

Natural Health Practices

In Eugene there are teachers for every known spiritual path and practitioners of every brand of philosophy; adults can take courses in what-you-want-to-be-when-you-grow-up; you can engage in any imaginable style of counseling; and self-improvement workshops abound. Amid this turmoil of searching and self-seeking, it is delightful to find a man who realizes simplicity is the key to contentment and good health.

Herbalist and naturopathic doctor Svevo Brooks believes there is a difference between the state of not being sick and being truly healthy. Educated in Europe, Svevo has been lecturing and practicing naturopathic medicine for a dozen years.

Naturopathy incorporates the use of non-chemical methods, using resources which are provided by nature to heal illness and promote health. Sunlight, water, plants and manipulation of the body, including therapeutic exercises, all play a part in naturopathy.

The idea of a gentler, less violent approach to healing has provided Svevo with the basis of a philosophy which is simple and effective. He believes one should be able to handle everyday minor accidents and health imbalances while leaving major trauma and accident to physicians to treat.

He uses children and people in non-technological societies as the models to be emulated in striving to promote and improve health. By using children and people who are healthy by virtue of the way they live he demonstrates how much control we have over our lives and health.

Attitude, the balance of body and mind, is also important. There is no absolute condition of health, no time when any of us can say, "Now, I'm truly healthy." Health is an ongoing process; it is attitude, discipline, awareness and communication. Communication between one's own body and one's mind, and communication between people.

Svevo Brooks, ND, CH, will present a workshop at the Central Presbyterian Church, 1475 Ferry, on Jan 21 and 22. The workshop will allow you to assess the state of your health through use of a simple health quiz. There will be information on "kitchen medicine," things readily available in your home to deal with everyday injuries and illness. There will also be emphasis on diet and elimination, physical and emotional. Many other aspects of natural healing including relaxation and movement will also be covered.

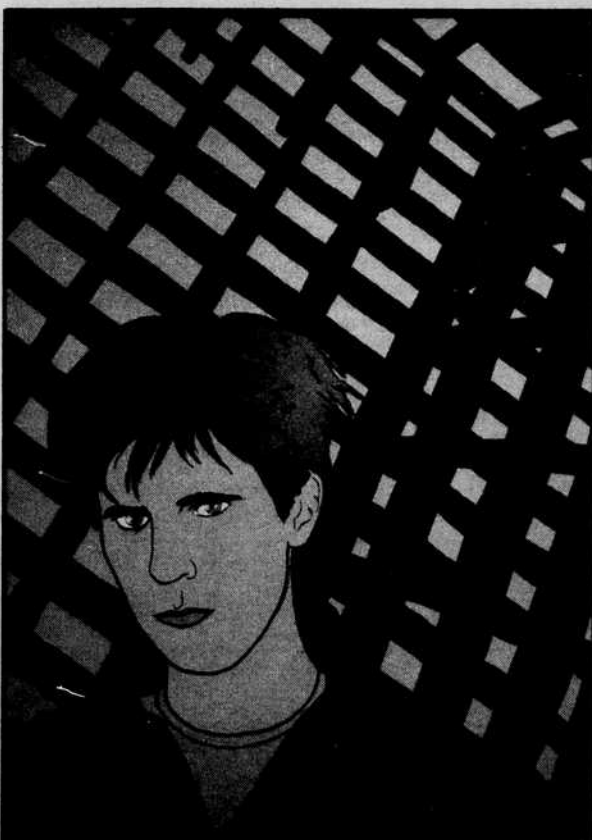
The intention of the workshop is to enable people to gain confidence and to get in touch with the intuitive healer within while learning to use specific aids and tools which are easily available to promote and maintain better health. This will allow each of us to reach our full potential for being truly healthy.

—Sandra Bishop



"To err is human, to really foul up requires a computer."

—Anon.



SELF PORTRAIT/UNFINISHED BUILDING *1982 Tim Smith
See this and other new paintings by Tim Smith at the EMU Art Gallery, UO, Jan 22-Feb 7.

Art Galleries

Artworks, 291 E 5th St, Eugene. Works by Patrick Nagle, Uzielysky, R.C. Gorman, Manarchy, Jerry Schurr, Marci and Oku on display through Jan 31. Hours: 10 am-6 pm Mon.-Sat. and noon-5 pm Sun.

Artists' Union, 985 Willamette St, Eugene. "Self Image," a group art show, on display through Jan 29. Gallery hours: noon-5 pm Tues.-Sat.

Blair Island Restaurant, 325 Blair Blvd., Eugene. Drawings by Debi Dailey on display through Jan 31. Hours: 8 am-2 pm and 6-10 pm Mon., Tues., Thurs., and Sat. and 9 am-2 pm Sun.

Cafe Central, 384 W 13th Ave, Eugene. Oregon landscapes by Andrew Johnston on display through Sat. Hours: 8 am-11:30 pm Mon.-Fri. and 9 am-11:30 pm Sat.

Community Center for the Performing Arts (WOW Hall), 291 W 8th. Recent works in collage by Dar Ford will be on display through January. Hours: 3-6 pm, Tues.-Sat.

Designworks, 1877 Willamette St, Eugene. Mezzotint etchings by Narakawa, Yokoi, G.H. Rothe and Honda; lithographs by R.C. Gorman, Ed Singer and Terry Olson; and serigraphs by Jane Scott, Jerry and William Nolan on display through Feb 28. Hours: 10 am-6 pm Tues.-Sat. and by appointment at 484-4608.

Emerald Empire Art Association, 421 N "A," Springfield. The front gallery will feature pictures in oils, watercolors and acrylics of landscapes, florals and wildlife, by local artist Mardy Brown, through Jan. Hours: 11 am-4 pm, 344-5048.

Eugene Public Library, 1000 W 13th Ave. Wildflower photography by Dave Curtis in the magazine room, and watercolors by various artists in the upstairs gallery on display through Jan 31. Hours: 10 am-9 pm Tues.-Thurs. and 10 am-6 pm Fri. and Sat.

High Street Coffee Gallery, 1243 High St, Eugene. Paintings and prints by Julie Hersher on display through Feb 6. Hours: 8 am-midnight Mon.-Fri. and 10 am-midnight Sat.-Sun.

Insight Gallery of Fine Arts, 5th St. Public Market, 296 E 5th, Eugene. Ongoing exhibit of original paintings. Hours: 10 am-6 pm Mon.-Sat., 11 am-5 pm Sun.

Keystone Cafe, 395 W 5th Ave., Eugene. Authentic silver print photographs by Larry Gellert on display through Jan 31. Hours: 8 am-2:30 pm daily.

Lane Community College, 4000 E 30th, Math and Art Building. Beginning Jan 3, Kathy Caprario will exhibit 17 of her paintings. A drawing instructor at the UO, she has displayed her works in Portland, Corvallis, NYC and New Jersey. "I am working more and more with integrating 3-dimensional materials and objects with the paint," she says. Gallery hours: 8 am-10 pm, Mon.-thurs, 8-5 pm Fri.

McDonald Frame Shop and Gallery, 417 High St., Eugene. Landscape photographs by Edward K. Vlek on display through Jan 31. Hours: 9 am-5:30 pm, Mon.-Sat.

Opus Five Gallery of Crafts, 2469 Hilliard St, Eugene. "January No Show/Group Show," an exhibit by area artists, on display through Jan 31. Hours: 11 am-8 pm Mon.-Fri., 11 am-5:30 pm Sat. and noon-4 pm Sun.

Project Space Gallery, 39 E 10th, "Recent Developments," 2nd Annual Northwest Photography Exhibit on display through Jan 28. Hours noon-5 pm Tues.-Sat.

Soaring Wings Art Gallery, 760 Willamette. Hours: 9-5:30 pm Mon.-Sat. and by appointment, 683-8474.

Springfield Library, 225 N Fifth St. Works by the Valley Calligraphy Guild on display through Jan 30. Hours: 5-8 pm, Tues.-Thurs., noon-5 pm Sat.

Springfield Museum, 6th and Main Sts. Telephone Communications in Oregon, featuring telephones, switchboards and related equipment and The Historic Springfield Millrace, on display thru June 30; and a costume collection of the Very Little Theatre, on display through Jan 15. Hours: 11 am-5 pm, Mon.-Sat. and 2-5 pm Sun.

University of Oregon, Museum of Natural History, UO campus, Science Complex. Original wood cuts, etchings and lithographs of rock formations by local artist Denise Clark. Scientific illustrations (mostly rare Oregon plants) by Linda Vorobik. Watercolors of prehistoric mammals by Guy Leahy. Hours: 12-5 pm Tues.-Sat.

University of Oregon, Faculty Club, Collier House, 1170 E 13th. Watercolors by Ellen Gabehart on display through Jan 31. Hours: 9-3 pm Mon.-Fri. 686-5268.

University of Oregon Museum of Art, UO campus. Main floor gallery, a major exhibition of non-traditional oil paintings, drawings and watercolors by Portland-based artist Henk Pander. Also in the main floor gallery will be a display of 20th century American artists portraits of themselves and other artists. Selected from the UO Art Museum's permanent collections. In the Photography at Oregon Gallery, black and white photographs by two-time Academy Award winning filmmaker Lou Stammen. Hours: noon-5 pm, Weds.-Sun. 686-3027.

University of Oregon, EMU, Aperture Gallery. Photographs by Mark Lim.

University of Oregon, Gallery 141, Lawrence Hall, Room 104 for films. Visual design exhibition and animated film and video showings. Jan 24-28. Opening reception Jan 24 at 7 pm, Gallery 141; films Jan 24 at 8 and 9:15 pm, Jan 26 at 8 pm. 686-3628.

University of Oregon, EMU Art Gallery (next to the Ballroom). Neo-pop art by Los Angeles painter Tim Smith entitled "People/Buildings" will show Jan 22-Feb 7. Hours: 10 am-5 pm. Opening reception with the artist on Jan 23, 4-6 pm.

Warehouse Artists' Studio, 385 Lawrence. Paintings by Nick Nickolds in watercolor and colored pencil. Hours: 10-3 pm. Through Jan 31.

Wednesday

Etc.

Hard Times Lunches presented by the Eugene Council for Human Rights in Latin America. \$1.50, 11:30 am. 1236 Kincaid.

Speakers

Dealing with Professional Stress—Preserving Health of Health Care Professionals. John Travis, MD, author of *The Wellness Workbook* will speak at noon at the Eugene Hospital and Clinic, conference room #3, \$2.50.

Better Health—You're Worth It. John Travis, MD, at the Valley River Inn, East Willamette Room, 7:30-9:30 pm, \$3 general, \$2 student.

Network is sponsoring Justine Heavilon, PhD, talking on *Middle Ground*, the place between saying hello and an intimate relationship. 8 pm at 345 W 38th. 345-6432.

A free introductory lecture on the *Transcendental Meditation* technique at the Eugene Public Library, 7:30 pm.

Video

Cable Channel 11 (Community Access) features: *Maude Kerns Focus on Art*, repeat from Tues, 6 pm; *Cracker Barrel*, 6:30 pm; *Nguzo Saba*, excerpts from *Black Women's Writers*, 7 pm; *La Voz Hispanica*, 7:30 pm; *Science of Mind in Action*, Rev John Ingram explains what Religious Science believes about prayer, 8 pm; *Metamorphosis*, 8:30 pm; *Nuclear Questions*, repeat from Mon, 9 pm; *Community Productions*, repeat from Tues, 9:30 pm.

Wednesday

Sports/Recreation

Register today, 7 am-7 pm, for *Willamalane Activities*, district residents, 765 N A St, Springfield.

Thursday 27

Speakers

Creating a More Conscious Relationship will be discussed by Ninah Bernstein, ACSW and Rohn Kessler, MS. Couples and individuals welcome to this free presentation in the Boardroom of the Eugene Public Library, 7 pm. Call 484-6104 for more info.

China Yesterday and Today with Joseph Esherrick, U of O History Dept. 4 pm, 106 Condon, U of O.

Theater

The Misanthrope, 8 pm in the Arena Theatre, U of O.

Sports

U of O Wrestlers meet Washington State at 2 pm at the U of O.

Dance

A Celebration of Ballet, Folk, Jazz and Modern Dance, presented by the University Theater in cooperation with the U of O Dance Dept. Runs thru Jan 30. 8 pm, Robinson Theatre, U of O.

Thursday

Etc.

Comedian George Carlin at the Hult Center. 8 pm, Silva Hall. Call 687-5000 for ticket information.

Hard Times Lunches, benefit for Central American Refugees, see 1/26 listing for details.

Registration for Willamalane classes, trips and activities for both district and out-of-district residents. 7 am-5 pm in the Memorial Bldg, 765 N A St, in Springfield.

Personal Services Workshop, speed reading, editing, and proofreading, 8:45-11 am, 101 EMU, U of O campus.

Art

Russian dissident artists Vitaly Komar and Aleksandr Melamid will give a lecture-presentation of their works at 7:30 pm in 167 EMU, UO. They were blacklisted in the USSR and have emigrated to this country. They've been called "The Woody Allens of Socialist realism."

Video

Cable Channel 11 (Community Access) features: *Metamorphosis*, repeat from Weds, 6 pm; *Seeds of Peace*, repeat from Tues, 6:30 pm; *Jesse Nazareth Presents*, 7:30 pm; *Libertarian Options*, Perry Gresham discusses the nature of natural liberty, 8 pm; *Spiritual Revolution*, 8:30 pm; *Winds of Change*, 9 pm; *Potluck*, repeat from Tues, 9:30 pm.