

Nancy Mac, CHt
counseling
hypnotherapy

- changing old patterns to allow new choices
- creating healthy relationships

Individuals/Couples
485-4559 • www.nancymac.net
sliding scale

Martin Lynch

Help Stop Smoking
Release Anxieties
Explore Past Lives

Hypnotherapist 541-988-0313

Using Nutrition, Herbs,
Homeopathy, etc.

Treating All Ages for Conditions
Such As Colds, Flu, Fibromyalgia
and Allergies. Women's Health
Issues and Chronic Diseases.

Low Metabolism & Temperature
(www.wilsonsyndrome.com)

DR. STEPHANIE WILSON, ND
Naturopathic Physician 1755 Coburg Rd., #6B • Eugene
683-9357 • www.natural-dr.com

Massage Therapy

- Deep Tissue • Swedish • Onsen
- Myofascial and Functional Release
- Cranio Sacral • Visceral Manipulation

Highly effective, proven massage techniques
to help you achieve relaxation or pain relief

Robert Phaigh, LMT (Lic. #1670)
Reasonable rates 688-2423

Recover and
integrate
lost aspects
of yourself

DAVID LANG
Shamanic Guide
683-3756

URBAN SHAMANISM
www.urbanshamanism.com

Sandra Norris Wheeler, LMT

(541)343-4415
Over 28 Years Professional Experience
Welcoming New Clients • LMT #1610

Excellent Pain & Injury Recovery
Highly Effective Stress Reduction
Addressing Symptoms & Enhancing
Health Using Advanced Skills

www.sandranwheeler.com

EW! IT'S PERSONAL

WINK+KINK

A LOCAL PERSONALS SITE

JOIN NOW AT

WWW.WINK+KINK.COM

Ker Cleary, M.A.
ClearHeart Counseling

May you be happy
and free from suffering.

541.349.0595
www.ClearHeartCounseling.com

CHINESE MEDICAL QIGONG
ENERGETIC HEALING & CLASSES

SUSAN & ERIC SHAFFER
EUGENE 541-654-0219

www.qigong-clinic.com

Physical Therapy
655 East 11th Ave, Suite 5 Eugene, OR 97405

www.AlliancePT.us

WE GET RESULTS!

Day, Evening & Weekends by Appointment

ALLIANCE PHYSICAL THERAPY Call Us! 683-3375

ROLFING®
Insightful bodywork that makes a difference

IMPROVE POSTURE
DEVELOP EASE OF MOVEMENT
RELIEVE CHRONIC PAIN

MARK DONAHUE
Certified Advanced Rolfer™
Rolf Movement Practitioner

20 Years of Experience. License #14017 (541) 232-7630
CREDIT CARDS ACCEPTED

Jenya Lemeshow, LMT
Lic. #8121

Synergy Massage

Gift Certificates

Deep Tissue
CranioSacral Therapy
Chronic Pain Relief

Medical & Auto Accident
Insurance Accepted

1ST TIME SPECIAL: \$10 OFF!

541-684-0066
synergymassageeugene.com

Healing Massage

Deep Tissue • Swedish • Trigger Point
Myofascial Release • Essential Oils

Lucia McKelvey, LMT • Nationally Certified
Days, Evenings, Weekends
541-683-3286

LIC.#8250

ZEN SPOT

POSITIVE LIFE BALANCE FOR MIND, BODY, SPIRIT
Eugene's Extensive, Complementary and Alternative Holistic
Lifestyle Business - Personal, Powerful, Positive!

FIND YOUR ZENSPOT!
ZENSPOT RADIO, FRIDAYS LIVE
3-4pm 1320am or web 1320inforadio.com

HOT YOGA - \$60 UNLIMITED A MONTH!

FENG SHUI INTERIOR DESIGN
Consultation for Home or Business

1615 & 1659 Oak Street - Eugene
www.zenspotmbs.com 541-337-8433

ew Classifieds TO PLACE A CLASSIFIED AD CALL 484.0519

OREGON. Successor Trustee: NANCY K. CARY. Beneficiary: WORLD SAVINGS BANK, FSB. 2. DESCRIPTION OF PROPERTY: The real property is described as follows: Lot 4, Block 4, WALNUT PARK, As Platted and Recorded in Book 3, Page 16, Lane County Oregon Plat Records, in Lane County, Oregon. EXCEPT the East 45 Feet Thereof. 3. RECORDING. The Trust Deed was recorded as follows: Date Recorded: November 1, 2004. Recording No. 2004-084395. Official Records of Lane County, Oregon. 4. DEFAULT. The Grantor or any other person obligated on the Trust Deed and Promissory Note secured thereby is in default and the Beneficiary seeks to foreclose the Trust Deed for failure to pay: Biweekly payments of \$469.16 each, due biweekly each month, for the months of September 2009 through March 2010; plus late charges and advances; plus any unpaid real property taxes or liens, plus interest. 5. AMOUNT DUE. The amount due on the Note which is secured by the Trust Deed referred to herein is: Principal balance in the amount of \$168,974.91; plus interest at an adjustable rate pursuant to the terms of the Promissory Note from August 31, 2010; plus late charges of \$753.51; plus advances and foreclosure attorney fees and costs. 6. SALE OF PROPERTY. The Trustee hereby states that the property will be sold to satisfy the obligations secured by the Trust Deed. A Trustee's Notice of Default and Election to Sell Under Terms of Trust Deed has been recorded in the Official Records of Lane County, Oregon. 7. TIME OF SALE. Date: August 26, 2010. Time: 11:00 a.m. Place: Lane County Courthouse, 125 E. 8th Avenue, Eugene, Oregon. 8. RIGHT TO REINSTATE. Any person named in ORS 86.753 has the right, at any time that is not later than five days before the Trustee conducts the sale, to have this foreclosure dismissed and the Trust Deed reinstated by payment to the Beneficiary of the entire amount then due, other than such portion of the principal as would not then be due had no default occurred, by curing any other default that is capable of being cured by tendering the performance required under the obligation or Trust Deed, together with the trustee's and attorney's fees not exceeding the amount provided in ORS 86.753. You may reach the Oregon State Bar's Lawyer Referral Service at 503-684-3763 or toll-free in Oregon at 800-452-7636 or you may visit its website at: www.osbar.org. Legal assistance may be available if you have a low income and

meet federal poverty guidelines. For more information and a directory of legal aid programs, go to <http://www.oregonlawhelp.org>. Any questions regarding this matter should be directed to Lisa Summers, Paralegal, (541) 686-0344 (TS #17368.30636). DATED: April 13, 2010. /S/ NANCY K. CARY Nancy K. Cary, Successor Trustee, Hershner Hunter, LLP, P.O. Box 1475, Eugene, OR 97440. Date of first publication: June 17, 2010.

TRUSTEE'S NOTICE OF SALE

The Trustee under the terms of the Trust Deed described herein, at the direction of the Beneficiary, hereby elects to sell the property described in the Trust Deed to satisfy the obligations secured thereby. Pursuant to ORS 86.745, the following information is provided: 1. PARTIES: Grantor: TAWFIK AHDAB and JODI ANN AHDAB. Trustee: LAWYERS TITLE INSURANCE CORPORATION. Successor Trustee: NANCY K. CARY. Beneficiary: WASHINGTON FEDERAL SAVINGS. 2. DESCRIPTION OF PROPERTY: The real property is described as follows: Lot 32, Block 2, COAST VILLAGE FIRST ADDITION, as platted and recorded in Book 59, Page 12, Lane County Oregon Plat Records, in Lane County, Oregon. 3. RECORDING. The Trust Deed was recorded as follows: Date Recorded: October 15, 2007. Recording No. 2007-070574. Official Records of Lane County, Oregon. 4. DEFAULT. The Grantor or any other person obligated on the Trust Deed and Promissory Note secured thereby is in default and the Beneficiary seeks to foreclose the Trust Deed for failure to pay: Monthly payments in the amount of \$591.00 each, due the first of each month, for the months of December 2009 through April 2010; plus late charges and advances; plus any unpaid real property taxes or liens, plus interest. 5. AMOUNT DUE. The amount due on the Note which is secured by the Trust Deed referred to herein is: Principal balance in the amount of \$65,279.36; plus interest at the rate of 8.500% per annum from November 1, 2009; plus late charges of \$162.15; plus advances and foreclosure attorney fees and costs. 6. SALE OF PROPERTY. The Trustee hereby states that the property will be sold to satisfy the obligations secured by the Trust Deed. A Trustee's Notice of Default and Election to Sell Under Terms of Trust Deed has been recorded in the Official Records of Lane County, Oregon. 7. TIME OF SALE. Date: September 9, 2010. Time: 11:00 a.m. Place: Lane County Courthouse, 125 E. 8th Avenue, Eugene, Oregon. 8. RIGHT TO REINSTATE. Any person named in ORS 86.753 has the

right, at any time that is not later than five days before the Trustee conducts the sale, to have this foreclosure dismissed and the Trust Deed reinstated by payment to the Beneficiary of the entire amount then due, other than such portion of the principal as would not then be due had no default occurred, by curing any other default that is capable of being cured by tendering the performance required under the obligation or Trust Deed and by paying all costs and expenses actually incurred in enforcing the obligation and Trust Deed, together with the trustee's and attorney's fees not exceeding the amount provided in ORS 86.753. You may reach the Oregon State Bar's Lawyer Referral Service at 503-684-3763 or toll-free in Oregon at 800-452-7636 or you may visit its website at: www.osbar.org. Legal assistance may be available if you have a low income and meet federal poverty guidelines. For more information and a directory of legal aid programs, go to <http://www.oregonlawhelp.org>. Any questions regarding this matter should be directed to Lisa Summers, Paralegal, (541) 686-0344 (TS #15148.30528). DATED: April 12, 2010. /S/ NANCY K. CARY Nancy K. Cary, Successor Trustee, Hershner Hunter, LLP, P.O. Box 1475, Eugene, OR 97440. Date of first publication: July 1, 2010.

Bulletin Board Announcements

GAIN NATIONAL EXPOSURE Reach over 5 million young, educated readers for only \$995 by advertising in 110 weekly newspapers like this one. Call Jayme at 541-484-0519. This is not a job offer. (AAN CAN)

JUST FOR TODAY Start the day with a Narcotics Anonymous Meeting @ McNail-Riley House 7am, M-F. Jefferson & 13th.

NEW & UPCOMING Outdoor Market, Saturdays in Junction City. Looking for vendors and musicians of all types. Especially those with produce, farm, and plant products. For info call Beatrice, 541-337-1428.

electrolysis by tami

Tami Kanning, L.E.
Permanent Hair Removal

www.electrolysisbytami.com • 541-762-1325

bright star MASSAGE

Hello, My Name Is Annie. I Offer
Swedish, Deep Tissue, Hot Stone,
and Chair Massage In South Eugene.

Let Me Know If I Can Help.
GIFT CERTIFICATES AVAILABLE. CREDIT CARDS ACCEPTED

www.brightstarmassage.com | 541.228.4383

Fritz Dygert
MSW, CADCI

RECOVERY SOLUTIONS
Alcohol & Drug, Grief & Loss, PTSD,
Couples, Unresolved Childhood Issues

Sliding Scale

1001 Washington St. Eugene, OR
541-520-1679

GREEN PHOENIX INSTITUTE

Acupuncture • Massage
Herbalism • Counseling
Taiji (Tai Chi) • Qigong • Bagua
Yoga • Feldenkrais Method
Classes • Workshops • Events

352 West 12th Avenue
(between Lincoln & Lawrence Streets)
541-344-0073
GreenPhoenixInstitute.com

HOOP DANCE & PILATES
www.fmpilates.com • 541-914-0764

Summer Class Schedule starting
JULY 19 - AUGUST 26

Hoop Dance Fitness Class Level 1:
No Experience Necessary
(kids 12 & older are also welcome)

HOOLA HOOP YOUR WAY TO HAPPINESS & HEALTH
Tuesday & Thursday 6:30-7:30pm
Location: Outside in the park at 2nd & Mill St.,
next door to Campbell Senior Center

Pilates For Absolute Beginners Level 1:
No Experience Necessary/Slow Pace
Mondays & Thursdays 4:15-5:15pm
Location: Celebration Belly Dance & Yoga Studio,
1840 Willamette St.
(across from Meridian Market upstairs)

Pilates For Experienced Beginners Level 2-3:
Previous Experience Necessary/Moderate Pace
Mondays & Wednesdays 6:30-7:30pm
Location: Outside in the park at 2nd & Mill St.,
next door to Campbell Senior Center

• Pre-registration required. •

YOGA WEST
3635 Hilyard • 686.0432

Breathwalk™
Meditation In Motion
July 5 - 26
Mondays, 7 - 8:30 pm
\$24 for the series or drop-in

Beginner's Series
July 7 - 28
Wednesdays, 7 - 8:30 pm
\$24 for the series
Simrat 343-7825

from the teachings of Yogi Bhajan

www.yogawesteugene.com