



FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HIP HOP HURRAY



HEALTH & WELLNESS  
Hip-Hop Dance Classes

### Beginning / Intermediate Hip Hop with Johawk

This high energy dance class combines R&B, body isolations, ground work and basic jazz inspired movements along with some of your own flavor and personal style.

- **Saturdays**, 2-3:15pm  
July 21, 28, August 4, 11
- \$45 for 4 classes / Members
- \$50 for 4 classes / Potential Members
- Space is limited, so make sure to sign-up in advance.

EUGENE FAMILY YMCA  
2055 Patterson Street, Eugene OR 97405  
P 541 686 9622 W eugeneymca.org

"My goal is to create a welcoming and energetic atmosphere where students can express themselves through dance."  
-Johawk

# Antiques & Collectibles SHOW



## 1,300 BOOTHS

FURNITURE ★ VINTAGE LIGHTING ★ TOYS 1800-1970  
VINTAGE CLOTHING ★ ESTATE JEWELRY ★ ODDITIES  
DECOR ★ CHINA ★ GLASS ★ POP CULTURE ★ STERLING  
COSTUME JEWELRY ★ TOY TRAINS ★ ART

### ALL FOR SALE!

Plus - Bring your family treasures for verbal evaluation by our experts. \$5.00 per object all proceeds to the local food bank

## PORTLAND EXPO CENTER

SAT. JULY 14 9 TO 6  
SUN. JULY 15 10 TO 5



An exhibit of  
40 years  
of pinball  
machines



Early Admission during set-up - Friday, July 13 \$30 (all day - 8am-6pm)

Regular Adult admission on Sat & Sun \$7.00

Parking: Expo \$8, Portland International Raceway (PIR) \$5.

www.palmerwirfs.com (hotel info) 503-282-0877

Medical Marijuana has helped thousands of people reduce their use of prescription pain medication.

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# Northwest Alternative Health

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