

While reflecting on the importance of the Earth and the environment on Saturday, take some time to get your creative juices flowing, too. **Unleash Yourself** is a day of creative workshops at Petersen Barn Community Center. The all-day event includes 12 workshops on varying topics. The day begins with "Rise & Shine Workshops" including "Diversity of Dance," "Bo Yoga" and "Spiral collage" and only gets more diverse as the day goes on, from a bike maintenance session with Clayton Williams of Patchwork Repair to "Authentic Expression" with Sara Eden — a workshop focused on "connecting to and expressing our authenticity." Plaedo Wellman, one of Unleash Yourself's organizers, tells EW in an email, "Classes are conducted in a hands-on, friendly and encouraging way in a safe and supportive environment." And all of the workshops are centered on growth, expression and self-care, he says. The workshops are split up into groups of three throughout the day, separated by "community building activities" to bring everyone involved together, as well as by a mid-day lunch break with local vegetarian food made by Toña Aguilar, for \$5 a plate, and live music by Mariah Moon. Although the event is designed for teenagers and adults, childcare will be available for families attending.

Unleash Yourself: A Day of Workshops is 10 am to 6 pm Saturday, April 22, at Petersen Barn Community Center, 870 Berntzen Road. Registration is \$5 online at getrec.org or by calling 541-682-5521. If you need childcare during the event, call 541-682-6380. — *Meerah Powell*



Know Your Rights: Fair Housing Training, 6:15-7:30pm, downtown library, Bascom/Tykeson rms. FREE.

Co-Dependents Anonymous, men only 12-step meeting, 6:30-8pm, First Christian Church, 1166 Oak St. FREE.

Gateway Toastmasters, drop-ins welcome, 6:30-7:45pm, LCC downtown, rm. 218, info at toddk.pe@gmail.com. FREE.

Adult Children of Alcoholics Meeting, 7-8:15pm, Trinity United Methodist Church, 440 Maxwell Rd. FREE.

Nar-Anon Meeting, beginners 6pm, back to basics 7pm, Wesley United Methodist Church, 1385 Oakway Rd. FREE.

Lane County Audubon's program meeting w/William Sullivan, 7:30pm, Eugene Garden Club, 1645 High St. FREE.

HEALTH Friends & Family Discussion Group, 10:30am-noon, Trauma Healing Project, 2222 Coburg Rd., Ste. 300. \$5.

Nia-Healing Through Movement class, noon-1pm, Trauma Healing Project, 2222 Coburg Rd., 541-687-9447. don.

Reiki Tummo sessions, 5:30-7pm, Heartwise, 1840 Willamette St., 541-683-8317 for appt. FREE.

KIDS/FAMILIES Baby & Me Storytime, 10am, Spfd. library, 225 5th St., Spfd. FREE.

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

Pajama Storytime, 6:30pm, downtown library. FREE.

LECTURES/CLASSES Brewing w/Brandt: The Fine Craft of Beer, Mead & Cider, 7-8pm, Fern Ridge Library, 88026 Territorial, Veneta. FREE.

Talks at the MNCH continues. See Thursday, April 20.

LITERARY ARTS Timothy Zahn, Star Wars "Thrawn" author, 7pm, Barnes & Noble, 1163 Valley River Dr. FREE.

ON THE AIR Anarchy Radio w/John Zerzan, 7pm, KWWA 88.1FM.

"The Point" continues. See Thursday, April 20.

Taste of the World w/Wagoma continues. See Saturday.

OUTDOORS/RECREATION GEARs Bicycle Club: Beginner Ride, 10am, Alton Baker Park, eugenegears.org. FREE.

OUTDOORS/RECREATION

Qigong, 4:30-5:30pm today & Wednesday, Willamalane Adult Activity Center, 215 W. C St., Spfd. FREE drop in.

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

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

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

Trivia at The Pub w/Elliott Martinez, 7-9pm, Oakshire, 207 Madison St. FREE.

Trivia w/Ty Connor, 7pm, Beergarden, 777 W. 6th Ave. 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 intro to ki-aikido continues. See Thursday, April 20.

Duplicate Bridge continues. See Thursday, April 20.

Pool Hall continues. See Thursday, April 20.

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 Drop-in support groups for girls & non-binary youth, middle school group 4-5pm,

high school group 5-6pm, Ophelia's Place, 1577 Pearl St #100. FREE.

Intro to Hip hop w/Xcape Dance Academy, 4-5pm, Ophelia's Place, 1577 Pearl St. #100. \$25-\$50 sug. don. for term.

The science that surrounds us, join UO women in Graduate scientists for a scientific workshop, 4-5pm, Ophelia's Place, 1577 Pearl St. Ste. 100. \$25-\$50 sug. don. for term.

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

TUESDAY

APRIL 25
SUNRISE 6:12AM; SUNSET 8:08PM
AVG. HIGH 63; AVG. LOW 40

ART/CRAFT Coloring Party for Adults, 2pm, Bethel branch library & Sheldon branch library. FREE.

COMEDY Amusedays w/Chaz Logan Hyde, comedy/open mic, 10pm, Luckey's Bar, 933 Olive St. FREE.

FILM Banff Mountain Film Festival, 7pm today & tomorrow, McDonald Theatre, 1010 Willamette St. \$11-\$15.

GATHERINGS Cascade Toastmasters, drop-ins welcome, 7-8:15am, Lane Transit District, 3500 E. 17th Ave., 541-682-6182. FREE.

Eugene Men Against Rape Culture, open to all, task force meeting, 4:30pm, Grower's Market, 454 Willamette St. FREE.

Biodiversity of Western Oregon Native Bees w/Coast Fork Science Pub, 5-7pm, Axe & Fiddle, 657 E. Main St., Cottage Grove. FREE.

Debtor's Anonymous, 5:30-6:30pm, Central Presbyterian Church, 555 E. 15th St., 541-968-1981. FREE.

NAMI On-Campus Mental Health Support Group, 6pm, Peterson Building rm. 105, UO, 541-343-8677. FREE.

OG Analytical & Oregon's Constant Gardener present Cannabis Science Pub, 6pm, Whirled Pies Downtown, 199 W. 8th Ave. FREE.

TAKE BACK THE NIGHT
RECUPERAR LA NOCHE
APRIL 27TH, 2017

Rally: 6-7pm
EMU Amphitheater
1228 University St.
March: 7-8pm
Speak Out: 8-9:30pm
Atrium Building
99 W 10th Ave.

Sponsored by: The Women's Center, Sexual Assault Support Services, UO Feminist Women, Triangle Graphics, Lane Community College Women's Program, Safe Ride, National Organization for Women, and UO Mujeres.
A Wheelchair Accessible Event with ASL Interpretation and Transportation Available to & from Speak Out.

First Alternative
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2 Corvallis locations:
2855 NW Grant Ave.
1007 SE Third St.

Open daily 7am-10pm
www.firstalt.coop

Saraha UPCOMING SPECIAL EVENTS
Nyingma Buddhist Institute

Sat. 4-22 : 1:30 - 3:30 pm : Jenny Noland
"Natural Healing - Thyroid Health" Workshop
Understanding and Supporting Thyroid Health

Starting Wed. 4-26 : Tulku Thadral Rinpoche
Philosophy & Practice : Buddhist Teaching
Two weeks of nightly teachings on meditation practice & the tantric prayer "The Aspiration of Samantabhadra"

Sat. 4-29 : 1- 4 pm : Open House Event
for Saraha Children's School, Grades K - 8
visit, or call school at (541)359-3585 to schedule private tour

Sat. 5-13 : 1:30 - 3:30 pm : David Leung
"A Life of Tai Chi : Stories from the Heart"
Martial Arts Master David Leung on Tai Chi's Peaceful Art

@ Saraha Nyingma Buddhist Institute
477 E. 40th Ave., Eugene, OR 97405

saraha.org info@saraha.org (541)359-3588 Saraha Nyingma