



Love running and want to use it for peace? Love peace so much that you'd run? Either way, the **Eugene Peace Run** is your activity. The event started six years ago when His Holiness Dalai Lama spoke at Matthew Knight Arena. He spoke about the importance of cultivating compassion as we go on our quest for peace and happiness. He also asked that people in the community work to make beneficial impacts in environmental stewardship, commit to interfaith dialog and bring in a more compassionate world. To honor the Dalai Lama's words, the Palmo Center for Peace and Education has sponsored a Eugene Peace Run so people can be outdoors to celebrate peace, wellness and the community. Community peace organizations will have informational tables to help you get involved in following the Dalai Lama's advice while you relish a runner's high. The run is located at Alton Baker Park with two distances are available: 10k or 5k.

Run, walk, roll in wheelchairs or sit in silence for peace in the Eugene Peace Run at 9 am, Sunday, May 6. \$20 entry fee for adults, \$10 for youth and FREE for youth under 12 years old with an adult registration. — *Henry Houston*

GATHERINGS Overeaters Anonymous, 8-9am, First Christian Church, 1166 Oak St., oaeugene.org. FREE or don.

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

Discussion group in Spanish - Hablar es Sanar grupo de apoyo, 2:30-4pm, Trauma Healing Project, 2222 Coburg Rd., ste. 300. \$5.

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.

NAMI Veteran & Family Connection Pizza Night, 6pm, Boy Scouts of America Oregon Trail Council Building, 2525 MLK Blvd. FREE.

Death Cafe, small group gatherings to talk about death, 7-8:30pm, Lane County Behavioral Health Services, 2411 Martin Luther King Jr. Blvd. FREE.

Singing Heart Community Singing, 7-8:30pm, Unitarian Universalist Church of Eugene, 1685 W. 13th Ave. \$10.

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

White Bird Now Free Walk-in Counseling & Referral continues. See Thursday, May 3

HEALTH Pet Grief Support Group, 11:30am-12:30pm, Companions Care LLC, call if first time, 541-255-7116. \$5-\$20.

Pet "Pre-Grief" Coping Support Group, 1-2pm, Companions Care LLC, call if first time, 541-255-7116. \$5-\$20.

Keto Diet 101, 2-3pm, Natural Grocers, 201 Coburg Rd. FREE.

Dive deep into happiness, 4-5pm, Natural Grocers, 201 Coburg Rd. FREE.

Full Body Group Acupuncture w/Karen, by appt. only, Trauma Healing Project, 2222 Coburg Rd., ste. 300. \$10.

Health Qigong continues. See Monday.

Latin Cardio Fusion continues. See Monday.

Tai Chi: Moving for Better Balance continues. See Monday.

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

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

SPL After School Club: Random Acts of Kindness, 3:45pm, Spfd Public Library, 225 5th St., Spfd. FREE.

Family STEAM, enjoy hands-on fun & learning together w/ science, technology, etc., 4pm, Sheldon Library, 1566 Coburg Rd. FREE.

Legos, 4pm, Eugene Public Library. FREE.

Babies-Toddlers Storytime continues. See Thursday, May 3

Children's Intro to Ki-aikido continues. See Monday.

LECTURES/CLASSES Quack Chats Pub Talk "Mountains, earthquakes, & landslides: Using Lasers to Peer Behind Cascadia's Green Veil," 6-7pm, Ax Billy Grill, 999 Willamette St. FREE.

Buddhist Teaching: "The 37 Practices of a Bodhisattva" by Tulku Sangye Tenzin Rinpoche continues. See Friday.

Erotic Elixirs: herbal aphrodisiacs for the sexually inclined, 6-8pm, As You Like It: The Pleasure Shop, 1655 W. 11th Ave. #1. \$20.

Climate Change & Indigenous Peoples Lecture, 6:30pm, Many Nations Longhouse, UO. FREE.

Dance Fitness continues. See Monday.

Intro to Ki continues. See Monday.

Talks at the MNCH continues. See Thursday, May 3

LITERARY ARTS Hello Happiness: A Public Talk w/ Tulku Jigme

Rinpoche, Tsunami Books, 2585 Willamette St. \$10-\$15 don.

ON THE AIR "Truth Television," live call-in local news/politics, 6pm, Comcast 29.

"That Atheist Show," weekly call-in, 7pm, Comcast 29, 541-790-6617.

"The Point" continues. See Thursday, May 3

OUTDOORS/RECREATION Track-Town Fitness, 8-9am, Hayward Field, 1580 E. 15th Ave. FREE.

Mom & Baby Stroller Run, 9:30am, Run Hub Northwest, 515 High St., 541-344-1239. FREE.

Community Group Run, 3-6 miles, 6pm, Run Hub Northwest, 515 High St., 541-344-1239. FREE.

Trivia w/Elliot Martinez, 7-9pm, 16 Tons Cafe, 2864 Willamette St. FREE.

WDYK Trivia w/Nick, 7pm, Buggy's Bar & Grill, 559 N. Pacific Hwy., Junction City, 541-998-5185. FREE.

Humanity w/Kevin, 8pm, First National Taphouse, 51 W. Broadway. FREE.

Pinball Knights, 3-strikes pinball tournament, 21 & over, 8pm, Blairally, 245 Blair Blvd., 541-683-1721. \$5 buy in.

Trivia w/Ty Connor, 8pm, Starlight Lounge, 830 Olive St. FREE.

WDYK Trivia w/Alan, 9pm, The Wild Duck, 1419 Villard St., 541-485-3825. FREE.

WDYK Trivia w/Stephanie, 9pm, Prime Time Sports Bar, 1360 Mohawk Blvd., Spfd, 541-746-0549. FREE.

Blazing Paddles continues. See Thursday, May 3

Duplicate Bridge continues. See Thursday, May 3

Play Petanque! continues. See Sunday.

Pool Hall continues. See Thursday, May 3

Qigong continues. See Monday.

SOCIAL DANCE Ballroom Dancing, ages 18+, 7pm, Willa-

Empty Bowls & Brews

a benefit for FOOD for Lane County

Friday May 4, 2018

5:30pm to 8pm

NEW LOCATION

**Sam Bond's
Brewing**

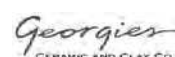
540 E 8th Ave. Eugene



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Northwest
COMMUNITY CREDIT UNION

100% of proceeds benefit hunger relief. Each bowl purchased includes a coupon for a free bowl of soup at a participating local restaurant. More info: (541) 343-2822 or foodforlanecounty.org



FRIENDS OF KRVM PRESENT:

Funky Downtown PROM NIGHT!

Live Music From:

**Soul
Vibrator**

**Candy
Apple
Bleu**

In The Lounge: KRVM DJs

**Saturday
May 12**



**Ages 21+
Adv \$18/Doors \$22
Doors 7/Show 8**

tickets outlets: hifimusic hall.com, Hi-Fi Music Hall, EMU, CD World

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