



Realize Self-Healing with Hypnotherapy
Reduce the effects of stress, anxiety and trauma in your life.

Joe Casey JD, CHT • 484-0608
www.WellnessCoaching.net

WORLD RENOWNED CHEN TAIJI GRANDMASTER CHEN ZHANGLEI
WORKSHOP IN EUGENE
NOVEMBER 19-21
MORNING/EVENING
TAICHI, KUNGFU, QIGONG

ONGOING ENROLLMENT
Sifu David/Jason Leung
579-3612 • www.membio.com/leung



TAI CHI FOR HEALTH QIGONG
5 ELEMENT

BY SUMAN SENSEI • 515-0462
EUGENE WELLNESS CENTER - 1405 MILL ST.

Massage • Reiki • Yoga for Pain Relief & Relaxation

CAR ACCIDENT INSURANCE ACCEPTED

Shoshanah Thielle, L.M.T.
968-1572 or 684-3965

ROLF
Structural Integration

For profound changes in your body.

Lauren Bailey 541.915.6275
Certified Advanced Practitioner

ROLFING
Karen Lackritz
CERTIFIED ADVANCED ROLFER
CERTIFIED ROLF MOVEMENT PRACTITIONER
Therapeutic Yoga classes available for clients

345.2926
ROLFING AND THE LITTLE BOY LOGO ARE SERVICE MARKS OF THE ROLF INSTITUTE

jonesin' crossword By Matt Jones

"Multitasking is hard to do" - it makes you stop and think.

Across

- "Exodus" author Leon
- "Treasure Island" monogram
- Obscenity
- "Headlines" guy
- "I want food!" to a cat
- Cheri in the "SNL" cheerleaders skit
- Part 1 of a Robin Williams quote that starts out "See, the problem is..."
- Italian TV network
- "I Wanna Be Sedated" surname
- Chess game step
- Part 2 of the quote
- "Rhinstone Cowboy" singer Campbell
- Business letters
- Knight defense
- Send in again
- "Who Framed Roger Rabbit?" character

Down

- Part 3 of the quote
- Violent Femmes leader Gordon
- Stands at book readings
- One-named British model/actress
- The Mystery Machine, e.g.
- Declare as true
- Part 4 of the quote
- "See ya," in Sorrento
- Butt, in an overly cute way
- Toilet paper layer
- End of the quote
- Take down a peg
- Talk dirty
- "Are you ___ out?"
- Studio tapes
- Clearblue Easy competitor
- Military food
- cap
- Tilling tool
- Org. behind the 2004 Games in Athens
- Hosp. workers
- Breakdancing participant, maybe
- ___ wheels
- Verb suffix
- Slinky, e.g.
- Get the word out
- The night before
- Sought out quickly
- Shows that top the Nielsens
- "Can ___ family?" (Pink lyric)
- Shocked
- Group of eight
- Mythical weeper
- Losing Super Bowl XIV team member
- "___ Crazy" (Martin Lawrence film)
- Deplete
- Make one's views known
- "Stand and Deliver" actor
- Textile workers
- Console to play Castlevania
- "Big Fish" director Burton

©2004 Jonesin' Crosswords (editor@jonesincrosswords.com) For answers to this puzzle, call 1-900-226-2800, 99 cents per minute. Must be 18+. Or to bill to your credit card, call 1-800-635-6548. Reference puzzle #0173

ANSWERS TO LAST WEEK

D	W	E	E	B	B	A	G	R	C	A				
E	A	V	E	S	O	M	I	T	S	E	L	L		
S	P	I	K	E	C	A	N	T	A	G	O	D		
I	S	L	J	A	Z	Z	E	R	C	I	S	E		
S	H	E	A	V	E	A	R	T	H	M	E	N		
T	O	Y	W	I	T	H	A	S	S	E	R	T		
S	T	E	E	N	A	V	E	C	K	E	N	S		
D	O	C	A	S	H	C	K	E	N	S	E			
N	S	F	A	T	C	A	S	H	T	E	R	M		
A	T	L	A	S	T	O	U	T	W	A	I	T		
G	R	A	N	D	A	D	S	P	A	I	S	T	R	Y
G	I	N	G	I	V	I	T	I	S	T	A	L		
E	D	G	E	G	A	D	B	R	I	N	I	S		
R	E	E	L	S	I	R	E	R	E	E	D	S		
S	R	S	T	E	A	O	P	R	A	H				

ew Classifieds

Painting
CUSTOM QUALITY HOUSE PAINTING by ArtTrek. Interior, Exterior. Restoration. Faux Finish. Sterling and Ruth. WWW.ART-TREKINC.COM 683-0626. ccb#62677.

Welding
SHELLY WELDING, Fabrication and repair of all metals. Friendly, affordable services since the turn of the century. 463-1946. Small jobs always welcome.

Yard & Garden
THE TRAVELING GARDENER, Ladonna. Tending your yard as though it were my own. Weeding, winter prep, maintenance, lawn care, vacation plant care. 726-7071.

LOWEST RATES lawn mowing. Reliable Jon's Handiwork. Mowing, edging, organic gardening, planting, hauling. Fall cleanup, pruning, and leaf removal. All landscaping needs. Reasonable rates, since 1996. 302-5758. Licensed, Bonded, Insured.

DANDILYON FALL gardening. Consultation, design, weeding, mulching, bed preparation, regular maintenance, mowing, hauling. Always organic. Barb, 683-4464.

LET IT GROW! Landscape and garden maintenance. Mowing, trimming, rototilling, restoration, fall clean ups, hauling. Organic only. 868-4434.

COMPLETE LAWN maintenance, groundskeeping service, debris and garbage removal, pressure washing patios and driveways. Bonded and insured. Free estimates. 520-4553.

RESPONSIBLE, SKILLED worker available to do yard work, weeding, clean up, general labor. \$10/hr. 4 hour min. 242-1408.

pro. services

Computer
FREE COMPUTER consultation. Repairs, networking, software support. In your home or business. Call Tim, 344-5298.

COMPTIA A+ Certified professional PC tech. Support, trouble shooting, disk and file recovery. Virus repair. \$25/hr at your door. John Waters, 653-1248.

Culinary
SHAMALA'S KITCHEN. Asian cooking lessons and personal chef services. Indian, Chinese, Thai, Indonesian cuisine. 346-7309.

PERSONAL CHEF. Tailgating before the game next Saturday? Let me help with your in-home food preparation. Call Laurie at 344-4717.

Film/Video
VIDEO PRODUCTION Classes! Community Television now offering comprehensive courses in studio, field, analog, digital editing. Call 341-4671. CTV-CH22.

Financial
\$CASH\$ Cash now for structured settlements, annuities and insurance payouts. 800-794-7310. J.G. Wentworth. J.G. Wentworth means cash now for structured settlements. (AAN CAN)

REFINANCE EXISTING student loans. Up to \$1,000 cash back. Lower monthly payments up to 50%. Lock in rates as low as 2.875%! Call 1-800-209-6142. (AAN CAN)

LEADING FINANCIAL institution approving small business, mortgage, personal and vehicle loans. Immediate response. Give us a call at 1-866-228-7382, or apply online at www.investmentfinancial.org (AAN CAN)

NEED MONEY now? Been injured? Lawsuit pending? We can help. No credit needed. 1stChoiceFunding.com 1-800-839-0939 ext. 1.

Language
PRONTO SPANISH. Native-experienced instructors. All levels. 7-8:30 p.m. 6-week course \$55. 485-6647.

Professional Services
PROFESSIONAL PERSONAL Assistant, aka chaos removal expert. BS English/Psych, Ph.D. Admin. Asst, household mgmt. Courier, nanny, travel liaison. Clear boundaries and stellar references. 726-5355, 520-3540.

Web Design
CUSTOM WEBSITES from \$395. Clean, simple and effective! Also e-commerce, databases search engines. www.NolanDigitalArts.com 541-485-5000.

WEBSITE REVIEWS. Professional site review with helpful tips to enhance your site and improve search engine rankings. www.NolanDigitalArts.com 541-485-5000.

COMPLETE E-COMMERCE websites from \$300. Call Steve, 344-5298.

WELLNESS

Acupuncture
TRACY LOMAX, Licensed acupuncturist, now accepting new patients at Soterion. Chronic pain, allergies, anxiety and much more. Free consultation. 510-3110 or 683-7000.

Astrology
EMBRACE THE UNIVERSE, guided by Gael Johnson. Specializing in inspiration, empowerment, working with Mercury, Saturn, Sun cycles, Mid Life transits and transformation. 541-937-8597 or earthstars3@juno.com

Bodywork
DHARMA MASSAGE Center. 343-2745, M-F. Morning discount, 1-1/2 hours, \$50, 34th and University, Ms. Nishan VanAtta, LIC#3430.

Classes
STOP SMOKING for good. Reclaim your life. Personalized program. Instructor is former smoker. \$50 for entire program. Phone sessions avail. 556-7160.

Counseling
EXPERIENCED COUNSELOR. Receive support and learn skills to increase your resourcefulness. Enhance your inner and outer life. Richard Grimaldi, MPW. 344-7604.

Health & Nutrition
VIAGRA, \$2.40/DOSE. Cialis available. Lowest price refills guaranteed! Call PBG we can help! Non Profit Organization Toll free: 1-866-887-7283. (AAN CAN)

Wellness
IS THERE cancer on your side of the family?? I could help you get rid of it, or prevent you from getting it. Believe me, it's NOT coral calcium. It has a very toxic chemical in it, called cadmium, so beware!! Ask yourself, how do doctors stay so healthy all the time?? One capful per day, thousands of testimonials, and you will stay healthy. Write for more information. Send \$2 for postage: PO Box 306, Seward, Nebraska 68434.

Sweet Energy
AT THE EUGENE WELLNESS CENTER
Attitude Adjustments
Chakra Balancing with Therapeutic Essential Oils, Reiki, Sound Therapy and Reconnective Healing™
APRIL ROBYN 521-7385
1405 MILL STREET • EUGENE

smile
Bikeracks provided free. Backpacks recommended.
Mazzis
Amazon at Hilyard, 1 mi. from UofO

www.jeffreyburch.com

Rolfing®
structural integration
Visceral Manipulation
CranioSacral Therapy

541.689.1515

Jeffrey Burch MS, LLC
© The Rolf Institute • 9092

ELEMENTAL PHILOSOPHY

Classes studying a new theory based on the ancient four elements are now available. The classes should appeal to philosophers and mystics alike as well as anyone just interested in intellectual discourse.

541-908-1462
for registration & information

www.elementaltheory.com

MASSAGE Yourself FREE
...of Pain, Tension & Stress!

CHUA KA is a method of deep bodywork based on an ancient technique refined and developed by **Oscar Ichazo**, founder of the Arica Institute. The memories of pain, injury, and fear remain in our bodies—even when our minds forget them. The Chua Ka technique produces lasting changes by eliminating tension stored in various zones of the body. In this **self-massage 2-day workshop**, you will work your entire body using your hands and a **Ka**, a simple, hand-held massage tool. Taught by Wil Anderson, owner of the Veranda Club Spa in Napa Valley, CA, and a certified massage practitioner, teacher of Chua Ka. Join us for an experience of self discovery!

Arica® Chua Ka™ Training
First time offered in Oregon
NOV. 6-7 • 10 AM-6 PM
\$195, preregistration required with \$75 deposit
Info/RSVP: **484-4243**
email: prototype@ipns.com
No previous massage training required
Chua Ka is a service mark and Arica a registered trademark of Oscar Ichazo