

BASIC COURSE IN NEURO-LINGUISTIC PROGRAMMING
with JUDITH FRANCIS, M.S.
Educator and Master Practitioner of NLP

COMMUNICATION STRATEGIES for people who want to create and accelerate personal evolution for themselves and assist others in this process. A leading edge technology in the fields of therapy, education, sales, business, negotiation and mediation, personal growth, and the arts. Will cover eye accessing, questioning strategies, establishing rapport, reframing, calibration, resource state acquisition, future pacing, and sensory acuity. 10 weeks beginning 7:00 p.m., Tuesday, March 31 at Roosevelt Middle School. \$150. Call Rosemarie Hazen at 686-2058 for information and registration.



- Non-Force Adjustment
- Nutritional Counseling
- Applied Kinesiology

Dr. Arthur R. Ticknor
Chiropractor
Phone (503) 342-4216

Avalon Chiropractic Health Center

1846 Pearl Street, Eugene, Oregon 97401

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PRECISION HAIRWORKS
29th and Willamette (behind Roundtable Pizza)
Easy-care Haircuts for lads and lassies

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**DINNER SPECIALS
TO GO or TO STAY**

MAR. 9-14

- SOUP:** Mulligatawny (Curried Cream of Chicken and Apple) \$2.50/pint
CHICKEN: Chicken Dijonnaise (Mustard, Shallot and Tarragon Sauce) \$4.75
ONE DISH MEAL: Middle Eastern Stuffed Peppers with a Spicy Lamb Filling and a Lemon-Cumin Sauce \$4.75
PASTA: Wild Mushroom Tortellini with Gorgonzola Sauce \$4.75
PIZZA: Italian Sausage, Zucchini, Sun-Dried Tomato (8" pizza); \$5.75
QUICHE: Asparagus, Bacon and Jarlsberg Swiss \$2.50



Call ahead and we'll
have your order ready!

• HOURS •

M-Th 7:30 a.m.-10 p.m.
Fri. 7:30 a.m.-11 p.m.
Sat. 10 a.m.-11 p.m.
Sun. noon-6 p.m.
901 Pearl Street
342-3110

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Shop or mobile. Foreign or domestic. \$8/hr., \$5 mobile fee. 747-1472.

BUSINESS

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Typists—possible \$500 per week. Information? Send SASE to: TAN-A, P.O. Box 3408H, Eugene, OR 97403.

COUNSELING

ALCHEMICAL HYPNOTHERAPY

Assists in clearing the path to your inner guidance! Free presentations to groups. John R. Bola, C.H.T., 895-4358.

MEN WHO LOVE TOO MUCH GROUP

The male side of addictive relationships. A support/counseling group for men who find themselves stuck in patterns of relating that don't meet their needs. Thursdays at 7:30 pm for ten weeks beginning March 19. A supportive, non-confrontative environment. Insurance payments accepted. \$10/week. William Crouch and Don Marsh, M.S.W., counselors. 341-4649.

Steve Podry, M.A., Counseling. My approach to the mysteries of emotional pain, bewilderment and discontent draws from the work of C.G. Jung and James Hillman. Sliding fee. Free introductory session. 683-1351.

EFFECTIVE COUNSELING

Decision-making, relationships, unproductive habits, social skills, love addictions, spiritual growth, vocational guidance. \$25/hour. Trades considered. WWWLM Groups. Elizabeth C. Lyon, M.A. 345-5536.

MITZI LINN—PSYCHIC COUNSELOR/HEALER
Hurry! Last week for special readings, healing sessions and past life regressions, each \$30. 345-0233.

COUNSELING & PSYCHOTHERAPY INDIVIDUALS COUPLES GROUP



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

- ADULT CHILDREN OF DYSFUNCTIONAL FAMILIES
- 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, R.C.S.W.
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Caring, Supportive Therapy

I enjoy working with Bulimia, Anorexia, body image and weight problems, self-esteem, communication skills, mental, emotional and physical abuse. Individuals, Couples, Families and Groups.
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Penny Englert, M.A.
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Specializing in
Incest Survivors
Adult Children of Alcoholics
Victim Issues

Recovery Group

Adult Survivors
of Dysfunctional Families
Ongoing Men & Women's Group

Did you grow up with:

- Alcoholism • Physical, Emotional, Sexual Abuse • Neglect • Mental Illness • Chronic Illness • Compulsive Behavior

We will explore:

- Trust • Expressing Feelings • Self Esteem • Family History • Sexuality • Self Protection • Relationships

Starts Wednesday, April 8

—Health Insurance Welcome—

L.G. Frankel-Podolsky, M.S.W., R.C.S.W.—344-4278

Sue Simons-Bobrowski, M.S.—683-8909

Initial Intake Session Required

FOR SALE

Waterbed, queen, firm, simple stained frame, like new! \$95. Call 689-7763. Hurry!

Girl's 23 inch bicycle, 10 speed. \$70 or best offer. 683-3446.

IBM electric typewriter, carbon ribbon, great condition. \$175. Call Michael. 683-4444 (day), 344-6352 (eve).

MOUNTAIN BIKE FOR SALE

Pueget cromoly frame, Biopace cranks. Araya rim & 5 wheels. Specialized hubs. New rear derailleur chain and freewheel. Call Bryan at 344-6193. \$400.

Wedding dress—shown in Bride's Magazine. Ivory, 7-9, perfect condition. Matching hat available. 342-8202.

OHAUS Triple-Beam Scale. Used once, \$50/offer. Call Miguel early or late. 484-4569.

Decorative yet functional one of a kind maple handcrafted spinning wheels. Large \$175, small \$140. 342-2411.

Meditation cushions, benches, books, incense. Eugene Buddhist Priory, 2255 Hilyard, 344-7377, TWTW 10-5:30, Sa 10:30-3:30.

Wedding or Anniversary soon? Beautiful, hand-painted, calligraphed wedding vows. Choose text, colors, symbols. 484-6053.

FREE

Underlying causes of the nuclear arms race are discussed on videotape by Swami Satchidananda and retired Mar. Gen. Jack Kidd. Tuesday, Mar. 10, 7 pm, Eugene Yoga Center, 1315 Willamette. 485-6220.

Free female Siamese manx cat, loving and gentle with children. Call 342-8124.

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.

BLACKBERRY INN B&B
Country, hot tub, antiques. Homestay with private guest entrance and parlor. Breakfast in bed & Crabbing available. Walk to beach. Nonsmokers. 563-2259. P.O. Box 188, Seal Rock (S. of Newport).

HELP WANTED

Food production worker/Emerald Valley Kitchen. Part-time developing to full-time. Application available at 671 W. 23rd, Eugene. Deadline March 9th.

The New Zoo will be May 16 at the Amazon Community Center and May 17 at the Willamette Nature Ctr., 1024 W. "D" St., Spd. Any groups or individuals interested in wildlife conservation are encouraged to participate. Bob, 342-8169.

FATHERS

We Need You

Do you have a child born between 9/1/81 and 8/31/82? We are interested in studying the importance of fathering on children as they enter school. Earn \$100 (single dads, \$60) for your family's participation in this study. Call Dianna, 9-5 Mon-Fri. at 485-2711
Oregon Social Learning Center

HEALTH/FITNESS

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Computerized nutrition for the individual to determine deficiencies and imbalances in body chemistry... an in-depth study of bodily functions. An exciting way to reach optimum health!

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Incredibly nutritious.
Great for juice-fasts.
Helps flush toxins from your body.

FRESH WHEATGRASS JUICE NOW AVAILABLE. "... 15 pounds of fresh wheatgrass is nutritionally equivalent to 350 pounds of garden vegetables ... [Wheatgrass] is said to heal tissues, purify the liver, improve blood sugar, and generally help flush out ingested toxins..." (Mother Earth News). And fresh wheatgrass juice is now available in 2 and 4 ounce sizes.

For More Information, Call
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•Individual

KEN ROWLETT
345-4388



INSTRUCTION

JAPANESE WOODCUT WORKSHOP
with Robert McClain, March 7th & 8th, 9-5, at Maude Kerns Art Center. Call 345-1571 for more information.

PRENATAL YOGA AND EXERCISE
Class begins March 10. Meets Tuesday and Thursday, 4-5 pm. \$60/6 week session. Karin Johnson, 995-6413.

MASSAGE/ BODY WORK

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

Therapeutic massage. Let go and relax. Soothing environment. Convenient location. Vicki Ayres Kielas, R.N., L.M.T. 10 years experience. 344-1807 for appt.

Get revitalized, re-energized, relaxed, healthy! Let M'cean massage you. Licensed. Hatha Yoga classes available. 344-2798.

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- 11 Years Experience
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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 well-being in each client.

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- relieve pain & stress
- promote healing
- balance body/mind energies

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Anatomy, physiology, kinesiology starts April 14, preregister by April 3
Massage, hydrotherapy, pathology starts May 28, preregister by May 4.

For information:

Lisa Anderson **Nina Cherry**
683-5336 485-8090



HEIDI TIMM

has returned from
her travels and
would love to give you a deeply
relaxing

MASSAGE

689-1897 (new number)

MEETINGS

Eugene Big Mountain Support Group ongoing Monday night meetings at 7 pm. Growers Market, 454 Willamette St. For more information call 342-5105, 485-6123.

Eckankar. Starting March 11, 7:30 pm, a six-week introduction to Soul Travel. 315 D W 13th. 343-2657.

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

Community Village general meeting. Wed., March 11, 7:30 pm at Grower's Market (454 Willamette). Childcare provided. Questions? 343-1452.

MUSIC

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INVITES YOU TO THE
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Eve Powers, A.R.C.T. 683-2383
(Associate, Royal Conservatory of Toronto)