



If there's one thing Eugene loves, it's running. Not like we need an excuse to run, but the **Eugene Peace Run** is a pretty good excuse. When the Dalai Lama visited Eugene in 2013 he inspired the creation of the Eugene Peace Run. The run is now coming up on its fifth year this Sunday, July 23. Participants have the choice to walk or run in a 5K or 10K course in Alton Baker Park. Proceeds from the run will benefit the Palmo Center for Peace and Education, a local organization that promotes a message of nonviolence. The Eugene Peace Choir will kick off the run with a performance at 8:30 am, followed by a talk from Tulku Jigme Rinpoche, a co-founder of The Palmo Center, on mindful running. The Fifth Annual Eugene Peace Run starts at 9 am after a performance from the Eugene Peace Choir and talk from Tulku Jigme Rinpoche at 8:30 am. It takes place at Alton Baker Park. For more info or to register, visit eclecticedgeracing.com. Registration is \$15 for students, \$20 for adults and FREE for one child under 12 per person. — *Meerah Powell*

Brettell-Vaughn, 1-2pm, Down To Earth Nursery, 532 Olive St. FREE.

Homestead Arts Class: Game of Graces, victorian ring toss game, all supplies & instruction included, 1-3pm, Singing Creek Educational Ctr., 2045 McKinley St., pre-register at singingcreek-center.org. \$10.

Talks at the MNCH continues. See Thursday, July 20.

LITERARY ARTS Bill Sullivan: New Hikes & New Novel, 2pm, downtown library. FREE.

ON THE AIR Country Classics, Hot Licks & Hipbilly favorites, 9-11am, KRVM.

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

60s Beat, "Keeping the Spirit of the 60s Alive," 7-9pm, KRVM.

OUTDOORS/RECREATION Eug/Spfd Mossbacks Volkssport Club: walk in Estacada, 7am, Willamalane Adult Activity Ctr., 215 W. C St., Spfd., mossbacks.org. FREE (\$10 carpool).

All-Paces Group Run, 9am, Run Hub Northwest, 515 High St., 541-344-1239. FREE.

Wild Wild West Western Swimfest, bring Western wear like Wrangler jeans, etc. & jump in the lake for fun! drug, alcohol & synthetic free event, 10am-5pm today & tomorrow, Cottage Grove Lake, Northridge Park, Cottage Grove. FREE.

Dungeons & Dragons, roleplaying, 12:30pm, Delight, 538 E. Main, Cottage Grove, info at delightcg@gmail.com. FREE.

Pinball for People Charity Tourney, donations to Carry It Forward, 2pm, Level Up Arcade, 1290 Oak St. \$5 don.

Blazing Paddles continues. See Thursday, July 20.

Centennial chess club continues. See Thursday, July 20.

SOCIAL DANCE Dance Empowered w/Cynthia Valentine, 9-10am today, 5:30-6:30pm Monday & Wednesday, WOW Hall. \$10.

West African Dance w/Alseny Yansane, 11am-12:30pm, WOW Hall. \$12-\$15.

Blues dancing afternoon workshop, 1-4pm, 1305 Echo Hollow Rd. \$10.

Crossroads Blues Fusion Annual Rose Garden Dance, 8-11pm, Owen Rose Garden, 300 N. Jefferson St. FREE.

Salsa Dancing, 9pm, the Lounge, 2043 River Rd. FREE.

Barnstormers Square Dance, 9:30pm, Sam Bond's Garage, 407 Blair Blvd. \$5.

SPIRITUAL Intensive Beginning Level Course in Raja Yoga Meditation, 4 lessons in one weekend, 11am-3pm today & tomorrow, Brahma Kumaris Ctr., 175 E. 31st Ave. RSVP 541-343-5252. FREE.

Contemplative Mass w/Taize chant, 5:30-6:30pm, Episcopal Church of the Resurrection, 3925 Hilyard St. FREE.

THEATER *DISASTER!* continues. See Friday.

Dr. Amnesia Trance's Hypnotic Show...OR It's Mining Memories Down a Long, Dark Hole continues. See Friday.

VOLUNTEER Feed the Hungry w/Burrito Brigade, 10am, Bethesda Lutheran Church, 4445 Royal Ave. FREE.

Invasive Species Removal Work Party, tools, gloves, & parking pass provided, 10am-1pm, Mount Pisgah Arboretum Visitor

Ctr., 34901 Frank Parrish Rd., RSVP to site@mountpisgaharboretum.org. FREE.

SUNDAY

JULY 23
SUNRISE 5:51AM; SUNSET 8:45PM
AVG. HIGH 83; AVG. LOW 51

ART/CRAFT

FARMERS MARKETS Fairmount Neighborhood Farmers Market, 10am-2pm, 19th & Agate across from Prince Pucklers. FREE.

Whiteaker Community Market, farmers & artists, 11am-4pm, 2nd & Van Buren. FREE.

Dexter Lake Farmers' & Artists' Market, live music, noon-4pm, Rolling Rock Park, 18 W. Main St., Lowell. DexterLakeFarmersMarket.org. FREE.

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

GATHERINGS Overeaters Anonymous, 9:30am, First United Methodist Church, 1370 Olive St. FREE.

Post-legislative session town hall w/Rep. Julie Fahey, 1:30pm, Petersen Barn, 870 Berntzen Rd. FREE.

Blues Music Appreciation Listening Party, talk w/DJs about song selection, danceability, 2-5pm, private home, contact crossroadsbluesfusion@gmail.com for info. FREE.

Food Not Bombs, 2-4pm, Park Blocks, 8th & Oak St. FREE.

Community Centered Martial Arts, 3pm, Mangan City Park, 4075 Aerial Wg. FREE.

Prayers for World Peace, 6:30-7:30pm, Ami de Paris Salon, 280 W. Broadway. don. or FREE.

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WARNING: For use by adults 21 and older. Keep out of reach of children. It is illegal to drive a motor vehicle while under the influence of marijuana.

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Columbia, left on 27th, right on Central, right on E 28th to the Castle

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TUESDAY FARMERS MARKET
10 a.m. – 3 p.m. 8th and Oak St, Eugene

FREE kids' activity 11 a.m. – 1 p.m.
August 1st and 15th

We accept EBT/Credit/Debit
LaneCountyFarmersMarket.org for more info

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August 4 - August 27
Wed - Sat 7:30pm
Sun 2:30pm

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