



Health and Wellbeing

Shift Community Cycles

811 W. 6th Avenue, Eugene, OR 97402. 541-728-2453. ShiftCC.org.

"Shift Community Cycles is the only nonprofit community bike shop providing bicycle access and education to underserved communities in the Eugene-Springfield area. By purchasing a bike or donating your time or money, you remove barriers and empower more individuals to join the cycling world while building community resilience." — *Lori J. Bumgardner*

The Eugene Family YMCA

600 E. 24th Avenue, Eugene, OR 97405. EugeneYMCA.org. 541-686-9622.

"The Eugene Family YMCA is community centered whose staff are welcoming to all. It would take pages to enumerate all the opportunities besides fitness that the Y offers to our community: pre-school, childcare, special programs for people with medical issues and scholarships for low income folks being only a few." — *Lia Davis, Y member and volunteer*

Pets and Animals

Blue Barn Farm and Sanctuary

33705 E. Harvey Lane, Creswell, OR 97426. melissa@bluebarnsanctuary.org. 847-682-2286.

"My dear friend Melissa chose to leave her profession as a therapist to focus on her dream, with her husband, of starting an animal sanctuary. They started from the ground up, with kindness, empathy and compassion towards animals being their goal, with a vision of expanding." — *Emily Mosteller, school counselor*

Community Veterinary Center

470 Hwy 99N, Eugene, OR 97402. 541-636-3244. CommunityVet.org.

"CVC offers affordable comprehensive veterinary care adjusted to meet my income. For me, my Yorkie-Poo is simply everything. Daisy was diagnosed with luxating patella and needed both knees replaced. I received an estimate of \$14,000. I talked with the Community Veteri-

nary Center and, taking into account my income, Daisy had both knees replaced for \$2,400. CVC makes me feel heard and respected." — *Heather Ford, Daisy's human*

Greenhill Humane Society

88530 Green Hill Road, Eugene, OR 97402. 541-689-1503. Green-Hill.org.

"I'm awed by the work Greenhill Humane Society's staffers and volunteers do for our community. In addition to finding homes for animals, they step up during natural disasters, work to resolve emergency situations such as hoarding and abuse, and connect people in crisis to other resources. Such a vital organization!" — *Leigh Anne Jasheway, Greenhill volunteer*

Pro-Bone-O

PO Box 1823, Eugene, OR 97440. 541-799-0441. ProBoneO.org.

"For our unoused neighbors, pets provide love, security and a sense of purpose. If you have a pet companion you cherish, please consider honoring that relationship by supporting Pro-Bone-O in their mission to provide free veterinary care, food, and supplies for the pets of people experiencing homelessness in Lane County." — *Amanda Donofrio, supporter*

Welcome Home Animal Sanctuary

82940 Hurlburt Lane, Creswell, OR 97426. 541-870-9952. WelcomeHomeSanctuary.com.

"At Welcome Home Animal Sanctuary, previously abused and neglected farm animals have a loving forever home. Visitors can meet the animals with their unique personalities and learn their stories. Thus, the rescued animals heal and transform the lives of people who hear their messages of hope and compassion." — *Nicole Jendro, supporter*

Back2Youth

28992 Summerville Road, Eugene, OR 97405. 541-515-8295. Back2Youth.org.

"Niles Mittasch moved back to Eugene specifically to create/launch Back2Youth from his hometown, the very town/commUNITY that had elevated and embraced him while he was growing up. Back2Youth is his way to give back that upliftment and carry it forward through shar-

ing his love of the outdoors, as well as, teaching about mindfulness, self care and resiliency, so today's youth would have foundational skills that would last them a lifetime and remind them just how valuable and powerful they are." — *Kellee Ratzlaff, graphic designer*

Arts and Culture

#instaballet

174 E. 16th Ave., Suite 141, Eugene, OR 97408. 458-221-7330. Instaballet.org.

"#instaballet puts audiences on equal footing with dancers. Audience members co-create with each other and professional dancers by suggesting movements that become new dance works. The company promotes new pathways to access dance through educational outreach and cooperation with other art groups. Performances — including Friday summer art walks — are free." — *Lee Black, retired journalism professor*

Lane Arts Council

174 E. 16th Avenue, Suite 125, Eugene, OR 97405. 541-485-2278. LaneArts.org.

"I support Lane Arts Council for all they do to beautify our community and our children's minds!" — *Raquel Hecht, immigration lawyer with Hecht & Norman Immigration*

The Shelton-McMurphey-Johnson House

303 Willamette Street, Eugene, OR 97401. 541-484-0808. SMJHouse.org.

"The Shelton-McMurphey-Johnson House is a unique Victorian house museum overlooking downtown Eugene. Open to visitors regularly, the museum hosts tea parties, performances and exhibits that showcase the incredible history of Lane County and the house itself. Volunteer docents and a dedicated staff make this house feel warm and welcoming." — *Jessica Ruth Baker, development director of OSLP and local theater artist*

Helping Society

Kind Tree Productions (aka KindTree - Autism Rocks)

PO Box 40847, Eugene, OR 97404. 541-780-6950. KindTree.org.

"I took one boy to camp, and I brought a completely different boy home. KindTree literally gave me back my son by providing him with friends, community, acceptance and later his first job. Now in his early 20s, he is a kind and thoughtful adult, with an amazing sense of humor." — *Laurie Erickson, a guest at KindTree's Friends and Family Camp*

Oregon Supported Living Program

412 Pearl Street, Eugene, OR 97401. 541-343-4196. OSLP.org.

"OSLP is a fantastic organization here in Eugene/Springfield that helps individuals living with disabilities live full and enriched lives in our community. From their residential living homes, to their arts & culture programs, OSLP ensures that everyone is happy, healthy, and empowered to meet their full potential." — *Leah Murray, executive director at SMJ House*

W.O.W. HALL

THE COMMUNITY CENTER FOR THE PERFORMING ARTS PROUDLY WELCOMES:

<p style="text-align: center; font-weight: bold;">SUNDAY, DEC. 31</p> <p style="text-align: center; font-size: x-large;">CAP'n TRIPS</p> <p style="text-align: center; font-size: small;">HIPPIE NEW YEAR DANCE PARTY NEW YEARS EVE AT THE WOW HALL</p>	<p style="text-align: center; font-weight: bold;">SATURDAY, JAN. 6</p> <p style="text-align: center; font-size: x-large;">TRABELLION</p> <p style="text-align: center; font-size: small;">ECSTATIC DANCE JOURNEY MOVEMENT-LAD & CACAO-CEREMONY</p>
<p style="text-align: center; font-weight: bold;">FRIDAY, JAN. 12</p> <p style="text-align: center; font-size: x-large;">PABLO FRANCISCO</p> <p style="text-align: center; font-size: small;">BEERTOWN COMEDY PRESENTS</p>	<p style="text-align: center; font-weight: bold;">SATURDAY, JAN. 13</p> <p style="text-align: center; font-size: x-large;">THE THIRD MIND</p> <p style="text-align: center; font-size: small;">THE TOUR</p>

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