

WHAT'S HAPPENING

THURSDAY MARCH 23

SUNRISE 7:09AM; SUNSET 7:28PM
AVG. HIGH 57; AVG. LOW 37

BENEFITS Benefit dinner for Community Supported Shelters, 5:30-8pm, First United Methodist Church, 1376 Olive St., communitysupportedshelters.org. \$30.

Viva Violas! benefit concert, Youth & Professional All-Viola Ensembles, 7pm, Central Lutheran Church, 1857 Potter St. \$5-\$10.

GATHERINGS Refuge Recovery meeting, 7:30-8:30am today & Thursday, March 30, Cascade Center for Spiritual Living, 741 Main St., Spfd. FREE.

Legislative Committee, 10:30am-noon, BCC Conference rm., PSB, 125 E. 8th Ave. FREE.

Downtown Public Speakers Toastmasters Club, drop-ins welcome, noon-1:05pm today & Thursday, March 30, Les Lyle Conference rm., 4th floor Wells Fargo Bldg., 99 E. Broadway Ave., 485-1182. FREE.

NAMI Connection Support Group for people w/mental health issues, 1-2:30pm today & Thursday, March 30, 2411 Martin Luther King Jr. Blvd. FREE.

Rush Hour Resistance, Progressive Coalition Rally, 5-6pm Monday through Friday, old Federal Building, 211 E. 7th. FREE.

Eugene Mini Maker Faire Launch Party, meet local makers, 5:30-8pm, Broadway Commerce Center lobby, 44 W. Broadway. FREE.

Emerald Photographic Society Club Meeting, 6:45pm today &

Thursday March 30, Northwood Christian Church, 2425 Harvest Ln., Spfd. FREE.

Home Grown Community Radio Forming KEPW-FM, 7pm, today & Thursday, March 30, Growers Market, 454 Willamette St., 343-8548. FREE.

Whole Earth Nature School volunteer info night, 7-8:30pm, 150 Shelton McMurphey Blvd., second floor. FREE.

HEALTH Stress & Anxiety Relief Group Acupuncture, 10-11:30am today & Thursday, March 30, Trauma Healing Project, 2222 Coburg Rd., 687-9447. \$10.

Chinese Acupuncture Healing Circle, by appt. only, 1:30-3:20pm today & Thursday, March 30, Trauma Healing Project, 2222 Coburg Rd., Ste. 300, 687-9447. \$15.

Mindfulness Group, 4-5pm, NAMI Resource Center, 2411 Martin Luther King Blvd., 520-3096. FREE.

LECTURES/CLASSES New to Medicare? 1:30-3:30pm, register in advance, Willamalane Adult Activity Center, 215 W. C St., Spfd. FREE.

Essential Oils for Springs Cleaning, 2-3:30pm, Everyday People Yoga, 352 W. 12th Ave. \$5-\$8.

Talks at the MNCH, 2pm today through Sunday, Tuesday through Thursday, March 30, Museum of Natural & Cultural History, 1680 E. 15th Ave., natural-history.uoregon.edu. FREE w/price of museum admission.

DanceAbility Class, creative movement for youth 4pm, adults 5pm, today & Thursday, March 30, all abilities & disabilities, Hilyard Community Center, 2580 Hilyard St., 357-4982. don.

Dr. Dane Donahue, author of *Fat, Fed Up, Fatigued*, 6:30-8pm, 252 Lawrence St. FREE.

KIDS/FAMILIES Wonderful Ones Storytime, 1-year-olds w/ caregivers, 10:15am & 11am today & Thursday, March 30, downtown library, 682-8316. FREE.

Preschool Fun w/arts & science: dinosaurs, 10:30am, Spfd. Public Library, 225 Fifth St., Spfd. FREE.

Babies & Toddlers Storytime, 11am, up to age 12, 4pm, Mother Goose Resale 1075 Chambers, 343-1300. FREE.

Spring Creek Elementary School kindergarten orientation, 6-7pm, 560 Irvington Dr., 4j.lane.edu/ kindergarten 790-4870. FREE.

ON THE AIR "The Point," current local issues, arts, stories, 9-9:30am, today, tomorrow & Monday through Thursday, March 30, KPOV 88.9FM.

"Arts Journal," current local arts, 9-10pm today & Thursday, March 30. Comcast channel 29.

Thursday Night Jazz w/David Gizara, 10pm today & Thursday, March 23, KLCC 89.7FM.

OUTDOORS/RECREATION Pool Hall for seniors, 8:30am-4:30pm today, tomorrow & Monday through Thursday, March 30, Campbell Community Center, 155 High St. \$0.25.

GEARs Bicycle Club: Mckenzie View & Sunderman, 9am, Alton Baker Park, eugenegears.org/wp-content/uploads/March-2017.pdf. FREE.

Lunchtime Running Group, 3-4 miles, 12:15-12:45pm today & Thursday, March 30, Tap & Growler, 207 E. 5th Ave. FREE.

Duplicate Bridge, 1pm today, Sunday, Tuesday & Thursday, March 30; 9:30am Monday; 6:30pm Wednesday, Emerald Bridge Club, 1782 Centennial Blvd., Spfd. \$8.

Cribbage Tournament, 5:30-7:30pm today & Thursday, March 30, Max's Tavern, 550 E. 13th Ave. \$2.

Board Game Night, 6-11pm today, Tuesday & Thursday, March 30, Funagain Games, 1280 Willamette St. FREE.

Femme-identifying & Women's Bike Maintenance, 6-8pm, UO Bike Program, UO Erb Memorial Union. \$10.

Adult introduction to ki-aikido, 7pm Today, Monday & Thursday, March 30, OKS 1071 W. 7th. FREE.

Quizzo Pub Trivia w/Dr. Seven Phoenix, 9pm, Level Up, 1290 Oak St. FREE.

WDYK Trivia w/Rick, 9pm today & Thursday, March 30, Side Bar, 1680 Coburg Rd. FREE.

SOCIAL DANCE English & Scottish Country Dancing, 7pm today & Thursday, March 30, Vet's Club, 1620 Willamette St. \$7, first time FREE.

Music & Dance Workshops w/ Taller de Son Jarocho, 7-9pm today & Thursday, March 30, American Legion Hall, 344 8th St., Spfd. FREE.

Fall Dance Sampler Series, Tango, 7:30pm, In Shape Athletic Club, 2681 Willamette St. \$10.

SPIRITUAL Zen Meditation Group, 7-8am today & Thursday, March 30, Blue Cliff Zen Center, 439 W. 2nd Ave. FREE.

Insight Meditation, 6:30-8pm today & Thursday, March 30,

Eugene Yoga Annex, 3575 Donald St. Don.

Intro to Zen Practice, 7-8:45pm, Zen West, 981 Fillmore St., zenwesteugene@gmail.com. FREE.

TEENS Japanese Manga & Cartoon Drawing Club! 4-5pm, Ophelia's Place, 1577 Pearl St. Ste. 100. sug. don. \$10-\$25 for the term.

THEATER *A Spoonful of Sugar*, 7pm today & tomorrow, Hult Center. \$13-\$15-50.

Oregon Contemporary Theatre: *Northwest 10: Number 9*, 7:30pm, 194 W. Broadway. \$17.

No Shame Workshop: Short-form theatre & improv! 7:30pm, Atrium Building, 99 W. 10th Ave. FREE.

VOLUNTEER Friends of Buford Park & Mt. Pisgah Native Plant Volunteer Work Party, 9am-noon today, Tuesday & Thursday, March 30, Native Plant Nursery, Buford Park, volunteer@bufordpark.com, 344-8350. FREE.

Care for Owen Rose Garden, bring gloves & small hand-weeding tools, instruction provided, noon-3pm, end of N. Jefferson St., 682-5025. FREE.

FRIDAY

MARCH 24
SUNRISE 7:07AM; SUNSET 7:30PM
AVG. HIGH 57; AVG. LOW 37

BENEFITS Friends w/a Heart, artists show benefiting Community Veterinary Center, 5-8pm today, noon-8pm tomorrow, Veteran's Memorial Bldg, 1626 Willamette St. FREE.

FILM "We the People 2.0" screening, a documentary about the Community Rights Movement, 7-9pm, Healing Matrix, 632 E. Main St., Cottage Grove. FREE.

FOOD/DRINKS 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.

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

Food Not Bombs, 1pm cooking, Campbell Club, 3pm serving, Kesey Square. FREE.

Tiny House Event, 4-8pm, 521 Market St. FREE.

Artist's Reception for Adam Rubin, 5-7pm, WOW Hall. FREE.

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

Rush Hour Resistance continues. See Thursday, March 23.

HEALTH Tai chi for Balance or Yoga Therapy sessions: 30 min each, 3pm today & Friday, Sacred Heart medical center lobby, 3333 Riverbend Dr., Spfd. Don.

KIDS/FAMILIES Family Storytime, 10:15am, Sheldon branch library, 1566 Coburg Rd. & Bethel branch library, 1990 Echo Hollow Rd. FREE.

Baby Storytime, 10:15am & 11:15am, downtown library. FREE.

LECTURES/CLASSES Best Free Apps, 9:30-11:30am, Willamalane Adult Activity Center, 215 W. C St., Spfd. \$12-\$14.

Alton Brown: Eat Your Science, 8pm, Hult Center. \$40-\$68.

Talks at the MNCH continues. See Thursday, March 23.

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

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

"The Point" continues. See Thursday, March 23.

OUTDOORS/RECREATION 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.



In the 70s, psychotherapist Arthur Janov argued the only way through childhood trauma is to relive it — to make it real again while expelling it from the central nervous system through unrestrained screaming, hysteria and violence. This idea, known as Primal Therapy, or Primal Scream Therapy, seems to apply to Bay Area band **Deafheaven**, stopping by Eugene in support of 2015's *New Bermuda*. Metal's jackhammer to the frontal lobe sits alongside the more melancholy, meditative beauty of bands like The Cure, or other bands that commonly fall under the loose rock genre known as shoegaze. Deafheaven is interested in pain as a means of release, forcing an audience to reexamine their own expectation of music itself. Vocalist George Clarke has a dragon-like scream, never carrying melody but instead bubbling like lava. And overall Deafheaven is informed but never restricted by a single style's diktat, whether that style is metal, post rock or something else entirely, something that must be pulled up from deep within our own set of experiences.

Deafheaven plays with **This Will Destroy You** and **Emma Ruth Rundle** at 8 pm Monday, March 27, at WOW Hall; \$16 advance, \$18 door, All-ages. — *Will Kennedy*