

Mountain Rose Herbs is hosting the **Free Herbalism Project** this Sunday. The event started in 2013 and has continued biannually since. "The Free Herbalism Project is an interactive community event with botanically inspired lectures from experts in the field, live music, vendors and plenty of free herbal tea," says event organizer Mason Hutchison in an email to EW. "Our goal is to create an experience for folks who want to delve further into the world of herbalism, wild foods and natural living." Some speakers include Kathleen Maier, director of Sacred Plant Traditions in Charlottesville, Virginia, and a practicing herbalist for over 25 years, and Rosalee de la Forêt, the Education Director at LearningHerbs in Washington.

The Free Herbalism Project takes place from noon to 5 pm Sunday, Oct. 15, at the Mt. Pisgah Arboretum. The event is FREE. — *Meerah Powell*

Broadway style song, bring CD or mp3 for accompaniment, 1pm, Actors Cabaret, 996 Willamette St. FREE.

Mijita Fridita, bilingual play based on Frida Kahlo, 4pm, Oregon Contemporary Theatre, 194 W. Broadway. \$5-\$10.

45 Seconds from Broadway continues. See Friday.

Beautiful, The Carole King Musical continues. See Thursday, Oct. 12.

Jekyll & Hyde continues. See Thursday, Oct. 12.

Middletown continues. See Thursday, Oct. 12.

Schoolhouse Rock Live! Jr. continues. See Thursday, Oct. 12.

VOLUNTEER Lane County Rotary Clubs sponsoring a day of volunteering in several non-profits in the area, 9am, facebook.com/groups/celebratwithserviceeugene for location & signup. FREE.

Volunteer Work Party, planet seeds, learn, 9am-noon, Willow Creek Preserve, south of W. 18th Ave., RSVP nature.org/oregonworkparties. FREE.

Feed the Hungry w/Burrito Brigade, 10am, Bethesda Lutheran Church, 4445 Royal Ave. FREE.

Friends of Buford Park & Mt. Pisgah Native Plant Volunteer Work Party continues. See Thursday, Oct. 12.

SUNDAY

OCTOBER 15
SUNRISE 7:27AM; SUNSET 6:27PM
AVG. HIGH 65; AVG. LOW 40

FARMERS MARKETS Fairmount Neighborhood Farmers Market, 10am-2pm, 19th & Agate across from Prince Pucklers. FREE.

Dexter Lake Farmers' & Artists' Market, live music, noon-4pm, Rolling Rock Park, 18 W. Main St., Lowell. DexterLakeFarmersMarket.org. FREE.

FOOD/DRINKS Sunday Bunday, brunch w/GF, DF, soy free Bao & drinks, 10am-4pm, Maven Art Boutique, 271 W. 8th Ave. FREE, food & drink prices vary.

Mimosa Sunday, noon-6pm, Sweet Cheeks Winery, 27007 Briggs Hill Rd. FREE.

GATHERINGS Food Not Bombs, 2-4pm, Park Blocks, 8th & Oak St. FREE.

Rogue Farm Corps Farm Olympics & Barn Party, benefit for Rogue Farm Corps nonprofit, competitions 2-5pm, barn party 5-10pm, Organic Redneck Farm, 44382 McKenzie Hwy. \$5-\$10.

Community Centered Martial Arts, 3pm, Mangan City Park, 4075 Aerial Wy. FREE.

Oakleigh Meadow Cohousing, informational meeting, meet current members, view fly-over of neighborhood, review floor plans, etc., 5-6:30pm, RSVP at 541-514-1176 for directions. FREE.

Prayers for World Peace, 6:30-7:30pm, Ami de Paris Salon, 280 W. Broadway. don. or FREE.

Giant Indoor Sale continues. See Saturday.

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

Conscious Nutrition Series, 1:30-3pm, Everyday People Yoga, 352 W. 12th Ave. \$10-\$15. POP Pilates w/Lila continues. See Thursday, Oct. 12.

KIDS/FAMILIES Family Fun, 2pm, downtown library. FREE.

LECTURES/CLASSES Yoga on the Patio, pre-brunch yoga, includes 1 mimosa, beer or soda, 10:30-11:30am, Oregon Wine LAB, 488 Lincoln St. \$15.

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

Free Herbalism Project, herbalism workshops, live music, food, noon-5pm, Mt. Pisgah Arboretum, 34901 Frank Parrish Rd. FREE.

Radical Mycology: A Treatise on Seeing & Working w/Fungi, 3pm, downtown library. FREE.

Talks at the MNCH continues. See Thursday, Oct. 12.

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

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

Son of Saturday Gold, True stuff for true believers, "Elvis's Record Collection," 11am-1pm, KRVM.

OUTDOORS/RECREATION

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

GEARs Bicycle Club: Coburg Bottom Loop to Herman Rd., 9am, Alton Baker Park, eugenegears.org. FREE.

Play Petanque! Easy to learn/fun to play, free lessons, 1pm today & Wednesday, University Park, University & 24th Ave. FREE.

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

The Broadway Revue Burlesque Show!, 10pm, Luckey's Club, 933 Olive St. \$5.

Blazing Paddles continues. See Thursday, Oct. 12.

Duplicate Bridge continues. See Thursday, Oct. 12.

SOCIAL DANCE Coalescence: Community Estatic Dance, 10am-noon, WOW Hall. \$8-\$12.

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

Argentinian Tango, lesson 3-4pm, dance 5-7pm, 541-485-6647. \$5-\$12.

Veselo Folk Dancers, international folk dancing, 7:15-10pm, In Shape Athletic Club, 2681 Willamette St., 541-683-3376. \$3.

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

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

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

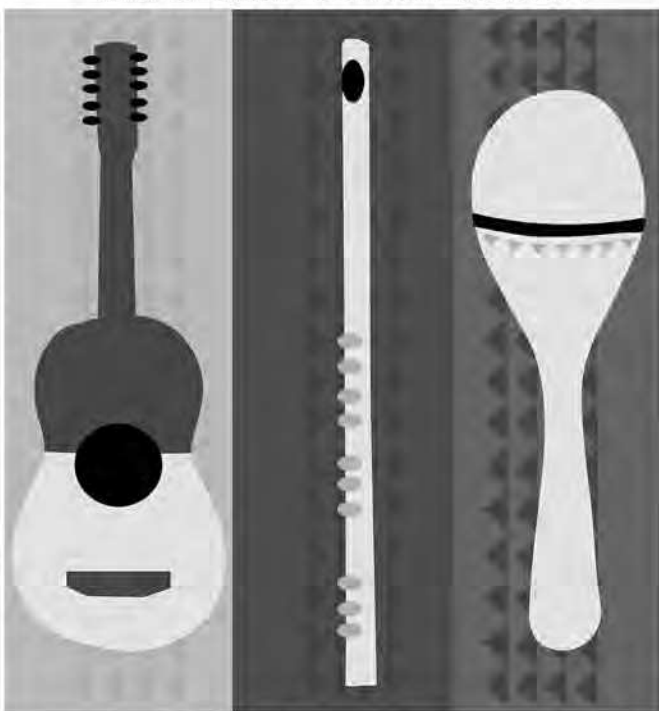
THEATER *45 Seconds from Broadway* continues. See Friday.

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World Music Series Presents

A workshop on Monday at 11 AM-Noon in Rm 190.



Trio Mochima

Sunday, October 15th at 7:30pm

Beall Concert Hall: 959-961 East 18th Avenue

Tickets are available at the door or in advance from the UO Ticket Office: 541-346-4363.

\$12 general admission, \$8 students and seniors

Trio Mochima is dedicated to the spread of joropo, merengue, parranda and all other Venezuelan musical styles.



SPONSORED BY The School of Music and Dance, the Oregon Humanities Center, Folklore Program, and CLLAS (Latin American Studies)

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