS MARKETS** The Corner Market, fresh local produce, noon-6pm, 295 River Rd., 513-4527.

Coast Fork Farm Stand continues. See Saturday.

**FILM** Dick Tracy, 1pm, Willamalane Adult Activities Center, 215 W. C, Spfd. FREE.

**FOOD/DRINKS** 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.

Women's Advisory Council for Youth, for girls 12-18, 4-5pm, Ophelia's Place, Ophelia's Place, 1577 Pearl St., #100. 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.

"Out of the Fog," meeting of Marijuana Anonymous, 7:30pm, St. Mary's Episcopal Church, 1300 Pearl St. FREE.

Exhibit Talks continue. See Thursday, Nov. 17.

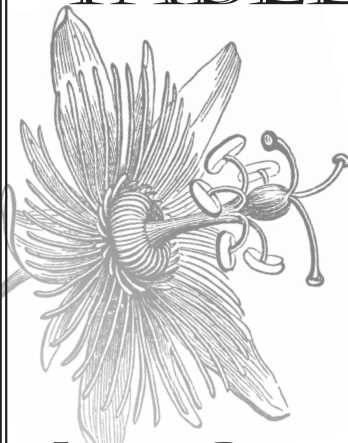
**HEALTH** Cognitive Emotional Wellness Acupuncture, 10am-1pm, Trauma Healing Project, 2222 Coburg Rd., 678-9447. \$10.

Acupuncture Healing Circle w/ Karen, 1:30p-4pm, Trauma Healing Project, 2222 Coburg Rd., 678-9447. \$10.

**HOLIDAY** Santa Photos at Valley River continue. See Thursday, Nov. 17.

**KIDS/FAMILIES** Lapsit Storytime, ages 3 & under w/adult, 10am, Springfield Library, 225 5th St., Spfd. FREE.

## EVERYTHING FOR THE Festive TABLE



Linens • Runners  
Napkins • Candles  
Cookbooks  
Barware • Flowers  
Hostess gifts

*Passionflower*

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[passionflowerdesign.com](http://passionflowerdesign.com)



## 11th Annual GRRRLZ ROCK Music & Arts Festival

ALL NOVEMBER

### UPCOMING EVENTS:

**NOVEMBER 18**  
**SAM BOND'S** **6PM**

S.O.N.G., Naomi Ariel, Which Way, McKayla Webb, Bajuna Tea, Boomchick, The Shrike, Mustache Face Painting By Elizabeth Lutz

**NOVEMBER 19**  
**AXE & FIDDLE** **5PM**

TRUE, Jaydee, Karlynn Kline, Alicia Humphries, Temple Under The Stars, Aimee Marx, Satori Bob, The Jackal Mother, Mustache Face Painting By Elizabeth Lutz

**NOVEMBER 20**  
**HOP VALLEY LUNCH JAMZ** **2PM**

Naomi Ariel, Virginia Ree & Bartley G., Bajuna Tea

**NOVEMBER 21**  
**MUSEART @WHIRLED PIES DOWNTOWN** **6PM**

Red Pajamas

**NOVEMBER 23**  
**GRRRL JAMZ @ OPHELIA'S** **3PM**

Leigh Anne Jashaway - Stand Up Fun

**NOVEMBER 25**  
**RED BARN NATURAL GROCERY** **6PM**

**LAST FRIDAY ARTWALK**  
Alicia Humphries, Katie Sontag

**NOVEMBER 27**  
**HOP VALLEY LUNCH JAMZ** **2PM**

Emily Cummins, Emily Sangder, Katie Sontag

**NOVEMBER 28**  
**MUSEART @WHIRLED PIES DOWNTOWN** **6PM**

Osprey

**NOVEMBER 30**  
**GRRRL JAMZ @ OPHELIA'S** **3PM**

Katie Sontag - Songwriting Support

**DECEMBER 1**  
**PEGASUS PIZZA - CAMPUS** **6PM**

**AUCTION & PASSPORT WINNERS PARTY**  
Auction & Passport Winners pick up prizes and eat pizza!

## Our Sponsors Rock!

- ★ OSKAR BLUES BREWERY ★
- ★ PEGASUS PIZZA ★
- ★ PETERSEN BARN COMMUNITY CENTER ★
- ★ PROARTS PRODUCTION ★
- ★ PUGET SOUND YOUTH FOR MUSIC ASSOC. ★
- ★ RED BARN NATURAL GROCERY ★
- ★ RED LOTUS NATURAL MEDICINE ★
- ★ SEAN'S MUSIC STUDY ★
- ★ SELCO COMMUNITY CREDIT UNION ★
- ★ SHOTOLA & HALE, CPA'S ★
- ★ SWEET SKINS ★
- ★ TSUNAMI BOOKS ★
- ★ VITAL ORGANICS NORTHWEST ★
- ★ WHIRLED PIES DOWNTOWN ★

Get Event Details Online @  
[www.GRRRLZROCK.com](http://www.GRRRLZROCK.com)

**Are you a single father in Lane County?**

If so, find out how you can receive up to **\$150** by participating in our research study. For details visit <http://bit.ly/ftcscreen>

\*Research study funded by the National Institute of Child Health and Human Development, grant #2R44HD075499.

**MOSS CROSSING**  
*The friendliest joint in town.*

*Green Friday*  
*November 25<sup>th</sup>*  
*extended hours*

*First 25 customers receive penny preroll w/ purchase*

*\$25 Gift Bags (\$40 value) 9am-12pm*

*BOGO Grams 9am-12pm, 4:20pm-6:20pm*

*4g 1/8ths 12pm-Close*  
*\*some restrictions apply\**

*5% of all sales will be donated to Food for Lane County*

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Mon-Sat 10a-10p, Sun 12p-7p

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DO NOT OPERATE A VEHICLE OR MACHINERY UNDER THE INFLUENCE OF MARIJUANA. FOR USE BY ADULTS 21 YEARS OF AGE AND OLDER. KEEP OUT OF REACH OF CHILDREN.