

WHAT'S HAPPENING

Let's hear it for hemp — according to Hemp History Week's website, industrial hemp has been in the U.S. since the early 1600s. All sorts of useful products are made from hemp, including paper, food, clothing and skin care products. Celebrate the world of hemp at the **Emerald Empire Hempfest** this weekend, where this year's theme, "The Walls of Cannabis Prohibition Are Coming Down," will explore the future of hemp in Oregon and across the U.S. Among other hemp-related activities, the festival will feature product demonstrations by the "Ganja Goddesses," a hemp fashion show and lots of live music.

The Emerald Empire Hempfest is 10am-10pm July 18-19 & 10am-8pm July 20 at Maurie Jacobs Park, see emeraldempirehempfest.com for more info. FREE. — *Amy Schneider*



THURSDAY

JULY 17
SUNRISE 5:46AM; SUNSET 8:52PM
AVG. HIGH 83; AVG. LOW 52

ARTS/CRAFTS Open Clay Studio, 3-5pm, The Crafty Mercantile, 517 E. Main, Cottage Grove, call 514-0704. Don.

BENEFITS 6th Annual Water for People Benefit, music, silent auction, libations, 6-9pm, Sweet Cheeks Winery, 27007 Briggs Hill Rd.

Pints for a Cause, benefit for CAHOOTS, noon-10pm, Ninkasi Brewing, 272 Van Buren St. Don.

FARMERS MARKETS Lane County Farmers Market, noon-4pm today & Thursday, July 24, 5th Street Public Market.

FOOD for Lane County Youth Farm Stand, 2-6pm through October, Sacred Heart Medical Center at RiverBend, 3333 RiverBend Dr., Spfd.

FOOD/DRINK Thursday Nights at Claim 52, tastings & food, 4-8pm, Claim 52 Brewing, 1030 Tyinn St. Ste 1.

GATHERINGS Downtown Eugene Sidewalk Sale, live music, ice cream samples, art demos & more, 10am-5pm today through Saturday, downtown Eugene. FREE.

Group Acupuncture Clinic, 10am orientation, 10-11:30am clinic, Trauma Healing Project, 2222 Coburg Rd., Ste 300, call 687-9447. \$10, scholarships available. Eugene Metro Business Networking International, 11:30am today & Thursday, July 24, LCC Downtown Center, 101 W. 10th Ave.. \$12 lunch.

Downtown Public Speakers Toastmasters Club, drop-ins welcome noon-1:05pm today & Thursday, July 24, Les Lyle Conference Rm, fourth floor Wells Fargo Bldg., 99 E. Broadway Ave., info at 485-1182. FREE.

McKenzie Milky Mamas, pregnancy, breastfeeding & parenting support group, noon today & Thursday, July 24, Neighborhood New-Mothering Center, 1262 Lawrence St. #3, contact milkymamas@gmail.com. FREE.

Finance & Audit Committee, 1:30-3pm, Commissioners' Conference Room, Public Service Building, 125 E. 8th Ave., call 682-4203. FREE.

Retired Senior Providers of Lane Co., Other Choices, Other Voices w/Amy Cook & Josie McCarthy, 2pm, Sheldon Oaks Retirement, 2525 Cal Young Rd., call 342-1983. FREE.

Bohemia Mining Days, music, parade, living history exhibits, breakfast at the mine, pony rides, beard-growing contests, 4pm today through Sunday, July 20, downtown Cottage Grove, see bohemiainingdays.org. FREE.

Game Night/Chess Night, 5-9pm, Cush Cafe, 1235 Railroad Blvd. FREE.

Hearing Voices & Extreme States Support Group, 6pm, First United Methodist Church, 1376 Olive St., see different-minds.us/eshv. FREE.

Emerald Valley Quilters Guild, 6:30pm social hour, 7pm program, Masonic Lodge, 2777 Martin Luther King Jr. Blvd. FREE.

Recovering Couples Anonymous, 7-8:30pm, Community of Christ Church, 1485 Gilham Rd. FREE.

Doc's Pad Drag Queen Bingo w/ Karess, 9pm today & Thursday, July 24, Doc's Pad, 710 Willamette St. FREE.

Trivia Night, 9pm today & Thursday, July 24, Sidebar, 1680 Coburg Rd.

KIDS/FAMILIES Wonderful Ones Storytime, 1-year-olds w/caregivers, 10:15am & 11am today & Thursday, July 24, downtown library, info at 682-8316. FREE.

Preschool Fun w/Art & Science, explore the world under the sea, ages 3-6, dress for messy projects, 10:30-11am, Springfield Public Library. FREE.

Baby Pop Music w/Stardust, interactive singing for babies & caretakers, 1pm today & Thursday, July 24, Neighborhood New-Mothering Center, 1262 Lawrence St. #3. FREE.

Cuentos/Bilingual Story Time in Spanish, all ages, 1pm through Aug. 21, Springfield Public Library. FREE.

Kids Water Wonders, create musical rain wands w/Nearby Nature, 3pm, Sheldon Branch Library, 1566 Coburg Rd., call 682-8216. FREE.

Zumba Kids, ages 7-12, 4:30-5:15pm today & Thursday, July 24, Denbaya, 1325 Jefferson St. \$5.

Zumba Juniors, ages 4-6, 5:15-6pm today & Thursday, July 24, Denbaya, 1325 Jefferson St. \$5.

LECTURES/CLASSES Teens Draw Zombies, draw the undead w/Marianne Walker, 2pm, Beth-el Branch Library, 1990 Echo Hollow Rd., call 682-8316. FREE.

Small Business Clinic: Ask the Experts, get one on one advice, 5-7pm, downtown library, pre-reg. at 682-5450. FREE.

The Art of Berta & Elmer Hader, 6pm, downtown library, call 682-8316. FREE.

Music & Dance Workshops w/ Taller de Son Jarocho, 7-9pm today & Thursday, July 24, American Legion Hall, 344 8th St., Spfd. FREE.

ON THE AIR "The Point," 9-9:30am today & Thursday, July 24, KPOV 88.9FM.

"Arts Journal," current local arts, 9-10pm today & Thursday, July 24, Comcast channel 29.

"Thursday Night Jazz, live jazz from Idit Shner & Tyler Abbot, Great American Songbook, 10pm, KLCC, 89.7FM.

OUTDOORS/RECREATION Pool Hall for seniors, 8:30am-4:30pm, today, tomorrow & Monday through Thursday, July 24. \$0.25; Mahjong for Seniors, 1-4pm, Campbell Community Center, 155 High St. \$0.25.

Walk with Us, weekly self-led neighborhood walking group, ages 50 & up, 9:30-10:30am today & Thursday, July 24, meet at Petersen Barn Community Center, 870 Berntzen Rd. FREE.

Aerial Yoga, adult classes, 11am-noon, Bounce Gymnastics & Circus Arts Center, 329 W. 3rd Ave., 343-4222. \$10 first class, \$15 drop-in.

Mahjong for Seniors, 1-4pm today & Thursday, July 24, Campbell Community Center, 155 High St. \$0.25.

Ashtanga Yoga, mixed levels, 5:30-6:45pm, Everyday People Yoga, 352 W. 12th Ave., See epyogaeugene.com. Don.

Gentle Yoga, 5:30-6:30pm, Trauma Healing Project, 2222 Coburg Rd., Ste 300, call 687-9447. \$5, scholarships available.

Prenatal Yoga, 5:30-6:45pm today & Thursday, July 24, Core Star Center, 439 W. 2nd Ave., 556-7144. \$10, \$48 for 6 classes, sliding scale.

Aqua Yoga, 5:45-6:45pm today & Thursday, July 24, Tamarack

Wellness Center, 3575 Donald St. \$11.

GEARs Bicycle Ride: Women Only Ride to McKenzie View, 26 miles, helmet required, 6pm, meet at Alton Baker Park. FREE.

Team Run Eugene, adult track workout group, 6pm today & Thursday, July 24, ATA Track, 24th & Fillmore St. FREE.

Yoga Weight Management, 6:30pm today & Thursday, July 24, Willamalane Adult Center, 215 W. C St., Spfd. \$4.

Yoga w/Dave, 6:45-8am today & tomorrow, St. Jude Catholic Church, 4330 Willamette St. \$5-\$20 sliding scale.

Contact Juggling, 7:30-8:30pm today & Thursday, July 24, Academy of Artistic Gymnastics, 1205 Oak Patch Rd., 344-2002. \$10 drop-in, \$80 for 10 class punchcard. First class FREE.

Drop-in Kayaking, bring equipment, no instruction provided, ages 12 & up, 8-10pm today & Thursday, July 24, Echo Hollow Pool, 1655 Echo Hollow Rd. \$5

SOCIAL DANCE Music & Dance Workshops w/Taller de Son Jarocho, 7-9pm today & Thursday, July 24, American Legion Hall, 344 8th St., Spfd. FREE.

Square Dancing, Sam Bucher teaching & calling, 7-9pm, Willamalane Adult Activity Center, 215 W. C St., Spfd. \$3.

Yoga Dance Party & Vegetarian Dinner, 7pm today & Thursday, July 24, Alchemy Lotus Healing Center, 1380 W. 17th Ave., RSVP at yoginimatrix@gmail.com. \$8.

Crossroads Blues Fusion Dance, 7:30pm lesson, 8:30-11:30pm dance, Ballet Northwest Academy, 380 W. 3rd Ave., See crossroadsbluesfusion.com. \$5.

Hot Mamma's Club, 8pm today & Thursday, July 24, All That! Dance Company, 855 W. 1st Ave., info at 688-1523 or allthatdance@hotmail.com. \$10.

SPIRITUAL Reiki Tummo Healing Clinic, 5:30-7:30pm today & Thursday, July 24, 1340 W. 17th Ave., call 914-0431 for appt. Don.

Self-Breema: The Art of Being Present, 6-6:50pm today & Thursday, July 24, call 914-4162 for location. First class FREE.

Zen West Meditation Group, 7:30-9pm today & Thursday, July 24, Unitarian Universalist Church, 1685 W. 13th Ave., call 543-5344. Don.

THEATER *Snow White & The Dudes*, 7pm today through Saturday, The Red Cane Theatre, 1077 Chambers St., call 556-4524 for tix. \$25 w/dessert, \$20 show only, \$17 sr., stu & military.

No Shame Workshop, create improv, stories, songs, sketches, 7:30pm today & Thursday, July 24, New Zone Gallery, 164 W. Broadway. FREE.

Go Shanufa, w/Tony Camarda, 9pm today & tomorrow, Countdown Studio, 543 Blair Blvd. \$12.

VOLUNTEER Care for Owen Rose Garden, bring gloves & small hand-weeding tools, instruction provided, noon-3pm today & Thursday, July 24, end of N. Jefferson St., 682-5025.

FRIDAY

JULY 18
SUNRISE 5:47AM; SUNSET 8:51PM
AVG. HIGH 83; AVG. LOW 52

ACTIVISM Eugene Latrine Street Theater, highlights foibles