

Community Centered Martial Arts, 3pm, Mangan City Park. FREE.

Lane County Home & Garden Show continues. See Thursday, March 9.

HEALTH Occupy Eugene Medical Clinic, noon-4pm, 509 E. 13th Ave. FREE.

How to Be a Healthy Vegan w/ Kevin Cosmo, 1-2:30pm, Natural Grocers, 201 Coburg Rd. FREE.

Conscious Nutrition Series, 1:30-3pm, Everyday People Yoga, 352 W. 12th Ave. \$10-\$15.

KIDS/FAMILIES Family Fun, 1pm, downtown library. FREE.

Children's Meditation Class, 7-7:45pm, Eugene Zendo, 2190 Garfield St. FREE.

LECTURES/CLASSES Women's Self Defense Class, 11am-12:15pm, The Art of War, 251B W. 7th Ave. FREE.

"The Truth Is at My Front Door: Spiritual Direction on Aging Beautifully," 2pm, Eugene Friends Meeting House, 2274 Onyx St. FREE.

Talks at the MNCH continues. See Thursday, March 9.

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

"The Sunday Morning Hangover Radio Program" w/Marc Time, 10am, KWWA 88.1FM & kwradio.org.

Son of Saturday Gold, True stuff for true believers, 11am-1pm, KRVM.

OUTDOORS/RECREATION TrackTown Fitness, trainings to prepare for Eugene Marathon, 8-9am, Hayward Field. FREE.

GEARs Bike Club: Franklin Firehous, 9am, Alton Baker Park. FREE.

Church of Pinball, tournament, minors welcome, 3pm, Blairally, 245 Blair Blvd., 683-1721, \$5.

Final Table Poker, 3pm & 6pm, Steve's Bar & Grill, 117 14th St., Spfd. FREE.

Cards Against Humanity w/Rick, 7pm, First National Taphouse, 51 W. Broadway. FREE.

Duplicate Bridge continues. See Thursday, March 9.

SOCIAL DANCE Music & Dance Workshop w/Taller de Son Jarocho, 3-5pm, Whiteaker Community Center, N. Jackson & Clark St. FREE.

Argentinian Tango, lesson 3-4pm, dance 5-7pm, 485-6647. \$5-\$12.

USA Dance ballroom dancing, intermediate East Coast Swing lesson 5pm, beginner lesson 6pm, open dancing 7-9:30pm, Vet's Club, 1626 Willamette St. \$7-\$10.

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

SPIRITUAL Self Realization Fellowship 9-9:50am meditation; 10-11am service, 1610 Olive St. FREE.

Special Devotional: Detachment & Sacrifice, 10am, Eugene Bahai Center, 1458 Alder St. FREE.

The Journey of Soul: How to Survive Spiritually in Our Times, your path to God w/the song of HU, 11am, Eckankar Center, 2833-C Willamette St. FREE.

Drumming the Soul Awake, 6:30pm, Initarian Church, 1685 W. 13th. Ave., 232-1038. Don.

Hare Krishna Celebration, 6:30-10pm, The Boreal, 450 W. 3rd Ave., 543-3667. FREE, Don.

Zen Meditation Group, 5:30-7pm, Blue Cliff Zen Center, 439 W. 2nd Ave. FREE.

Gnostic Mass Celebration, 8pm, Coph Nia Lodge OT0, 4065 W. 11th Ave. #43, cophnia-oto.org. FREE.

THEATER *The Fruit Stand & On the Street Where We Used to Live* continues. See Thursday, March 9.

Roving Park Players: *The Comedy of Errors* continues. See Thursday, March 9.

VOLUNTEER Feed the Hungry w/Burrito Brigade, 11am, First Christian Church, 1166 Oak St. FREE.

MONDAY

MARCH 13
SUNRISE 6:27AM; SUNSET 7:16PM
AVG. HIGH 56; AVG. LOW 37

GATHERINGS Lunch Bunch Toastmasters, noon, 341-1690. FREE.

Drop-In Support Group for girls, 4-5pm, Ophelia's Place, 1577 Pearl St., #100. FREE.

Women in Black, silent peace vigil, 5-5:30pm, Pearl & 7th. FREE.

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

Atheist, Agnostics & Free Thinker AA, 12-Step Meeting, 6:30-7:30pm, 2520 Harris St., 255-8444. FREE.

Cascadia Forest Defenders Meeting, 5:30-7pm, Growers Market, 454 Willamette St. FREE.

Men's Mentoring Circle, 6:30-8:30pm, McKenzie River Men's Center, 1465 Coburg Rd. \$10 sug. don.

Marijuana Anonymous, 12-step meeting, 7-8pm, St. Mary's Church, 166 E. 13th Ave. FREE.

Depression & Bipolar Support Alliance, 7-8:30pm, First United Methodist Church, 1376 Olive St. FREE.

Nar-Anon Meeting, 7pm, St. Thomas Episcopal Church, 1465 Coburg Rd. & Cottage Grove Community Center, 700 E. Gibbs Ave., Cottage Grove. FREE.

Psychoanalysis in Eugene, clinical & literary discussion group, 7-9pm, 355 W. 8th Ave., RSVP to michaelhejazi@gmail.com. FREE.

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

Women! Come sing w/Sweet Adeline harmonizing group, 7pm, United Methodist Church, 1385 Oakway Rd. FREE.

Polyamory & Non-monogamy Relationship Discussion & Support Group, 7:15pm, contact eugenepolygroup@gmail.com for location. don.

Eugene Cannabis TV Recording Session, 5:30pm, CTV-29 Studios, 2455 Willakenzie Rd., contact dankbagman@hotmail.com. FREE.

Refuge Recovery Meeting continues. See Friday.

Rush Hour Resistance continues. See Thursday, March 9.

HEALTH How Your Body Works (or Doesn't): Supplements w/Yaakov Levin, 1-2:30pm, Natural Grocers, 201 Coburg Rd. FREE.

Tai chi for Balance or Yoga Therapy sessions continues. See Friday.

KIDS/FAMILIES STEAM storytime, 3:30pm, downtown library. FREE.

Children's Intro to Ki-aikido, 4:15pm today & Wednesday, Oregon Ki Society, 1071 W. 7th Ave. FREE.

Pajama Story Time, 6:30pm, Eugene Public Library. FREE.

Family Swims at warm saltwater Tamarack Pool continues. See Saturday.

LECTURES/CLASSES Lower Back Pain Workshop, 11:30am-12:30pm, YMCA, 2055 Patterson St. FREE.

"Autism: Genetics, Environment or Both?" w/James Lyons-Weiler, 3-6pm, UO McKenzie Hall rm. 125. \$10-\$12.

Intro to Ki, 4:15pm today & Wednesday, Oregon Ki Society, 1071 W. 7th Ave. FREE.

DanceAbility Class, creative movement for youth & adults; all abilities & disabilities, 5:15-6:15pm, CG Body Studio, 28 S. 6th St. #B, Cottage Grove, 357-4982. don.

LITERARY ARTS Workshop: "Ways of Seeing: Exploring Image, Detail & Place," 5:30pm, Springfield Public Library, 225 5th St., Spfd. FREE, register at 726-3677.

ON THE AIR Music Gumbo w/ Andy Goldfinger, 7pm, KOFC 92.5 FM.

"The Point" continues. See Thursday, March 9.

OUTDOORS/RECREATION Eug/Spfd Mossbacks Volkssport Club: Springfield to Clearwater Trail clean-up walk, 9am car-pools leave from Willamalane Adult Activity Center, 215 W. C St., Spfd., mossbacks.org. FREE.

Qigong, 4:30pm, Willamalane Adult Activity Center, 215 W. C St., Spfd. FREE intro.

The Monday Night Running Group, 5:30pm, Eugene Running Company, 116 Oakway Ctr. FREE.

Filipino Martial Arts for Fitness, 5pm, Bob Keefer Center, 250 S. 32nd St., Spfd. FREE intro.

Board Game Night, hosted by Funagain Games, 7pm, The Barn Light, 924 Willamette St., info at thebarnlightbar.com. FREE.

Twisted Trivia, 7pm, Webfoot, 839 E. 13th Ave. FREE.

Quizzo Pub Trivia w/Dr. Seven Phoenix, 9pm, Cornucopia Bar & Burgers, 295 W. 5th Ave. FREE.

Adult introduction to ki-aikido continues. See Thursday, March 9.

Duplicate Bridge continues. See Thursday, March 9.

Pool Hall continues. See Thursday, March 9.

SOCIAL DANCE Gypsy Square Dance, 7:45-9pm, Willamalane Adult Activity Center, 215 W. C St., Spfd. FREE intro.

SPIRITUAL Inspirational Sounds Gospel Choir Rehearsal, 6:30-8:30pm, Northwood Christian Church, 2425 Harvest Ln. FREE.

TEENS Intro to Hip-hop, 4-5pm, Ophelia's Place, 1577 Pearl St., 284-4333x113 to register. sug. don. \$25-\$50 for term.

Graphic Novels & You, 5-6pm, Ophelia's Place, 1577 Pearl St., pre-register at info@ophelias-place.net. \$10-\$25 sug. don. for term.

VOLUNTEER Friends of Buford Park & Mt. Pisgah Habitat Restoration Projects, 9am-noon, locations vary, volunteer@bufordpark.org. FREE.

TUESDAY

MARCH 14
SUNRISE 7:25AM; SUNSET 7:17PM
AVG. HIGH 56; AVG. LOW 37

GATHERINGS Cascade Toastmasters, drop-ins welcome,



Nobel Peace Prize winner Óscar Arias Sánchez

"took measures to deal with Costa Rica's heavy foreign debt and other economic problems, but his main interest was in trying to restore peace and political stability to the war-torn countries of Central America," according to the PeaceJam Foundation. Arias was elected president of Costa Rica in 1986 and again in 2006, and his early efforts in office earned him Nobel laureate status in 1987. PeaceJam itself has been nominated for the Peace Prize nine times. The international organization's mission statement is "creating young leaders committed to positive change in themselves, their communities and the world through the inspiration of Nobel Peace Laureates who pass on the spirit, skills and wisdom they embody." PeaceJam says that Arias "will be giving a public lecture discussing his historic peace plan to invest in real human security" on Friday. Arias will also be the guest at PeaceJam Northwest's annual Youth Leadership Conference on March 11 and 12. The conference is open to teens ages 14-19, and will include talks by Arias, service projects, workshops in leadership, civic engagement, peacebuilding and more. More info on the conference is at peacejam.org/northwest.

Óscar Arias Sánchez speaks at 7 pm Friday, March 10, in 156 Straub Hall on the University of Oregon campus. Get tickets at the UO ticket counter in the EMU or at events.uoregon.edu. FREE.

— Camilla Mortensen

ANNUAL CARGO SALE

Discounts on many of your favorite lines including **Tianello, Color Me Cotton, Citron, Moonlight, Chalet and Habitat;** **\$25 and under rack** (hooray!) and lots of **sale jewelry.** Come early for best selection!

Bring in this ad for an additional 20% off one total purchase.*

Wednesday, March 8th thru Sunday, March 12th

Sale starts at 10 am Wed., March 8th

Folkways
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*Can be used for one total purchase of in-stock merchandise (sale and non-sale). Cannot include special orders, layaway pick-ups, gift certificates, consignment merchandise or be applied retroactively for refunds on prior purchases. One coupon only per transaction. Expires March 31, 2017.

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