

**We're
Open!**

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BARBICAN**
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Fine food
in a relaxed
atmosphere

Come enjoy a fine meal at The Barbican and listen to the jazz sounds of the *Touch Trio* in the lounge Fri. and Sat. 9 p.m.-1 a.m.

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Kathleen Lynch, Proprietor

Cascade Caning Co.
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Street Market

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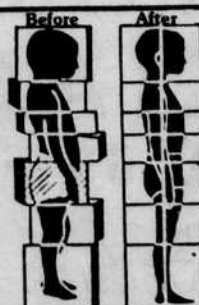
Centrally Located
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Sunbathers!

On warm afternoons, Onsen has a great alternative to driving to the beach. We provide you with sunny privacy, and a cool tub of bubbling water. It's just like your own private ocean without the sand. Here's the deal: 2 people, 2 hours only \$11 from noon 'til 5 p.m.

ONSEN
HOURLY HOT TUB RENTALS

Taking reservations noon until 11:30 pm weekdays, until 12:45 weekends.
Call 345-9048
1883 Garden Ave., Eugene



ROLING: Who Gets Rolled?

Roling actually changes the way your body is structured, in a series of ten sessions. By manipulating the connective tissue, called fascia, you are helped to be taller, straighter and freer moving, and often to have less muscular-skeletal pain. These changes last.

People usually choose to get Rolled for one of several reasons. They want better posture and have not been able to achieve it by "remembering" to stand straight. They hurt, often but not always in the neck-shoulder region of the back, or have chronically tense bodies. They want better performance from their bodies in sports, dance or everyday activity. Or they want to grow psychologically and have the sense that old emotional issues stored in the body are holding them back.

If this applies to you, or if you are simply curious to know more about yourself physically and emotionally, Roling is for you.

Lecture and demonstration upstairs at the Eugene Public Library on Monday, August 19 at 7 p.m.

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COMMUNITY

Humanitarian Aid Sundays in Solidarity

Eugeneans have the opportunity this summer to help the peoples of Central America while enjoying the unique home cooking of the Keystone Cafe. The Keystone, West 5th and Lawrence St., is co-hosting with the Committee in Solidarity with the Central American People (CISCAP) "Sundays in Solidarity."

All proceeds from this series of Sunday evening benefit dinners will be divided among four projects providing humanitarian aid to the people of Central America.

David Light, Keystone co-owner, says, "The response has been great. People want to help. They're concerned about Central America. This is an example of how a local business and its clientele can come together, learn

something, and benefit others. I strongly urge other businesses to follow suit."

Aid to the people of Guatemala will be sent to Seeds of a New Society which funds literacy projects, weaving cooperatives and health care training. These projects help refugees in Guatemala and Mexico become self-sufficient and maintain their Mayan Indian culture.

Aid to El Salvador will be sent to New El Salvador Today (NEST), which funds literacy campaigns, purchases seeds and farm implements, helps fund schools and health clinics as well as sets up small manufacturing to meet basic needs, such as clothing and shoes. All these projects are funded through the local popular governments in the areas of popular control. Without this help Salvadorans would become refugees in the government-controlled areas of El Salvador where they would be forced to live in camps under inhumane conditions.

Nicaraguan aid will be channelled to Humanitarian Aid for

Nicaraguan Democracy (HAND). HAND funds a wide variety of projects which help the people of Nicaragua build their new society. These projects include literacy campaigns, agricultural projects, schools, health clinics, the manufacture of clothes and childcare programs.

HAND projects are particularly important now as many Nicaraguans are forced to flee contra attacks, which particularly target schools, health care clinics and agricultural projects.

The fourth project is the Interfaith Sanctuary Project of Eugene which provides refuge for Guatemalans and Salvadorans fleeing the government repression in their countries. The Eugene Sanctuary is part of a national network established to uphold the Refugee Act of 1980 which guarantees asylum in the U.S. to any people fleeing imminent danger due to their political or religious beliefs.

For more information about Sundays in Solidarity, call the Keystone at 342-2075 or CISCAP at 485-1755.

BUSINESS

"Women in Management" —a workshop

"Women in Management—Managerial Techniques That Work" is a special format summer workshop for current and potential managers, supervisors and business owners that will be held on Wednesday, Aug. 28, from 10 am-3 pm at the Valley River Inn.

The presenter is Tom Birkenhead, a business and management instructor at LCC with over 15 years management consulting experience. This workshop pro-

vides practical action ideas for managers that will include: managing versus doing; plenty of responsibilities, not enough authority; identify your source of power and protect it; the value of a chain of command; delegate now!; and others.

The cost is \$35 and includes workshop fee, materials, refreshments and lunch. To preregister send a check payable to LCC, your name, social security number, address and phone number to the LCC Business Assistance Center, 1059 Willamette, Eugene, OR 97401. For more information or to receive a brochure, call LCC at 484-2126, ext. 530.

LCC and the U.S. Small Business Administration are co-sponsoring the workshop.

VISTA Offers Community Workers

Community groups and agencies that want the services of a VISTA Volunteer to help solve problems of poverty need to apply to the Lane County VISTA Project by October 15.

VISTA Volunteers are placed with groups trying to develop community-based solutions to local problems. Proposals are accepted from public and private nonprofit groups. Examples of VISTA projects are food co-ops, a senior transportation program, a farmers marketing cooperative, a preschool parent cooperative, economic development programs and child abuse programs.

The VISTA workers will begin work spring, 1986, and serve full time for a year. The federal government provides living expenses, medical benefits, and some training. The sponsoring group provides supervision and nominal operating support.

For more information, call Kathy Ask at the Voluntary Action Center/YMCA, 342-4451.

LETTERS

Community Agenda on Economic Development

Dear Editor:

The working group for a Community Agenda on Economic Development is 25 or so citizens who are striving to come up with ideas for our community's economic future which take full advantage of what we have—natural, human, and business resources—to project the kind of future which is consistent with our personal and community goals. Our most important resources are your good ideas! Please join us at an open meeting at 7:30 pm Thursday, August 15, at Harris Hall, when we will generate a list of economic development ideas we can present to our elected officials.

—Paul Ferguson
344-9077

Letters to the Editor must be typewritten and no longer than 250 words. Send to What's Happening Letters, P.O. Box 259, Eugene, OR 97440.