

Shrek the Musical, 2:30pm, Cottage Theatre, 700 Village Dr., Cottage Grove. \$15-25.

VOLUNTEER Interfaith Sunday breakfast, needs volunteers! all/no faiths, everyone welcome, serving over 400 people every Sunday, 6:30-10:30am, First Christian Church, 1236 Oak St., volunteers please contact Susan at 541-343-4397 or breakfast@heartofeugene.org. FREE

Feed the Hungry w/ Burrito Brigade, 11am, First Christian Church, 1236 Oak St. FREE

MONDAY
OCTOBER 29
SUNRISE 7:45AM; SUNSET 6:06PM
AVG. HIGH 59; AVG. LOW 39

ART/RAFT Muse Art Mondays, 6-8pm, Whirled Pies, 199 W. 8th Ave. FREE

Craft Night, 7pm, Cush Cafe, 1305 Railroad Blvd. FREE

COMEDY Craft Night, 7pm, Cush Cafe, 1235 Railroad Blvd. FREE

FARMERS MARKETS Fill Your Pantry 2018 continues. See Friday.

FOOD/DRINK Drink & Draw, 9pm, prizes, drawing & \$3 Ninkasi pints, 5th Street Cornucopia, 207 E. 5th Ave. FREE

GATHERINGS Lunch Bunch Toastmasters, noon, LCC downtown ctr., 101 W. 10th Ave., 541-687-7678. FREE

Oregon Club Coaches' Meeting, noon-1pm, Hilton Eugene, 66 E. 6th Ave. FREE

Spfd. Lions Club Meeting, noon-1pm, Roaring Rapids Pizza Company, 4006 Franklin Blvd. FREE

Study Club, girls ages 10-18, 4-5pm, Ophelia's Place, 1577 Pearl St., ste. 100. FREE

Talk Time: Conversational English, 4pm, Eugene Downtown Library, 100 W. 10th Ave. FREE

Eugene Cannabis TV Recording Session, 4:30pm, CTV-29 Studios, 2455 Willakenzie Rd., contact dankbagman@hotmail.com. FREE

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

Co-Dependents Anonymus, 12-step meeting, 6-7pm, Well-springs Friends School, 3590 W. 18th Ave. FREE

Meditation Class, 6-7:30pm, Mahasiddha Buddhist Center, 777 High St. \$5-10.

Keep It Simple Spfd Al-Anon Family Group, 6:30-7:30, Spfd Lutheran Church, 1542 I St., Spfd. FREE

Lane County NAMI Connections Group, 6:30pm, Nami Resource Ctr., 2411 Martin Luther King Blvd. 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, 236 E. 13th Ave. FREE

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

NAMI Lane County's Friends and Family Support Group, 7-8:30pm, Healing Matrix, 632 Main St., Cottage Grove. FREE

Now recruiting low-voiced women! Come sing w/Sweet Adeline harmonizing group, 7pm, Eugene Faith Ctr., 1410 W. 13th Ave. FREE

SASS Monday Night Drop-in Group, for survivors of sexual assault, self-identified women

18+, 7-8:30pm, 591 W. 19th Ave. FREE

Pinball League Meeting, 8-9:30pm, Level Up Arcade, 1290 Oak St. \$5.

Bingo! 9pm, Sam Bond's Garage, 407 Blair Blvd. FREE

Virtual Reality ft. Rick & Morty VR, 9pm-midnight, The Drake, 77 W. Broadway. FREE

HEALTH Tai Chi: Moving for Better Balance, ages 18+, 5:30 & 6:30pm today & Wednesday, Willamalane Adult Activity Ctr., 350 W. C St., Spfd. \$7-\$9.

Latin Cardio Fusion, ages 14+, jazzy dance workout, 5:30pm today & Wednesday, Bob Keefer Ctr., 250 S. 32nd St., Spfd. \$7-\$9.

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

White Bird Now Free Walk-in Counseling & Referral continues. See Thursday, Oct. 25.

KIDS/FAMILIES Preschool STEAM, 10:15am, Eugene Library Bethel Branch. FREE

Valley West Care Ctr. Trunk & Treat, 4-8:30pm, Valley West Care Ctr., 2300 Warren St. FREE

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

Quarantine Haunted Maze continues. See Friday.

LECTURES/CLASSES Dance Fitness, ages 14+, dance yourself fit to pop, jazz & more, 5:30-6:30pm today & Wednesday, Bob Keefer Ctr., 215 W. C St., Spfd. \$9.

DanceAbility Class, creative movement for youth & adults; all abilities & disabilities, 5:15-6:15pm, CG Body Studio, 28 S. 6th St. #B, Cottage Grove, 541-357-4982. don.

Monday Evening Meditation, 6-7:30pm, 777 High St., 2nd floor, Buddha on the door. \$5-10.

Taylor Lockwood, mushroom photographer, 7-9pm, Hilyard Community Ctr., 2580 Hilyard St. FREE

ON THE AIR Music Gumbo w/ Andy Goldfinger continues. See Friday.

"The Point" continues. See Thursday, Oct. 25.

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

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

The Monday Night Running Group, 5:30pm, Eugene Running Company, 123 Oakway Ctr. FREE

Trivia at The Pub w/Elliot Martinez, 6-8pm, Oakshire, 207 Madison St. FREE

Trivia Night, 6-8pm, Gateway Grill, 3198 Gateway St., Spfd. FREE

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

Mario Kart Tournament, 9pm-2:30am, The Drake Bar, 77 W. Broadway. FREE

Bingo, 9pm, Sam Bonds Garage, 407 Blair St. FREE

FREE Adult intro to ki-aikido continues. See Thursday, Oct. 25.

Blazing Paddles continues. See Thursday, Oct. 25.

Duplicate Bridge continues. See Thursday, Oct. 25.

Pool Hall continues. See Thursday, Oct. 25.

SOCIAL DANCE Folk Dancing for Seniors, 2:30-4pm, Campbell Community Ctr., 155 High St., info at 541-603-0998. \$.25-\$.1.

Dance Empowered w/Cynthia Valentine, 5:30-6:30pm, today & Wednesday, WOW Hall. \$10.

SPIRITUAL Refuge Recovery, 6-8:30pm, Buddha Eye Temple, 2190 Garfield St. FREE

Inspirational Sounds Gospel Choir Rehearsal, 7pm, Northwood Christian Church, 2425 Harvest Ln. FREE

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

TUESDAY
OCTOBER 30
SUNRISE 7:46AM; SUNSET 6:04PM
AVG. HIGH 58; AVG. LOW 39

ARTS/CRAFTS Drink & Draw!, 6pm, Old Nick's Pub, 211 Washington St. FREE

Dia de los Muertos Exhibit continues. See Thursday, Oct. 25.

Max Nixon's Legacy: Metalwork continues. See Thursday, Oct. 25.

Sue Allen Wild & Tame – Screen Prints and Book Arts continues. See Thursday, Oct. 25.

COMEDY Amusedays with Chaz Logan Hyde, 10pm, Luckey's Club, 933 Olive St. \$1.

FARMERS MARKET Tuesday Farmers Market, 10am-3pm, 8th Ave. & Oak St. FREE

Fill Your Pantry 2018 continues. See Thursday, Oct. 25.

FOOD/DRINKS Tuesday Night Pub Run, 6-9pm, Tap & Growler, 207 E. 5th Ave. FREE

Drink & Draw, 9pm, 5th Street Cornucopia, 207 E. 5th Ave FREE

GATHERINGS Overeaters Anonymous, 7-8am, First Christian Church, 1166 Oak St. (541-686-6622 24 hrs. in advance for building code). FREE

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

Singing Heart Community Singing, 10:30am-noon, McNail-Riley House, 601 W. 13th Ave. \$10.

Resist Trump Tuesday, noon, Federal Courthouse, 405 E. 8th Ave. FREE

Solidarity Share Fair: A Really Free Market, 3-6:30pm, First United Methodist Church, 1376 Olive St. FREE

eBooks & More: Drop In, 4:30-5:30pm, Eugene Downtown Library, 100 W. 10th Ave. FREE

Rush Hour Resistance, progressive protest every Tuesday, 5-6pm, Federal Courthouse, 405 E. 8th Ave. FREE

Debtor's Anonymous, 5:30-6:30pm, Central Presbyterian Church, 555 E. 15th St., 541-357-1390. FREE

NaNoWriMo: Plot Your Novel, 5:30pm, Eugene Downtown Library, 100 W. 10th Ave. FREE

Community Philosophy Circle: What's Luck Got To Do With It?, 6pm, Eugene Downtown Library, 100 W. 10th Ave. FREE

NAMI Lane County's Campus Connection Group, 6-7:30pm, Hedco Building, Rm. 144, University of Oregon. FREE

Meditation Tuesday, 6pm, Open Sky Shambhala, 783 Grant St. FREE

Meditation class, 6-7:30pm, Mahasiddha Kadampa Buddhist Ctr., 777 High St. \$10.

SPONSORED CONTENT

Croptober Crash Course

RIVER VALLEY REMEDIES ASKS WENDY MINTEY OF CANNAFLO FARMS TO SHARE TIPS AND TRICKS OF OUTDOOR CANNABIS HARVESTING.

What are some indicators that plants are ready to be harvested?

You can always look to your plants for positive feedback on whether or not they’re ready. Are the pistils turning brown and collapsing? Are the trichomes beginning to go from foggy to amber? Ideally, about a quarter of all trichomes will have a golden hue to them at harvest for optimal cannabinoid and terpene content. However, never hesitate to harvest as the weather permits in the valley. Slightly premature cannabis is always preferred to moldy cannabis so keep an eye open for botrytis!

What are some tips for preparation?

Write out a plan! Planning for harvest should begin as soon as you source your plants, knowing roughly their maturation date. If you’re unsure of this, that’s ok too! Knowing which plants are coming down first, where they’re being staged to dry and how exactly you plan to execute that is essential to a smooth harvest season. When harvesting anything, failing to plan is planning to fail!

What are your favorite tools for harvesting?

Billhook machete, loppers and freshly sharpened secateurs! Along with lots of totes or a wheelbarrow for easy transport between the garden and your staged drying area.

Do you have any tips for making the harvest more efficient?

Have a plan in place! This alone will maximize efficiency ten-fold. Beyond that, cut your branches to utilize the angle they create with the stem for easy hanging. Personally, I’m a big fan of the preliminary wet-trim. As your branches come down, strip them of their fan, or water, leaves prior to hanging. This will aid in airflow during their cure and make for a more efficient trim later down the line.

How long should plants dry and cure?

I like the pork loin method best: low and slow baby! Maintain good airflow, keep your humidity in the 50s and your temps hovering around 69 degrees. Branches should spend about a week on the dry rack for the flavor profile to fully develop with a smooth smoke. Buds should just be able to be audibly ‘snapped’ off the branch when it’s time to be bagged. Once contained, don’t forget to ‘burp’ as the remaining moisture works its way out in due time to avoid molding.

An excellent resource for outdoor growing here in the Willamette Valley is “Sungrown, A Grower’s Guide to Cannabis” written, edited and produced right here in Eugene, OR. Available at a fine retailer near you!

Cannaflo Farms is a local, family owned and operated organic cannabis farm nestled in the scenic Willamette Valley. We treat our plants with attention to detail, love and appreciation for all they provide our community and us. We work to close the loop by utilizing as many aspects of our land as possible including livestock and garden fed compost.



1985 W 7th Ave., Eugene • (458) 205-8257
rivervalleyremedies.net
M-S 9am to 10pm • Sun 10am-8pm

Do not operate a vehicle or machinery under the influence of this drug. For use by adults 21 years of age and older. Keep out reach of children.