



Pick up your day!

When your stomach rumbles, swing into Dari Mart. From snacks and beverages to breakfast and lunch items, there's something for everyone. Don't go hungry, go to Dari Mart!

Fast, friendly service.



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MART**

Our family's best.

70 YEARS - 4 GENERATIONS - 44 STORES

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA'S DIABETES PREVENTION PROGRAM EUGENE FAMILY YMCA

One out of every three Americans will be diabetic by 2050. Are you one of them? You don't have to be. You can take control now.

"I've made many changes in my eating habits since starting the YMCA's Diabetes Prevention Program. I snack less often. My portions are smaller. I'm eating more vegetables. It is good to know that I don't have to be perfect, and I can still reduce my risk. Being in a program that works makes the cravings manageable."

-YDPP PROGRAM PARTICIPANT, EUGENE, OR

NEXT CLASSES BEGINNING SOON AT YOUR Y!

Nov 29th – Tuesdays 6-7pm

The YMCA is committed to helping prevent chronic disease by giving individuals of all ages tools for healthy living. Contact Kari Porter to learn more about this year-long, evidence-based program.

EUGENE FAMILY YMCA

2055 Patterson Street, Eugene | 541 686 9622 | eugeneymca.org

White Wednesday

Save 20% Wednesday through Sunday



Wed & Fri 10-7 • Closed Thanksgiving Day • Sat 10-6 • Sun 10-4

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**BACKCOUNTRY
GEAR**

*20% off on most stuff that isn't already on sale or clearance