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Please Note.

Traditional Christmas colors
(red, white & green) are
Italy's national colors.

Mazzi's. Amazon at Hilyard

ew Classifieds

SERIOUS BASS rig: Fender 400 Pro, 350W, 2x10" combo with onboard Korg tuner, \$650. 400 Pro 15" ext. cab, \$250. Buy both for \$850. Ampeg 1x15" Classic Series cab \$150. Will, 808-651-0302.

Band Members

APPALACHIAN TWANG string band seeks upright bass player. Regular gigs, rehearsal. 2X/wk. minimum commitment. bass_fiddle_player@yahoo.com

LEAD SINGER needed for Indie rock band. See us at www.myspace.com/leeroy-menswear. Call for more info. and demo. 510-9216.

For Hire

BAND AVAIL for seasonal parties, events: Ruckus. Trio or 5-piece dance band featuring Joanne Broh. 687-9070.

Lessons

MUSIC INSTRUCTION. Lessons in voice, piano, flute. Professional musician, teacher. Your home or my studio. 686-2469.

NORTHWEST MUSIC ACADEMY in the former Lights Music location, 888 Goodpasture Island Rd. Now offering lessons for guitar, woodwinds, bass and piano. Flexible hours. 729-9928.

PRIVATE ACCORDION lessons at The Shedd Institute for the Arts. Accepting students of all ages and levels. Call 687-6526 for rates and more info.

PRIVATE BANJO lessons at The Shedd Institute for the Arts. Accepting students of all ages and levels. Call 687-6526 for rates and more info.

PRIVATE BASS lessons at The Shedd Institute for the Arts. Accepting students of all ages and levels. Call 687-6526 for rates and more info.

Sudoku

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8			3	7			1
	9			1		5	7
	1						
5							4
6	3			4			1
2							7
						8	
	6	4		5		9	
7			1		9		3

Place numbers 1-9 so that each row, column and 3x3 square has each number only once. There is only one solution. Good Luck! Stumped? Visit www.sudokuplace.com for a puzzle solver.

PRIVATE CELLO lessons at The Shedd Institute for the Arts. Accepting students of all ages and levels. Call 687-6526 for rates and more info.

PRIVATE CLARINET lessons at The Shedd Institute for the Arts. Accepting students of all ages and levels. Call 687-6526 for rates and more info.

PRIVATE FLUTE lessons at The Shedd Institute for the Arts. Accepting students of all ages and levels. Call 687-6526 for rates and more info.

PRIVATE GUITAR lessons at The Shedd Institute for the Arts. Accepting students of all ages and levels. Call 687-6526 for rates and more info.

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Sunday, Jan. 1 10am - Noon
\$15-20 * Sliding Scale

New Yoga Series!

- * **Beginning Yoga** Mon. 7:30pm
Jan. 9 - Mar. 13 w/ **Holly** 10 wks \$75
- * **Beginning Yoga** Tue. 7:15pm
Jan. 17 - Mar. 21 w/ **Lynne** 10 wks \$75
- * **Active Beginners** Thu 5:30pm
Jan. 12 - Mar. 16 w/ **Michele** 10 wks \$75
- * **Plus Weights & Core** Tue/Th 11:30am
Jan. 17-Mar. 9 **Donna** 8 wks 1x \$60 2x \$115
- * **Intermed./Advanced** Fri. 5:45pm
Jan. 13 - Mar. 3 w/ **Tom** 8 wks \$60
- * **Teen Yoga** Wed. 3:45pm
Jan. 18 - Mar. 8 w/ **Nancy** 8 wks \$52
- * **Children's Yoga** Age 3-6 Sat. 10:00am
Jan. 21 - Feb. 25 w/ **Vandana** 6 wks \$35

Preregistration required - Call Now!

Visit our website for new schedule
* www.fourwindsyoga.org *

484-6100 3575 Donald St

Winter Workshops at Tamarack WELLNESS CENTER

Fri. Jan. 6 7-8:00pm *** Free Intro ***
Opening the Door to Becoming Active

Sat. Jan. 7 9:30-11:00am \$10/adv. \$13/door

Opening the Door to Becoming Active
Janet Hollander This workshop is filled with strategies to encourage an active, enjoyable life, no matter where you are now. Explore what would be so irresistibly fun that you'd want to move and wiggle. Janet brings a wide array of suggestions & enticements for the puzzled couch potato.

Tue. Jan. 10 7:00-8:30pm \$10/adv. \$13/door

Ayurveda

Nonie Ganakis & Noah Volz

Experience a 5,000 year old holistic medicine that treats the root causes of illness. Learn how to facilitate radical self healing through simple & effective lifestyle adjustments including Diagnosis, Food, Herbs, Stress reduction, and Exercise for mental & physical vitality.

To preregister call **683-7506**
3575 Donald St. Eugene
For a complete schedule visit
www.tamarackwellness.com

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- not feeling whole • "part of me left" or "I haven't been the same since"
- chronic illness, depression or fatigue • addictions
- feelings of possession, darkness, or alienation

A one time Healing Empowerment Ceremony can address the issues & restore the integrity of the soul force. There is also a monthly drumming & journey circle to support your ongoing process.

Karuna Gatton
Shamanic Practitioner for over 10 years in Eugene
Certified Rebirther with 20 yrs exp.
• Reiki Master
485-3881