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EUGENE CITY COUNCIL NEWSLETTER

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IN THIS EDITION

IT'S THE BEE'S KNEES! ROARING '20S PARTY AT EUGENE PUBLIC LIBRARY EXERCISE THAT'S A JOY

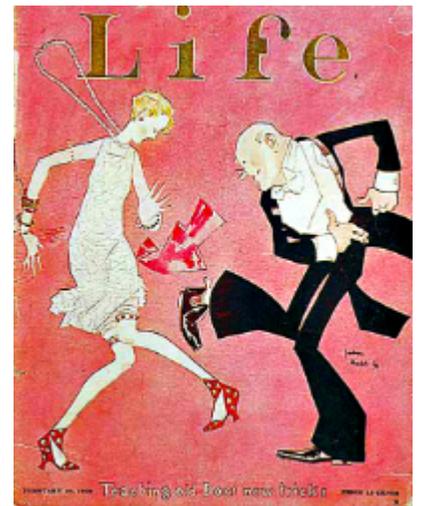
AROUND THE CITY

It's the Bee's Knees! Roaring '20s Party at Eugene Public Library

Wind up The Big Read of "The Great Gatsby" with a bang! Come to a Roaring '20s Party featuring live music and dancing with the Calamity Jazz Band. Costumes welcome! The Downtown Library stays open until 8:00 p.m. on the First Friday of each month

Led by trumpeter Vicki Cox, Calamity Jazz Band includes Bill Kick (trombone), Jeff Bryant (reeds), Jon Brand (tuba and stringed bass), Cork Larsen (banjo), John Muellner (percussion), and Meg Graf (piano). Party tunes of the 1920s cover many moods: romantic, bouncy, optimistic, sweet, and sentimental. The Charleston, foxtrot, one-step, two-step, waltz, East Coast swing, turkey trot, and the cakewalk are just a few of the dances heard from the speakeasies to the grand ballrooms of the era.

Eugene Public Library was awarded a \$16,000 grant to support The Big Read, a month-long celebration of "The Great Gatsby." The Library's primary partners in the project are Springfield Public Library and Oregon Contemporary Theatre. Community collaborators this year also include 4J Schools, Bethel Schools, Eugene Public Library Foundation, Friends of Eugene Public Library, Jordan Schnitzer Museum of Art, Oregon Humanities, and Radio Redux. The Big Read is a program of the National Endowment for the Arts in partnership with Arts Midwest. For more information, contact Eugene Public Library at www.eugene-or.gov/library or 541-682-5450.



Exercise that's a Joy

There are numerous research studies that confirm exercise has multiple benefits, no matter your age. Some of the benefits seem fantastic, but they are real. Just 30 minutes of vigorous exercise a day can lower your blood pressure, help manage your weight, and reduce the risk of type II Diabetes, and even cancer!



A delightful way to get the exercise that's so good for you is to go on a hike. Eugene Recreation has two on tap in the next month for adults age 50 and older. Hike to Kentucky Falls on April 1. You'll see three of the Coast Range's most spectacular waterfalls nestled in a remote valley. The volume of water should be spectacular! It's two miles in and feels like three miles on the way back because it's uphill. But there are a few benches for rest.

On May 9, hike the Goodman Creek Trail. You'll enjoy this short hike to a small waterfall through a gorgeous Douglas fir forest. Recreation will do the driving to these destinations, so you can spend most of your time hiking. Meet at Campbell Community Center. Register today! For more information, contact Recreation Programmer Tom Powers, 541-683-5318.