

Saturday

Workshops

Exercise workshop at New Age Center, 1015 River Road, is open to all comers and costs \$1. Bodily attunement through structured and unstructured movement, 10 am. Call 342-1065 for more information.

Massage workshop for couples today and tomorrow costs \$30 per couple and is held from 10 am-4 pm. Register with Ingrid Vogt, 345-7189. Learn to relax with your partner with relaxing massage techniques for the head, neck, back and feet. Nudity is not required.

Thinner Through Inner gets at the internal underlying causes of gaining and retaining weight. 4245 Fox Hollow Road, 1-6 pm, \$30. Led by Wanda Salyard, MSW, 344-0308.

Solstice Celebration with Mitzi Linn; call 345-0233 for registration and location information. 10 am-5:30 pm, \$20/\$30. Celebrate this ancient holy day through myth, ritual, guided fantasy, and a solstice project.

Storm window construction clinic costs \$10 and is sponsored by OSU Extension Service. Call 484-2411, ext. 209 for more information.

Saturday

Etc.

Christmas Tree Sale, fresh from the forest, is held at the Lane County Extension Parking Lot near the Fairgrounds on 13th, Walterville Fire Station, and Lowell High School parking lot, from 1-5 pm. Trees under 4' for \$2, over 4' for \$3. Proceeds benefit Lane County 4-H.

Lux Humana—a collection of rainbow and reflection holograms by Arlie Conner on display at WISTEC, Centennial Blvd. at Alton Baker Park from today through Dec 31.



Closing Out Our Christmas Inventory

How About a \$25 Book for \$5

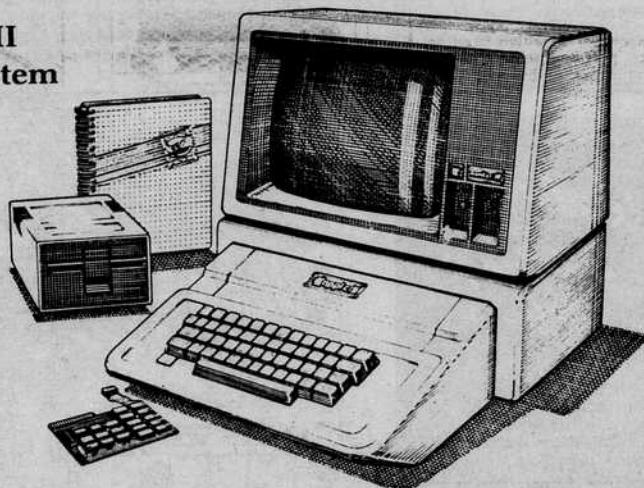
The Smart Gift

Miller's Books

829½ North A St., Springfield
(across from the Springfield Post Office)

SAVE OVER \$800

The Apple II Starter System



The Apple II Starter System—48K Apple II+ and a 16K language card which gives you 64K of memory, green phosphor Monitor III, monitor stand, Disk II drive, Apple Writer word processing and 15 month service protection with AppleCare.

Christmas Special: Your choice of entertainment software with starter system.

Entertainment Software Sale—20% Off

Thursday, Friday and Saturday Only!

Christmas Hours: Shop till 9 p.m. Thurs., Fri. & Sat.
Sunday 10-5 p.m.

Computer SOLUTIONS

apple computer 689-9677 175 Silver Lane
River Road, Near Beltline

Public Access Television Cable 11

Thursday 16

- 6:00 Metamorphosis. (Repeat)
- 6:30 Dialogue. (Repeat)
- 7:00 Nature Source. (Repeat)
- 7:30 Jesse Nazareth Presents. (Repeat)
- 8:00 Libertarian Party.
- 8:30 Spiritual Revolution. Religion without clergy.
- 9:00 Winds of Change. (Repeat)
- 9:30 Basic Bicycle Safety. (Repeat)

Friday 17

- 6:00 Nguzo Saba. (Repeat)
- 6:30 La Voz Hispanica. (Repeat)
- 7:00 Metro Mania. Valiant efforts that tap the pulse of the land and the hearts of the people; this week highlighting *What's Happening*.
- 7:30 TV as a Folk Art. Vaudeville—featuring Rev. Chumleigh and other acts. Hosted by Howard Wade and Loren Sears.
- 8:30 Music Notes. (Repeat)
- 9:00 Music of the Earth. (Repeat)
- 9:30 Libertarian Party. (Repeat)

Monday 20

- 6:00 T. Bear's Christmas. T. Bear's Christmas. An original children's Christmas story written by local writer, Syn Ferguson, featuring real kids and storybook characters exploring the meaning of Christmas.
- 6:30 Eugene's Dance and Music.
- 7:00 Nuclear Questions. Repeat of interview with Raymond Peat on the effects of low-level radiation.
- 7:30 Innovative Food & Energy Systems. Amity Foundation staff Bill Head, Kathy Ging and Lynn Patsos discuss organic farming, year-round gardening under protective coverings and the Oregon Energy Round-up at the State Fair.
- 8:00 Music Notes. Music Notes presents a musical Christmas card to Eugene-Springfield, featuring local artists performing your Christmas favorites.
- 8:30 TV as a Folk Art. (Repeat) Vaudeville, featuring Rev. Chumleigh and other acts. Hosted by Howard Wade and Loren Sears.
- 9:30 Paul Burnett Show.

Tuesday 21

- 6:30 Jesse Nazareth Presents. Jesse Nazareth Presents a Christmas special.
- 7:00 Winds of Change. Eugene's unique profusion of quality handicrafts for the holiday gift-giving with Ilene English of the Saturday Market.
- 7:30 Community Productions.
- 8:00 T. Bear's Christmas. (Repeat)
- 8:30 Eugene's Dance and Music. (Repeat)
- 9:00 Music Notes. (Repeat)
- 9:30 Innovative Food & Energy Systems. (Repeat)

Wednesday 22

- 6:00 Naturesource.
- 6:30 Cracker Barrel.
- 7:00 Nguzo Saba. "If God Talks Back" and The Rapture by Sean Blunt.
- 7:30 La Voz Hispanica.
- 8:00 Music of the Earth. Music of the Earth's midwinter gift to you—a wilderness experience in the Cascades.
- 8:30 Metamorphosis. An introduction to "Psychocalisthenics," a series of exercises for balancing the mind, emotions and body.
- 9:00 Nuclear Questions. Repeat of interview with Raymond Peat on the effects of low-level radiation.
- 9:30 Community Productions (Repeat)

Thursday 23

- 6:00 Metamorphosis. "An Introduction to Psychocalisthenics," a series of exercises for balancing mind, body and emotions.
- 6:30 Music Notes. Music Notes presents a musical Christmas card to Eugene-Springfield, featuring local artists performing your Christmas favorites.
- 7:00 Naturesource. (repeat)
- 7:30 Jesse Nazareth Presents. (Repeat)
- 8:00 Libertarian Party.
- 8:30 Spiritual Revolution. Personal transformation psychotherapists Linda and Dan Popov discuss the ability of a Prophet of God to transform the lives of millions of people, leading to the fulfillment of each person's highest potential.
- 9:00 Winds of Change. (Repeat)
- 9:30 Innovative Food & Energy Systems. (Repeat)

HOT CIDER for the HOLIDAYS



GENESIS JUICE

at local stores

Heap on more
wood!—the
wind is chill;
But let it whistle
as it will,
We'll keep our
Christmas
merry still.

Johnn
—Sir Walter Scott

We have Unicef Cards.

BOOK and TEA
1646 E. 19th • 344-3422
Mon-Fri 10-8, Sat 10-5