



VOLIFONIX PLAYS AXE & FIDDLE ON SATURDAY (SEE MUSIC LISTINGS)

Family Sailing, ages 8 & up, no experience required, bring dinner, 5-9:30pm, Richardson Park Marina, Fern Ridge Reservoir, 682-5329. \$30 per person.

LECTURES/CLASSES “Crossings: Oregon Coastal Bridges,” 3pm, downtown library, info at 682-5450. 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 Obsidians: hike Duffy Lake, 6.6 miles; hike Canyon Creek Meadows, 7.5 miles; climb North Sister, 16 miles, sign up obsidians.org.

Rolf Prima Triathlon, Cottage Grove, www.rolfprima.com \$75-\$95.

North American Butterfly Association Butterfly Count at Browder Ridge/Iron Mountain, meet 8am, Campbell Community Center, 155 High St., info & pre-reg. at naba.es.trips@gmail.com. \$3.

McKenzie River Rafting for Veterans, ages 18 & up, 8:30am-5pm, meet at Hilyard Community Center, 2580 Hilyard St., pre-reg. at 682-5311. \$50.

Community Rock Climbing at the Columns, all skill levels, equipment provided, ages 8 & up, 9-11am, Skinner Butte Park, 2nd & Lincoln. \$10.

Albany Historic Homes Tour, ages 50 & up, 10am-5pm, meet at Petersen Barn Community Center, 870 Berntzen Rd. \$12.

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

Green Bike Tour: South River Rd., bring water & a snack, meet 11am, 128 Knapp St. & Hansen, info at eugenесustainability.org. FREE.

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

Women's Self Protection Classes, 12:30-1:30pm, Leung's Tai Chi & Kung Fu Academy, 1331 W. 7th, info at 654-1162. Sliding scale.

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

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

Maitreya Heart Shrine Relic Tour Public Exhibit, 10am-5pm, Saraha Nyingma Buddhist

Temple, 477 E. 40th Ave., info at saraha.org. FREE.

THEATER Free Shakespeare in the Park costume parade & preview of *Julius Caesar*, 2pm, Park Blocks, 8th & Oak St., preview performance 3pm, Kesey Square. FREE.

The Cripple of Inishmaan continues. See Friday.

Les Miserables continues. See Friday.

The Great White Way: A Tribute to Broadway continues. See Friday.

SUNDAY

JULY 28
SUNRISE 5:57AM; SUNSET 8:41PM
AVG. HIGH 84; AVG. LOW 52

ARTS/CRAFTS Mitzi Linn's Annual Studio Sale continues. See Friday.

BENEFITS Keys for the Village, fundraiser for Opportunity Village Eugene, pianists including Weber Iago & Dario La Poma, Conestoga hut open house, no one turned away for lack of funds, 6pm, Wesley United Methodist Church, 1385 Oakway Rd. \$10-\$20 sug. donat.

FARMERS MARKETS Fairmount Farmers Market, 10am-2pm Sundays through September, Sun Automotive Parking Lot, 19th & Agate St.

New Day Bakery Farmers' Market, 11am-3pm, New Day Bakery, 449 Blair Blvd.

Dexter Lake Farmers Market & Crafts, noon-3pm Sundays through September, Dexter State Recreation Site, 39011 Hwy. 58, info at 937-3007 or dexterlakefarmersmarket.org.

FOOD/DRINK Hop farm ales & seasonal farm menu, noon-dusk, Agrarian Ales, 31115 W. Crossroads Lane.

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.

GATHERINGS Eugene Sudbury School Open House, 1pm play-based Preschool Program, 2pm School Program, 2370 Parliament St., info at 683-5110 or eugenесudburyschool.org.

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

Eugenius Indoor Market continues. See Friday.

Faerieworlds Festival continues. See Friday.

Lane County Fair continues. See Thursday, July 25.

Lowell Blackberry Jam Festival continues. See Friday.

Northwest World Reggae Festival continues. See Friday.

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

ON THE AIR Sentinel Radio broadcast, 7am, KPNW 1120AM.

OUTDOORS/RECREATION Obsidians: hike Goodman Creek to Eagles Rest, 13.4 miles, sign up obsidians.org.

Interactive Yoga w/Diane Butera, noon-1:30pm, Park Blocks, 8th & Oak St.

Prenatal Yoga, 3-4:30pm, Yoga West Eugene, info at 337-8769. \$8 drop-in, \$7 stu.

Foosball League, free play 4-6pm & 8pm-midnight, league 6-8pm, The Barn Light, 924 Willamette St., info at thebarnlight@gmail.com FREE.

Yoga by Donation, mixed levels, 6-7:15pm, Eugene Yoga, 3575 Donald St., eugeneyoga.us. Donat.

SOCIAL DANCE Sunday Jam: Dancin' in the Park, 2-6pm, Sladden Park. FREE.

Tango Milonga, 3-5pm lessons, \$12; 5-7pm dance, \$5, Reach Center, 2520 Harris St.

Cuban Salsa, 5pm lesson, 6pm social dance, Courtsports, 2728 Pheasant Blvd., Spfd., see www.eugenecasinos.com for info. \$2 sug. don.

La Milonguita, Argentine Tango Social Dance, no partner necessary, 5-7pm, Reach Center, 2520 Harris St. \$5 dance, watch for FREE.

Veselo Folk Dancers, weekly international folk dancing, 7:15-10pm, In Shape Athletic Club, 2681 Willamette St., 683-3376. \$3.

SPIRITUAL Yoga Attunement w/Dave Curtis, all levels, 6:45-8am, Saraha Nyingma Buddhist Temple, 477 E. 40th Ave., info at saraha.org. FREE.

Maitreya Heart Shrine Relic Tour Public Exhibit, 10am-5pm, Saraha Nyingma Buddhist Temple, 477 E. 40th Ave., info at saraha.org. FREE.

Ready for a Miracle? 4-minute video at miraclesinyourlife.org, 11am, Eckankar Center of Eugene, 2833-C Willamette St., info at 914-9045. FREE.

Pre-Natal Yoga with Simrat, 3-4:30pm, Yoga West Eugene, 3635 Hilyard St., info at 343-7825, \$8.

Tu b'Av BBQ & Jam, bring musical instruments, celebrate one of the happiest days on the Jewish calendar, 4pm, info, location & RSVP at 514-2571. Donat.

Tibetan Meditation Intensive for Beginners, 7:15pm, Just Breathe Yoga Studios, 2868 Willamette #200, info at justbreatheeverybody.com,

Gnostic Mass Celebration, 8pm, Coph Nia Lodge OT0, 4065 W. 11th Ave. #43, info at cophnia-oto.org.

THEATER *The Cripple of Inishmaan* continues. See Friday.

The Great White Way: A Tribute to Broadway continues. See Friday.

MONDAY

JULY 29
SUNRISE 5:58AM; SUNSET 8:40PM
AVG. HIGH 84; AVG. LOW 52

FILM Movie Night, 9pm, The City. FREE.

GATHERINGS Eugene Lunch Bunch Toastmasters, learn public speaking in a friendly atmosphere, noon, Room 316, 101 W. 10th Ave., info at 341-1690.

Inquiry Group for the work of Byron Katie, identify & investigate stressful thoughts, 6:30pm, info & location at 686-3223. FREE.

Board Game Night, 7pm, The Barn Light, 924 Willamette St., info at thebarnlightbar.com FREE.

Evolve-Talk-Listen! A facilitated weekly salon for meaningful sharing, practice “compassionate nonviolent communication” to resolve difficult situations, 7-9pm, info & location at 484-7366. \$7-\$20 donat.

Humble Beagle Pub Trivia Night w/host Elliot Martinez, 7pm, Humble Beagle Pub, 2435 Hilyard St. FREE.

Jameson's Trivia Night, 7-9pm, 115 W. Broadway.

Marijuana Anonymous, 12-step meeting, 7-8pm, St. Mary's Church, 166 E. 13th Ave.

Poetry Open Mic, 7pm, Granary Pizza, 259 East 5th Ave. FREE.

Bingo, 9pm, Sam Bond's. FREE.

Game Night, 9pm, Cowfish, 62 W. Broadway. FREE.

Quizoo Pub Trivia w/Dr. Seven Phoenix, 9pm, Cornucopia Bar & Burgers, 295 W. 5th Ave.

KIDS/FAMILIES Mama Baby Yoga Play! for head-holders to new-walkers, 9-10am, Studio 508, 508 Blair St., info at {512}-661-8239. \$8-\$12.

ON THE AIR “The Point,” 9-9:30am, KPOV 88.9fm.

OUTDOORS/RECREATION Flowing Yoga, 11am-noon, Trauma Healing Project, 2222 Coburg Rd, Ste 300, 687-9447. \$10, scholarships available.

Acrobatics, 7:30-8:30pm, Academy of Artistic Gymnastics, 1205 Oak Patch Rd., 344-2002. \$10 Drop-In, \$80 for 10 class punchcard. First class FREE.

Pool Hall continues. See Thursday, July 25.

Pinochle for Seniors continues. See Friday.

SOCIAL DANCE International Folk Dance Lessons, 2:30-4pm, Campbell Senior Center, 155 High St., 682-5318, \$0.25.

Beyond Basics & Advanced Beyond Basics, 7-8pm, The Vet's Club, 1626 Willamette St.

Scottish Country Dance w/Robert & Leone, all dances taught; reels, jigs, strathspeys, 7-9pm, Studio B, 1590 Willamette St., info at 935-6051. \$15/month.

SPIRITUAL Open Heart Meditation, 5:30-6:30pm, 1340 W. 17th Ave., info at 914-0431. Donat.

TUESDAY

JULY 30
SUNRISE 5:59AM; SUNSET 8:38PM
AVG. HIGH 84; AVG. LOW 52

ARTS/CRAFTS Beading Circle, 3-6pm, Harlequin Beads & Jewelry, 1027 Willamette St., FREE.

BENEFITS Dog Days of Summer w/Eugene Emeralds, a fundraiser for Greenhill Humane Society, 6-8pm, PK Park, info & tix at green-hill.org. \$6, \$2 pooch pass.

FILM *Coming Off Psych Drugs*, documentary, 6pm, downtown library. FREE.

Dr. Strangelove, 7pm, UO Baker Center, 325 E. 10th Ave.

FOOD/DRINK New Beer Release, 6pm, Oakshire Public House, 207 Madison St., info at 654-5520.

The Corner Market continues. See Thursday, July 25.

GATHERINGS Cascade Toastmasters, drop-ins welcome, 6:45-8:15am, Original Pancake House, 782 E. Broadway, call 343-3743 for info. FREE.

WellMama support group for pregnant & new mamas experiencing anxiety, depression or feeling overwhelmed, 10:30am-noon, Parenting Now! 86 Centennial Lp., info at {800}-896-0410. FREE.

NAMI Connections, peer support group for people living with mental illness, 3:30-5pm, First United Methodist Church, 1376 Olive St. FREE.

Board Game Night, new players welcome, 6-11pm, Funagain Games, 1280 Willamette St., info at 654-4205. FREE.

Adult Children of Alcoholics Meeting, 7-8pm, Santa Clara Church of Christ, 175 Santa Clara Ave., Santa Clara.

Oakridge Bingo, proceeds go to local organizations, 7pm, Big Mtn. Pizza, 47527 Hwy. 58, Oakridge. \$5/4 cards.

Trivia Night, 7pm, Divine Cupcake, 1680 W. 11th Ave. FREE.

Tricycle Races, 9pm, McShanes, 86495 College View Rd. FREE.

HEALTH 3-Series Feldenkrais Group Class w/Steve Cable, 12:30-1:30pm, Willamette medical Center, 2401 River Rd., info & sign-up at 345-8292. \$10, \$25/3 classes.

KIDS/FAMILIES Grandparent/Grandchild Challenge Course, ages 8 & up, 10am-3:30pm, Spencer Butte Challenge Course. FREE.

Terrific Twos Storytime, for 2-year-olds w/caregivers, 10:15am & 11am, downtown library, info at 682-8316. FREE.

Kids: Create a Kite, 1pm & 3pm, downtown library, info at 682-8316. FREE.

LITERARY Reading, reception & discussion w/Priscilla Stuckey, author of “Kissed by a Fox: And Other Stories of Friendship in Nature,” 6pm, UO Bookstore, 13th & Kincaid St.

ON THE AIR “The Point,” 9-9:30am, KPOV 88.9fm.

Taste of the World w/Wagoma continues. See Saturday.

OUTDOORS/RECREATION Pinochle for Seniors, 9am-noon, Campbell Community Center, 155 High St. \$0.25.

Tai Chi for beginners w/Suman Barkhas, 11:30-noon, Sacred Heart Medical Center at Riverbend, 3333 Riverbend Dr., Spfd., info at 515-0462.

Scrabble for Seniors, 1-3pm, Campbell Community Center, 155 High St. \$0.25.

OBRA Criterium, bike ride, 1K flat oval course, 5:30pm, Greenhill Technology Park, W. 11th & Terry, reg. 521-6529. \$15 per race, \$50 per month.

Disciples of Dirt bike club women Tuesday night rides, helmets required, 6:30pm, various locations throughout the summer, info & locations at disciplesofdirt.org/forum/rides FREE.

Pool Hall continues. See Thursday, July 25.

SOCIAL DANCE Joy of Hula Community Dance, family friendly, 6:30pm, 1400 Lake Dr., info at 688-4052.

Beginning Samba class, 6:45-7:45pm, Celebration Belly Dance & Yoga Studio, info at 255-9253. \$10.

Eugene Folk Dancers, weekly international folk dancing, 6:45pm lessons, \$3; 7:45pm dance, \$2, Willamalane Activity Center, 215 W. C St., Spfd., 344-7591.

WEDNESDAY

JULY 31
SUNRISE 6:00AM; SUNSET 8:37PM
AVG. HIGH 84; AVG. LOW 52

ARTS/CRAFTS Fiber Arts Circle: knitters, crocheters, designers, spinners, weavers, felters, bead-ers & needleworkers, 4-6pm, Harlequin Beads & Jewelry, 1027 Willamette St., FREE.

BENEFITS Oakshire Inspires for Oregon Wild, 11am-10pm, Oakshire Public House, 207 Madison St., info at 654-5520.

COMEDY All Comedy 1450's Official Happy Hour, 4-6pm Wednesdays through Aug. 28, The Davis Restaurant.

FILM *The Dark Knight Rises*, 2pm, downtown library, info at 682-8316. FREE.

FOOD/DRINK Sweetwater Farm Stand, fresh farm produce, products & recopes, 4-6pm, 1243 Rainbow Dr.

The Corner Market continues. See Thursday, July 25.

GATHERINGS Free Admission Day at UO Museum of Natural & Cultural History, 11am-5pm, UO. FREE.

Peace Vigil, 4:30pm, 7th & Pearl. FREE.

Foreclosure Defense meeting, 5pm-7pm, Growers' Market, 454 Willamette St., info at 844-8280. FREE.

Co-Dependents Anonymous, women-only 12-step meeting, 5:30-6:30pm, St. Thomas Episcopal Church, 1465 Coburg Rd. FREE.

NAMI Connections Support Group for individuals w/mental illness, 6pm, NAMI Office, 76 Centennial Loop., Suite A, 209.

D&D Encounters, dungeons & dragons campaigns, 6pm, Delight, 811 E. Main St., Cottage Grove, info at delightcg@gmail.com

Support Group for People Who Have Loved Ones w/Asperger's