

CLASSIFIEDS

ARTS/CRAFTS



Oregon Country Fair
is pleased to invite your participation in the
1987 POSTER COMPETITION

Eligibility: All artists who work in the drawing and print-making media are encouraged to enter.
Awards: Winning entry—\$150 cash, a commemorative T-shirt and 2 free admissions to the Fair. 1st runner-up—a commemorative T-shirt and 2 free admissions to the Fair. 2nd runner-up—2 free admissions to the Fair.
Deadline: Entries are due by Valentine's Day, February 14, 1987.
Put your heart into the Fair...
Write for your data package:
Oregon Country Fair Poster
P.O. Box 2972, Eugene, OR 97402.

AUTO

ACE MECHANICS
Foreign or domestic, shop or mobile. \$5 mobile fee, \$10 hr. 747-1472.

74 Saab, runs well, snow tires included. \$950. 345-9539.

VW camper—1971. Very clean. Rebuilt engine has 30,000 miles. Disc brakes. \$1900. Robin, 689-1770.

COUNSELING

A SUI APPROACH
Counseling in spiritual matters. Instructions in breath and breathing, concentration. Sheikh Krishnadas, 484-9574.

Professional counseling for women. Robin Hayden, certified counselor. 344-2912.

Therapy group for adult children who have grown up in dysfunctional families including families with substance abuse and emotional or physical abuse or neglect. Focus on trust, addictive behaviors, self-esteem, relationships, and family patterns as they influence adult life. Begins Wed., Jan. 28, 7-8:30 pm. Jill Wolf, M.S., 345-8818.

Counseling—Therapy—Individual, Couples, Group—Bulimia, Anorexia, Body Image—Communication, relationships, self-esteem and sexuality—Bulimia group starts January. Barbara Weinstein, M.S. 344-7696.

NURTURING, SUPPORTIVE COUNSELING
Learn the tools to heal yourself and actualize your potentials. Personal growth, creative blocks, dreamwork, women's issues and disability issues. Leigh Files, M.A., 683-4483.

AFFORDABLE COUNSELING
Help with decision-making, divorce, unproductive habits, social skills, sexual problems, love addictions, spiritual growth, reduction of misery. \$25 hour. Work estimates. Elizabeth C. Lyon, M.A., 345-5536.

COUNSELING: NLP & HAKOMI TECHNIQUES
Insure effective change in a safe environment. Also individual and group rebirthing. Sliding fee scale. William Crouch, 341-4649. Call for free brochure.

DO WOMEN LOVE TOO MUCH?
Relationship improvement group for women. Lois McClellan, MS, Alissa Joerges, MS. 484-4971.

WOMEN WHO LOVE TOO MUCH
Friday morning group forming. Also coenons in Wed evening group. Therapy/support groups facilitated by Elizabeth Lyon, MA. \$6/session. 345-5536.

MITZI LINN—PSYCHIC/HEALER
Comprehensive tarot readings, past life regressions, hands-on healing: spiritual and practical perspective. By appt. 345-0233.

Personal Supportive Counseling

Call Us. We Care.
Eugene Counseling & Hypnosis Ctr.
683-8909
Professionally Trained Staff

HER SELF/HER IMAGE

Utilizing the group experience for support and counsel, each member will explore who she is (her Self) and who she can be (her Image). The tools of her exploration will include memories, intuition, journals, fantasy, dreams, mirrors and the members of this group. Twelve meetings beginning Wednesday, January 28.

Call Caroline Parke. 344-0178.
Eugene Center for Healing Arts.

THIS SPACE COULD BE YOURS
For Only \$12!!
Call 484-0519 for details.

"SOUL PAINTINGS"

A unique portrait of your "deep self," a personal mandala for self-knowledge, spiritual growth, visualizations, healing. A keepable account of your "journey." Reasonable. Call Linda for appt. 345-5505.



Dorothy Knowles, b.s.w.
Personal Growth Counseling
343-5837

Openings for short-term intensive counseling. Emotional healing and intuitive development: individuals and couples.

COUNSELING & PSYCHOTHERAPY INDIVIDUALS COUPLES GROUP



- RELATIONSHIPS
- DEPRESSION
- ANXIETY
- STRESS
- CAREER
- PARENTING
- MID-LIFE CRISES
- WOMEN'S ISSUES

• ADULT CHILDREN OF ALCOHOLICS
• COMPULSIVE EATING
• SEPARATION • DIVORCE
• ABUSE THERAPY: Sexual; Emotional; Physical
• MEN'S GROWTH & AWARENESS
• BIOENERGETIC THERAPY
12 years experience in Eugene
L.G. FRANKEL-PODOLSKY RSW
INSURANCE ACCEPTED • 344-4278



Transformational Counseling
There are crucial forks in every road—which path, which direction to follow? My desire is to be a helper at the crossroads—a companion. Sharing the journey, facilitating your growth and ability to make healthy choices. \$25 per session.
Ronald Goodson, B.S.
345 W. 13th #4—935-3069

THEORY OF EXPERIENCE

Norma Cordell
A year-long training (with Vacation Breaks) in the dynamics of personality and the basics of individual therapy.
Part One: The emotional anatomy of the human infant from conception to five years of life. This is an in-depth look at physical and emotional development.
Two: Defining and examining core issues and the development of the defense system.
Three: The study of body structure and its relationship to defense; Body reading; Organizing and disorganizing.
Four: The impact of social dysfunction: Incest, AIDS, alcoholic families, prisons, and western education.
Five: The spiritual quest as personal integration. The art of dying and its place in personal growth, and counseling. The mid-life crisis: searching for our purpose as adults.
This class is created for the professional service oriented person such as Doctors, teachers, LMT's, etc. or clients in process therapy, or students of psychology, social work and/or counseling. College credit, \$15 per class, commitment required. 344-0178. Jan. 21, 7-9 pm. Spaces go fast, register as soon as possible.
ECHA, 1309 Willamette.

FOR RENT

OFFICE SPACE
for experienced bodyworker with clientele to rent with established group practice on full or part-time basis. Integrative Therapies. 683-4483.

OFFICE SPACE FOR RENT
Attractive office space for rent: wood paneling, skylight, carpeted, full security system and air conditioned. Located in an historic landmark building. Ample employee and visitor parking. Space is 15' x 24'. Rent—\$175/mo. Contact David Dickens 343-7712.

FOR SALE

PROFESSIONAL MASSAGE TABLES
Portable • Adjustable
3 Year Warranty
Starting at \$195
Call 343-0309

Two pieces of foam for bedding. Double size. \$30/offer. 687-0468.

GETAWAYS

THE OREGON HOUSE, 10-30% DISCOUNT
Beach cottages and studios, couples, families, groups, meeting room, sandy beach, forest, 16 mi. N of Florence. 547-3329.

Coastal Getaway—Bandon-by-the-Sea. Kitchen, c/c TV w/Showtime, natural wood, open beam, skylights, deck, incredible harbor view. In historic oldtown. Day/week/month. 347-9632.

BLACKBERRY INN Bed & Breakfast
Seal Rock, Oregon
Walk to the beach. Country setting. Private entrance. Hot tub.
Non-smoking Adults.
P.O. Box 188 — 563-2259

HEALTH/FITNESS

COLD? FLU? FEELING RUN DOWN, DEPRESSED?
Treat yourself to a JIN SHIN DO® acupressure session, a safe, gentle way to enhance your body's natural healing.
ANNE COOK, M.S., L.M.T.
342-2297, 895-3746

Certified Instructor
Classes
Individual
KEN ROWLETT
345-4388

WHEATGRASS JUICE
Now available in 2 oz. and 4 oz. sizes. Call Genesis Juice. 344-0967. Good stuff!!

HELP WANTED

The Oregon Country Fair needs a cook, used to cooking meat and vegetarian meals for large groups. If interested, please call. 343-4298, or write: Oregon Country Fair, PO Box 2972, Eugene, OR 97402.

SURATA SOYFOODS
is looking for a mature, dependable person to work 3-4 days a week, including Sundays. Cleaning, scrubbing. 15 hrs a week to start, \$4.00/hr. Stop by 302 Blair 9-5 M-Th for application. Deadline is Thursday, Jan. 29, 5 pm.

Graphic artist: new logo needed for the Friends of Cathedral Forest. Give us a call. 343-7305.

INSTRUCTION

Saturday Dance Workshops for ages 12-adult with Gwen Curran from 10:30-noon. Begins Jan 31. For info call 686-2650. \$5 per Saturday.

JIN SHIN DO® ACUPRESSURE CLASS
Learn 45 major acu-points and how to use them to relieve pain and stress.
Wednesdays starting Feb. 4
Free intro Monday, Feb. 2
Anne Cook, M.S., L.M.T.
342-2297

MOVEMENT FOR ANY BODY

WITH KAREN NELSON
Private lessons in **BASIC MOVEMENT**
Include rolling practice, stretching, balancing, awareness and ease of motion.
CONTACT IMPROVISATION
Movement in physical contact while sharing weight, momentum and impulse with a partner. Lessons can be with individuals, partners or groups: beginning or experienced.
Sliding scale is negotiable. Fee varies with size of group and length of lesson. Any age, including small children, or level of experience is welcome for one lesson or on-going work.
For more information call or write:
Karen Nelson at
Eugene Center for Healing Arts
1309 Willamette St.
Eugene, OR 97401
344-0178 or 342-3273



MASSAGE/ BODY WORK

A two-hour deeply relaxing Swedish style massage that relieves muscle soreness and tension from physical and emotional stress. Introductory price. Glenn Hansen, licensed. 687-0415.

Jin Shin Do® acupressure, massage. Relieves pain and stress, promotes healing. Anne Cook, LMT, 342-2297, 895-3746.

Deep, precise, gentle, eclectic body work. Stress management/relaxation training. Nursing and counseling background. Women's introductory discount. Robin Rose, licensed. 683-3634.

Healing massage for women; experience Swedish, acupressure and deep tissue work for release and relaxation. Kiya Smith, LMT, 343-7412.

A rare and delightful experience—treat yourself to a deep-tissue massage by M'ocan. Licensed. 343-1981.

1 1/2 HR. MASSAGE \$23.00
Treat yourself or loved one. Relaxing, therapeutic massage. Cindy Koster, licensed, 8 years experience, 485-4642.

SUS MILLEMAN L.M.T.
Massage Therapy
186 E. 14th, Eugene, OR 97401
683-2367

David Koteen, LMT
member of American Polarity Therapist Association
approaches each person as an individual with unique needs. From his background in Polarity Therapy, Massage, Yoga, Nutrition, and Movement Studies, he works to create and maintain relaxation, relief from pain, awareness and overall health in each client.
"The foremost axiom in my practice comes from my principal Polarity teacher, Pierre Pannetier: 'Always give the best of your love. Always give the best of your knowledge.'
For Appointment
343-2913

Acupressure • Reiki • Reflexology
• Deep relaxation
• Relieves pain & stress
• Restores a balance of energy
• Promotes healing
Shoshannah Thielle 688-1567

If you have recurring back, neck or shoulder pain, read this...
HARWYLER BACK THERAPY is an effective blend of deep tissue release and stretching, which lengthens chronically contracted muscles and allows the space needed for normal placement of bones and organs.
Imagine trying to fit a tent pole (spine) in a shrunken (contracted) tent (body).
For an appointment call
Jake Harris, LMT 687-2650
Hours 2-10 Tues. thru Fri.

MEDITATIONS

INSIGHT MEDITATION CLASS
For beginners and those wishing to deepen their practice. 4 weeks, \$30. Mon. evenings starting January 26. For information, Margaret, 343-5837.

MEETINGS

Eckankar, open discussion, "2000 Year Old Dilemma," 315 D W 13th, Mondays, 7:30 pm, 343-2657.

THE BAHAI FAITH
Religion for All Peoples. For schedule of regular informational meetings call 344-4666, 344-3173, 688-4682, 726-1797.

OPEN SUFI CLASS
Breath, sound, movement, practices, readings, questions, divine events
Wed. 7:30-10:00 \$2-\$5
Ceremony of Remembrance (Zikar)
Thur. 8:00 \$1
1991 Garfield 484-9574
SHEIKH KRISHNADAS CHISTI
SUFU ISLAMIA RUHANIAT SOCIETY

MUSIC

Shumba invites friends to share in an evening of Mbra films at Condon School Auditorium (18th and Agate) on Saturday, Jan 24th, at 7:30-10:30 pm. For more information call 343-4083.

VOICE LESSONS
Need help with tension, tone, breathing?
Let's work together to make you a more relaxed, confident and expressive singer!
First lesson free.
Eve Powers, A.R.C.T.
(Associate, Royal Conservatory of Toronto)
683-2383

PERSONALS

GET BUMPED?
Cash paid for United and Western "bump" tickets. John, 484-5642, can leave message.

36-year-old bright, creative, fun woman seeks friendship and romance with bright, creative, fun man who is at ease with himself. Must be open-minded, communicative, tall, giving, and "into" personal and/or spiritual growth. WH #0115C.

Man, mellowed by years of experience and wisdom, seeks woman with similar background who is still growing herself into herself. Creative expression of inner process gives my life its joy. Let's share a caring relationship. WH #0122F.

Tired? Bored? Dissatisfied? Scared? Prof. Jack Rouse's existential suppositories stop nagging doubt! Gentle, reassuring, effective.

Why get groceries in a store when you can get them at a party? Share in cooperative food-buying and extended family at the Growers Market, 454 Willamette, Thursdays. Information? Call 345-9173 and ask for the Prez.

LOOKING FOR THE PERFECT DOG?
Female Akita pup for sale. Born Sept. 22. Beautiful markings, loving, intelligent, loyal. Will be over 100 pounds when grown. 343-9290.

Spiritually oriented single support group meets Sunday, Jan. 25 at 3:00. Call 345-3066 for details.

Hey, Mister, it's all happening at 342-8292.

Attractive, creative, intelligent woman of good humor and a fit fifty would like to share good conversation and equal companionship with a man who is unattached and enthusiastically exploring life. Write PO Box 10501, Eugene, 97440.

Seeking friendship with females from Asia, South America, Japan, Russia, etc. For cultural exchange. Transcultural, PO Box 1592, Eugene, OR 97440.

Professional man, 35, enjoying success in life, interested in sharing snow, biking, travel, food and good conversation with intelligent woman. Friendship of respect and communication? Write WH #0122A.

Spirited, attractive professional woman committed to inner growth, honest communication, healthy living, NPR's All Things Considered, plus daily doses of humor and playfulness, looking for an educated/articulate, fit/non-smoking, emotionally-available man, 36-46... for mutual growth and unknown, long-term possibilities. Special consideration for men with culinary skills, dancing feet, and warm hearts. WH #0122B.

Civilized, solvent, single male nonsmoker, 55, 5'10, 140, seeks female friend, partner and playmate. My interests include music, theater, running, skiing, computers and ballroom dancing. WH #0122C.

Wanted: Successful matchmaker to help 37-year-old male find his sweetie. WH #0122D.

Woman, 34, 5'9, growing in sensitivity and awareness, wishes to meet a man who would appreciate my attempts. WH #0122E.

Looking for audience for community education meeting on AIDS—sponsored by Willamette AIDS Council. Please attend and bring a friend!! 7 pm, Jan 28 (Wed), Sacred Heart Hospital Auditorium.

Educated SM 46 self employed, sailor, non-smoker, diverse interests, social, good humored, romantic, spiritual, seeks companionship for sharing same. Letter and photo to Resident, 220 Laurel Oak Dr, Roseburg, OR 97470.

Man, 28, many good qualities, recently separated, and making a positive transition, seeks woman with similar experience. Let's talk and have some fun. 485-0471.

Beautiful, secure woman wanting intimate adventures sought by dignified young man (25). Healthy, clear, and discreet. WH #0122G.

Single? Let Friends First
introduce you to someone special. Private, personal and confidential. Write for free information. PO: Box 11242, Eugene, OR 97440. 345-4142.

TRAVEL

Cozumel & Belize travel partner for several weeks of sun, surf & snorkeling. Bob, 342-8169.



A TRAVEL ALTERNATIVE
Comfortable sleeper coaches.
Safe, reliable. Hot Springs.
Good food, good company.
SEATTLE \$28; SF \$39; LA \$59

The Green Tortoise goes to Baja
Do you need a break?
Does the gray and the gloom of winter get you down?
Come ride with us to beautiful sunny Baja de Mexico.
The life and times of this beautiful land that time has forgot can not be easily described—you must experience it.
On this adventure you can enjoy cookouts and campouts, windsurfing, sailing, swimming, hiking, fishing, bird watching, digging for clams, or just kick back in the warm sunshine and work on that winter tan.
Sing alongs and story telling around the campfire at night are always fun.
Or go for a moonlight swim in the crystal clear, warm waters of Baja under the stars.
Green Tortoise travel is more than just a vacation—it's an adventure.
2 weeks of paradise for only \$349.
For more info, please call our local office, 937-3803

ROOMMATES

Lesbian roommate wanted. Available February 5th. \$125 plus 1/2 utilities. More information, call message phone, 343-2802.

Woman to share country home, 12 miles southeast. Great view. Non-smoker interested in sharing organized home and healthy food. \$180+. 746-1467.