

THE HOME OF
ALL YOU CAN EAT
 Spaghetti • Garlic Bread
 Every Tuesday
 PIZZA Pete's
 ITALIAN KITCHEN
 WILLAMETTE
 484-0996
 2673 Willamette St.
 NOW SERVING: MONDAY NIGHT FOOTBALL IN HD!

PAID RESEARCH VOLUNTEERS NEEDED!
 Recruiting females aged 18-22 for a weight loss study.
 Will receive up to \$350 over the course of 6 months for participation.
 Please contact Maryanne at Oregon Research Institute for Project Lean (projectlean@ori.org)

ew Classifieds

TO PLACE A CLASSIFIED AD CALL 484.0519

Misc.

CHECK IT OUT! Shop 20k brand name items at www.howellsonlinemall.com

CLEAN CANDLE WAX by the box or pallet. \$75 per pound. Call Wylie 954-4906.

Music


Band Members

WRKING BLUES/FOLK/ROOTS singer-songwriter, seeks Blues Guitar/Vocals 4 duo project. Me: 40+ yrs blues; accordion/harp; 2 CDs originals; progressive attitude. You: skilled in multiple blues styles; strong comping. No Clapton/Stevie Ray clones. No age & gender prefs; I'm 58. Touring in April/May. Interested? Lozelle @ 541-563-6501 or email lozl@peak.org.

Lessons

PIANO LESSONS All ages. First lesson is free! Melissa: 968.8056

ROOTS GUITAR lessons-Walker T. Ryan. 543-1835. 1st meeting free. Blues, jug band, trad. folk, slide, finger style, Delta.

FREE JAM sessions, group guitar/music theory classes, Guitar Center discounts and a great staff guarantee your positive learning experience. Now accepting students of all ages and all levels. We specialize in guitar, bass, drums, keyboard, vocal, sax, violin, harmonica, banjo and flute. Call today 683-9000.

Getaways


Vacation Rentals

DOWNTOWN BEND Vacations Hip, fun historic homes in Downtown Bend, across from McMenamins. Mid-century furnishings, free access to Turkish Soaking Pools and Theatre. Ski packages available. www.lavabelles.com. Pet and enviro-friendly. lavabelles@gmail.com

Sudoku

©sudokuplace.com All rights reserved.

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

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.

J-TEA
FREE TASTING
 70 Unique Teas From Afar
 Sunday thru Thursday 11am - 6pm
 2778 Friendly St. 285-8997
jteainternational.com

IMPERIAL HERB CLINIC
 Acupuncture & Traditional Chinese Medicine
 • Full apothecary of chinese herbs
 • Expert caring advice
 • Balance and restore naturally
 1753 W. 18th Ave., Eugene, OR
 541-206-1077

Lily Lunnemann Lic # 12464
 Massage Therapy
 Swedish - Deep tissue
 Holiday Special
 Buy 1 Get 30 Minutes FREE
 541-653-0965

THERAPEUTIC MASSAGE
 Specializing in acute and chronic pain relief
 Shoshanah Thielle, L.M.T.#3461
 insurance accepted
 968-1572 or 684-3965

MIND-BODY COUNSELING/COACHING

Kay Porter, Ph.D.
 • Life Skills/Direction
 • Rapid Eye Therapy
 • Weight Loss
 • Past Life Regression
 342-6875

AANR.COM
 Experience the Freedom
 1-800-TRY NUDE
 The Willamettans
 A clothing optional RV Resort
 Call (541) 933-2809 www.willamettans.com

Home Services
Building/Remodel

SIGNAL ASSOCIATES. Carpentry, framing, flooring, painting, deck. Call (541) 914-2625. CCB# 173879. Bonded.

CARM REPAIRS and remodels, LLC. CCB #174846. Remodels, decking, saunas, greenhouses, and handyman services. 541-767-3759.

OREGON STATE Law requires anyone who contracts for construction work to be licensed with the Construction Contractors Board. An active licensee means the contractor is bonded and insured. Verify the contractor's CCB license through the CCB Consumer Website www.hiralicensedcontractor.com.

GOT PROJECTS? Aaron Landry Construction specializes in fast service with excellent references. Call today to get your project underway. 912-2959. OR CCB#112711.

ELECTRIC CLASSIFIEDS: Read this ad online for no additional cost at EugeneWeekly.com
 ** Eugene Weekly is not responsible for arranging Internet service to your location.

Tamarack WELLNESS CENTER
 GREAT HOLIDAY IDEAS
 Gift Certificates Good for Yoga Cards, Aquatics, Workshops, and the Wellness Store.
 Give the Gift of Wellness.
 WORKSHOPS
 Source Teachings of Yoga: An Exploration Into the Heart of Yoga
 Sat, Dec. 15 1:00-4:00pm
 An illuminating satsang on 2 cornerstones of yogic philosophy with practical application to spiritual practice.
 Dave Curtis
 Tamarack Yoga Program Director
 \$17 pre-registration only
 Playing in the Tension Field
 Tues, Dec. 18 7:00-9:00pm
 Explore tension fields, our reactions to what happens around us. Using Pathwork teachings, we'll learn tolerance to life's frustrations.
 Sue Sherman, Tamarack Director
 \$17adv/\$20 door
 AQUATICS
 Come immerse yourself in fun at the Tamarack Pool!
 Healthy Exercise 12:00 to 1:00pm
 Family Swim 1:00 to 3:00pm
 Open Sundays!
 683-7506 • 3575 Donald St.
www.tamarackwellness.com

YOGA WEST
 3635 Hilyard
SOLSTICE EVENT!
 ALL PROCEEDS TO FOOD FOR LANE COUNTY
Saturday, December 22
 8:30am - Noon
 YOGA, MEDITATION, AND RELAXATION
 Tea and Snacks at "half-time" (10-10:30am)
 \$7 drop-in per "half" (check, cash or punch pass)
 COME FOR SOME OR ALL
www.yogawesteugene.com
 686-0432 recorded schedule
 Kundalini Yoga as taught by Yogi Bhajan

GREEN WAY MASSAGE CO.
 FREE 30 min. massage for first time clients
 Richard Bailey LMT # 10184
 Senior & Student Discounts
 GIFT CERTIFICATES AVAILABLE
 912-1400
www.greenwaymassage.com
 • Swedish
 • Deep Tissue
 • Trigger Point Work
 • Myofascial Release

Karen Kirkman MA
 554-7565
 Mental Health Counseling
 Depression • Anxiety • Trauma
 Children • Teens • Adults
 Sliding Scale Fee


Natural Kynergy
 an integrative wellness practice
 Sheila Gibbons, CHC CLYL
 Health Counselor
 • Intuitive Nutrition, Laughter Yoga, EFT, Reiki
 • Individual, group and corporate programs
 • Phone consultations available
 • Complimentary introductory session
 541-255-2677
sheila@naturalkynergy.com

Anxiety, Depression, Marital Strife
 I can help Couples, Families and Individuals. Call Porshea of P & P Therapeutic Counseling Services. I offer a Coparenting workshop for separated couples & anger management for children ages 6-10. Call 541-485-1167 or check out my website www.ppcounselor.com for more workshop details. "Healing the world one person at a time."
Porshea Pendleton, M.A.
 767 Willamette St. • Suite 306 • Eugene

midtown pilates center
 New Beginning Group Mat & Group Reformer Classes
 Starting January 7
 Registration Deadline Friday, Jan. 4
 Sign Up Now!
 Limited Space Available
 465-1680
eugenepilatescenter.com

INDOOR HEATED POOL
 The Dublin House
 "A touch of class on the Oregon Coast!"
 Ocean Views • Big Clean Rooms
 Room Phones • King/Queen Beds
 ColorTV • Fly Shop • Trips
1/2 PRICE OFFER
 Oct. thru June. Call for details.
YOUR BEST VALUE!
 (541) 547-3703
 TOLL FREE: 1-866-yachats (922-4287)
 email: dublinhs@casco.net
 web: www.dublinhousemotel.com
 Hwy. 101 & 7th St. • Yachats, OR 97498

Sandra Norris Wheeler
 25 years Extensive Professional Experience
 "You helped me uncover my spirit and vitality underneath the injuries, trauma and pain"
Aligning body, mind, emotions, spirit
 ADVANCED BIODYNAMIC CRANIOSACRAL THERAPY, MYOFASCIAL RELEASE AND UNWINDING HEALING THE LUMINOUS BODY
 Aligning body, mind, emotions, & spirit through an integrative wealth of precise, powerful, respectful skills. Physical and energetic restrictions are acknowledged and released to allow radiant health to arise and flow.
 ♦ Nationally Recognized Practitioner ♦
 Welcoming New Clients
 343-4415
 Integrity • Wisdom • Skill
 LMT #1610