

# Now, You Don't Have to Wait to Sleep



Meet Medical Director Karthik Mahadevan, MD. Dr. Mahadevan has opened three different sleep centers across the nation. You can now use his expertise to give you a good night's rest.



Call now and find out how we can help you.

Introducing McKenzie-Willamette Sleep Solutions Center. Our certified somnographers are helping people who have serious snoring problems, wake up gasping for breath or suffer from other sleep-related problems. Maybe it's you. Maybe it's the person who sleeps next to you.

Sleep for you. Relief for the ones you love. Soon, you could be waking up feeling well rested, not rest-less.



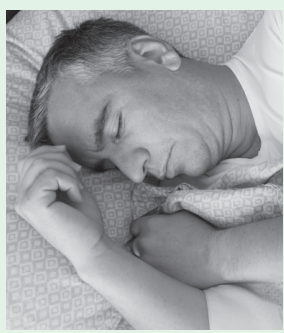
**McKenzie-Willamette**

MEDICAL CENTER  
extraordinary care

1460 G Street, Springfield  
541.726.4400

[www.mckweb.com](http://www.mckweb.com)

Finally, you don't have to wait to get treatment for a sleep disorder.



Visit our website to take a six-question quiz to see if you're a candidate for a sleep disorder evaluation.

## calendar



**The Decemberists support Cake and the Violent Femmes at PetAid 2006 at the Oregon State Fair on Saturday. See On The Road listings.**

# 29

## TUESDAY

Sunrise 6:32am; Sunset 7:54pm  
Av High 81; Av Low 50

**GATHERINGS** Franz Bakery open house & ribbon cutting ceremony w/free lunch, 11am-4pm, Franz Bakery, 2000 Nugget Way, Spfd. FREE.

**ON THE AIR** "Breakfast with Nancy" features E-Law, Lori Maddox, 6am, KOPT 1600 AM.

"The Jefferson Exchange" discusses ways to solve debt problems with Jan Safley and Linda Cade, 9am and 9pm, KRVM 1280 AM.

Alternative Radio: Richard Heinberg, "Peak Oil," 6:30pm, KLCC 89.7 FM.

"UO Today" continues. See Monday.

**SPIRITUAL** 4 Agreements Wisdom Circle, 7:30pm, St. Mary's Episcopal Church. FREE.

**VIGIL** "Practicing Being Peace," silent meditation, 8:15am-8:45am, Federal Building. FREE.

# 30

## WEDNESDAY

Sunrise 6:33am; Sunset 7:52pm  
Av High 80; Av Low 50

**BENEFIT** Buffalo Field Campaign West Coast Road Show w/Anne & Good Shield, to benefit the last buffalo herd in North America, 7pm, The Bulb Ranch, 1475 Brooklyn St., Glenwood. Don.

**GATHERINGS** Grand opening celebration, competition, jam sessions, dance demos, door prizes, 7pm, Musical Feet, 2101 Bailey Hill Rd. (across from Churchill H.S.). FREE.

**MUSIC** Atmosphere, Brother Ali, Mac Lethal, Psalm One, DJ Rare Groove, 8pm, McDonald Theater. \$16.50 adv., \$20 dos.

Phix, 9pm, WOW Hall. \$7 adv., \$8 dos.

Blues Scoundrels, 6:30pm, Coiner Park, Cottage Grove. FREE.

Frankie Hernandez Band, 9pm, Sam Bond's. 21+ show. \$3.

Feed & Seed Bluegrass, 9pm, Cosmic Pizza. \$3-\$5.

**ON THE AIR** "Breakfast with Nancy" features Bob Jensen, Lee-Anne Jashway Bryant, 6am, KOPT 1600 AM.

"The Jefferson Exchange" talks with Terri Jentz about her book, *Strange Piece of Paradise*, 9am and 9pm, KRVM 1280 AM.

"UO Today" continues. See Monday.

**OUTDOORS/RECREATION** GEARs rides: Gimble Hill via Erickson & Crow, 35 miles; Gimble Hill, 30 miles, 6pm, meet at Alton Baker Park. [www.eugenegears.org](http://www.eugenegears.org)

Obsidians hike: Mount Junehardesty Way Trail, 8 miles. See YMCA board for details.

**SPIRITUAL** Creative dance (Mettler style), 7:30pm, Eugene Friends Meeting House, 2274 Onyx St. \$5-\$10.

# 31

## THURSDAY

Sunrise 6:35am; Sunset 7:50pm  
Av High 80; Av Low 49

**GATHERINGS** Farmers' Market, 2pm-7pm, Lane County Fairgrounds. FREE.

Laurel Valley Educational Farm stand, 4pm-6pm, 2621 Augusta. 349-5055. FREE.

**MUSIC** The Vagrants, 10pm, Downtown Lounge. 21+ show. FREE.

Particle, The Flying Other Brothers, 9pm, WOW Hall. \$13 adv., \$15 dos.



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