

tronomy, 1pm, Science Factory Exploration Dome, 2300 Leo Harris Pkwy. FREE.

Cuentos con Kristen, Spanish language stories & songs, ages 0-6, 1pm, Springfield Library, 225 5th St., Spfd. FREE.

**LECTURES/CLASSES** Intro to the Internet, 10am, downtown library, info at 682-5450. FREE.

OLI: The Breath of Aloha, traditional Hawaiian chant workshop, 11am, 1400 Lake Dr., info at groupspaces.com/islandarts. \$5.

Realizing the Dream: An Immigration Reform Town Hall Meeting, 11am, ORI, 1776 Millrace DR, info at lulaclanecountry.org. FREE.

Neighborhood Worm Bin Demonstration, 11:30am-2:30pm, Eugene Masonic Cemetery, East 25th Ave. & University, info at 684-0949. FREE.

**ON THE AIR** Taste of the World w/Wagoma, cooking & cultural program, 9-10am today, 7-8pm Tuesdays, Comcast channel 29.

The De'Ampy Soul Hama Show, 10pm, Comcast Channel 29.

"The Sunday Morning Hangover TV Show," 1:30am, Comcast channel 29.

**OUTDOORS/RECREATION** Prenatal Yoga, 10-11:30am, Just Breathe, 2868 Willamette St. #200, 852-6866. \$8-\$11.

Yoga for Large Bodies, 10:15-11:30am, Eugene Yoga, 3575 Donald St.

Guided Walk, 11am & 1pm, Eugene Masonic Cemetery, E. 25th Ave. & University, info at 684-0949. FREE.

Prenatal Yoga, 11:30am-12:45pm, Eugene Yoga, 3575 Donald St.

**PETS** Eugene Kennel Club Agility Trials continues. See Friday.

**SOCIAL DANCE** All-Levels African Dance w/Alseny, 11am-12:30pm, WOW Hall. \$12, \$10 stu.

Cuban Salsa Dancing w/intro lesson, 9pm, upstairs at the Veteran's Club, 1626 Willamette St., info at meetup.com/cubansalsa. \$6.

**SPIRITUAL** Consciousness guide to spiritual enlightenment, 10am & 11:30am, Eugene Wellness Center, 1551 Oak St., info & pre-reg. at 344-8912. FREE.

**MUSICAL FEET DANCE STUDIO CELEBRATES NATIONAL TAP DANCE DAY THURSDAY, MAY 30, WITH ADAM KELLY**



CLIFF ETZEL

All-day Buddhist Ritual & Seminar Events on Anniversary of Buddha's Enlightenment & Parinirvana, 9am-5:30pm, Saraha Nyingma Buddhist Temple, 477 E. 40th Ave. FREE.

**THEATER** *Seussical* continues. See Friday.

*Sunset Park* continues. See Thursday, May 23.

## SUNDAY

**MAY 26**  
SUNRISE 5:36AM; SUNSET 8:44PM  
AVG. HIGH 69; AVG. LOW 45

**BENEFIT** Fundraising parking lot sale to benefit Shelter Animal Resource Alliance, 10am-5pm, S.A.R.A.'s Treasures, 871 River Rd, info at sarastreasures.org.

**FARMERS MARKETS** New Day Bakery Farmers Market, 11am-3pm, New Day Bakery, 449 Blair Blvd.

**FILM** Spiritual Film Series: *I Am*, 5pm, Fern Ridge Public Library, 88026 Territorial Rd., Veneta. FREE.

**FOOD/DRINK** Mimosa Sunday, noon-6pm, Sweet Cheeks Winery, 27007 Briggs Hill Rd.

The Awesome Food Goddess, Chrissy's Festival of Wonder &

Delight, 2-4pm, Park Blocks, 8th & Oak St. FREE.

Benton-Lane Winery Memorial Weekend Open House continues. See Saturday.

**GATHERINGS** Egyptian Urn Petal Unveiling, 1pm, Eugene Masonic Cemetery, E. 25th Ave. & University, info at 684-0949. FREE.

Poker Tournament, 9pm, Goodfellas, 117 South 14th St., Spfd.

"Bloom: The Art of Gardens," continues. See Thursday, May 23.

Eugenius Indoor Market continues. See Friday.

Emerald Grove Intentional Community Weekly Meeting for Aspiring Sustainable Eco-village, 6:30-8:30pm, see cocreative-livingfoundation.wordpress.com for weekly address. info at emeraldgroveic.org. FREE.

Kendall Auto Group's Face Off at the Fairgrounds continues. See Friday.

**HEALTH** Occupy Eugene Medical Clinic, noon-4pm, Park Blocks, 8th & Oak. FREE.

**KIDS/FAMILIES** Pokemon League, 1pm, Cozmic. FREE.

# Choosing the Best Camp for your child

**Summer camp is a special time for your child.** Most of us still have fond memories of camps we attended when we were young. Consider these seven tips to help find a special, and safe, camp that will provide memories your child will treasure for years to come!

Sponsored by:

**Whole Earth Nature School**  
*A local non-profit provider of after-school nature programs and summer nature camps.*

### 1. What Does Your Child Want to Experience This Summer?

"Pretend summer has ended and it's been the most fantastic summer ever. Tell me what you did!" Make a long list of your child's answers. Also, consider the areas you'd like to see your child grow, then look over the local camps with him or her and decide which ones meet their needs best. This is your starting point.

### 2. Locations?

Is the camp held at one convenient location, or will your child spend a lot of time every day on a bus? Would you rather your child's summer experience be about transformation, or transportation? Find a camp that works with your needs.

### 3. Considering Nature?

Richard Louv, author and former board member of Parents Magazine, details extensive research which concludes that direct exposure to nature is essential for healthy childhood development and for the physical and emotional health of children. Your kids are inside for most of their school year. Make at least one of their camps this summer a nature camp.

### 4. Director/Staff Qualifications, and Staff-to-Child Ratio?

Does the Camp Director have extensive experience managing a camp? Are the main instructors mostly high schoolers or are they highly trained and experienced professional instructors? Does the camp include volunteers or young Counselors-In-Training (CITs) in their Staff-to-Child ratio? Having extra bodies looking after your child is a good thing, but even better is having a full staff of trained professional instructors.

### 5. Child Safety Policies and Training?

Do all of the instructors have current CPR/First Aid certification, or just the lead instructors? Have they been trained in handling life-threatening allergies? Are background checks run on all employees? Does the camp director have a safety sheet for the particular summer camp site? Make sure your camp is prepared!

### 6. Can the Camp Meet Your Child's Individual Needs?

Is the camp skilled in, and able to handle, the individual needs of your child? For example, if your child has a peanut allergy, is the camp able to keep your child safe? If your child is on the Autism Spectrum, are the camp instructors experienced in working with the common needs of similar children? Contact them and find out!

### 7. Does the Camp Organization Give Back to Your Community?

Are they for profit or non-profit? Are they based in your town? Some organizations encourage community growth through potlucks and inexpensive programs for families or adults. Does yours?

## CAMP GUIDE

ADVERTISE YOUR CAMP HERE  
call your ad rep for details  
541-484-0519



**City of Eugene**  
*Summer Camps*  
Arts, Sports, Swimming, Outdoor, Adventure, FUN! • June 17-August 30  
Ages 2 ½-18 years • All abilities  
Sign up by the week  
**Call 541-682-5312**  
City of Eugene Recreation  
[www.eugene-or.gov/reccamps](http://www.eugene-or.gov/reccamps)



**South Eugene Soccer Camp**  
**June 17- 21**  
M-Th 9am - 2pm ♦ Fri 9am - noon  
Girls/Boys Grades 1 - 8  
**\$130** (Sibling \$110)  
On line registration  
[www.southeugenesoccerclub.org](http://www.southeugenesoccerclub.org)



**CAMP HARLOW**  
SUMMER TO THE SUMMIT  
DAY CAMPS AGES 5-9 | OVERNIGHT CAMPS GRADES 1-12  
**REGISTER ONLINE TODAY!**  
[WWW.CAMPHARLOW.COM](http://WWW.CAMPHARLOW.COM)  
FRIENDS • GO-KARTS • SWIMMING • CAMPFIRE  
ROCK CLIMBING WALL • BUMPER BOATS • AND MUCH MORE!

## Whole Earth Nature School SUMMER NATURE CAMPS



**Whole Earth Nature School**  
**NATURECAMPS.ORG**

DEEP NATURE CONNECTION

Designed for 4-16 Ages