

Sudoku

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

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.

TO INTERESTED PERSONS Notice is hereby given that the undersigned has been appointed and has qualified as the personal representative of the above estate. All persons having claims against the estate are hereby required to present the same, with proper vouchers, within four months after the date of first publication of this notice, as stated below, to the personal representative at: The office of Jack A. Gardner, attorney for the personal representative, 725 Country Club Road, Eugene, Oregon 97401, or they may be barred. All persons whose rights may be affected by the proceedings in this estate may obtain additional information from the records of the Court, the personal representative or the attorney for the personal representative. DATED and first published: September 15, 2011. Lyn Molstrom, Personal Representative c/o Jack A. Gardner, OSB 59035, Gardner, Potter, Budge, Spickard & Cascagnette, 725 Country Club Road, Eugene, Oregon 97401. Telephone: (541) 687-9001.

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE In the Matter of the Marriage of: MARY ELIZABETH

HERMAN, aka MARIE ELIZABETH HERMAN, MARY WRIGHT, MARY SKEELE, Petitioner, and ALLAN CRAIG HERMAN, Respondent. Case No. 15-08-15025 **SUMMONS DOMESTIC RELATIONS SUIT TO: ALLAN C. HERMAN, Respondent.** The petitioner has filed a Petition asking for: Modification of Judgment; custody; parenting time/visitation and child support. If you do not file the appropriate legal paper with the court in the time required (see below), the petitioner may ask the court for a judgment against you that orders the relief requested. **NOTICE TO RESPONDENT: READ THESE PAPERS CAREFULLY! YOU MUST "APPEAR" IN THIS CASE OR THE OTHER SIDE WILL WIN AUTOMATICALLY. TO "APPEAR," YOU MUST FILE WITH THE COURT A LEGAL PAPER CALLED A "RESPONSE" OR "MOTION." RESPONSE FORMS MAY BE AVAILABLE THROUGH THE COURT LOCATED AT: 125 EAST 8TH AVE., EUGENE, OR 97401. THIS RESPONSE MUST BE FILED WITH THE COURT CLERK OR ADMINISTRATOR WITHIN THIRTY (30) DAYS OF THE DATE OF FIRST PUBLICATION SPECIFIED HEREIN: SEPTEMBER 22, 2011 ALONG WITH THE REQUIRED FILING FEE.**

IT MUST BE IN PROPER FORM AND YOU MUST SHOW THAT THE PETITIONER'S ATTORNEY (OR THE PETITIONER IF HE/SHE DOES NOT HAVE AN ATTORNEY) WAS SERVED WITH A COPY OF THE "RESPONSE" OR "MOTION." THE LOCATION TO FILE YOUR RESPONSE IS AT THE COURT ADDRESS INDICATED ABOVE. If you have questions, you should see an attorney immediately. If you need help finding an attorney, you may contact the Oregon State Bar's Lawyer Referral Service online at www.oregonstatebar.org or by calling (503) 684-3763 (in Portland metropolitan area) or toll free elsewhere in Oregon (800) 452-7636. Date of first publication: September 22, 2011. Date of last publication: October 13, 2011.

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HELLO!
my name is

Robert Reid Cl, ChT, CLC

Owner, Life Coach, Certified Hypnotherapist at Life Works: Hypnotherapy, Life & Business Coaching, Counseling, Education

Shelly called me in August of 2005. Shelly had been experiencing moderate to severe pain in her back, near the right scapula, for about 6 years. I asked her about her treatment history. She began a long story of medical and therapy visits of various kinds including MD's, DO's, Chiropractors, Physical Therapists, MRI scans, orthopedics, etc. Nothing seemed to work.

I talked with Shelly for about 20 minutes explaining the concept of using hypnotherapy to get to the root cause of a traumatic ISE (Initial Sensitizing Event). She didn't remember such an event, but she agreed to "give it a try."

I wrote out the elements of the session for Shelly. She was somewhat nervous at the time. There would be:

- The induction (Elman)
- Deepening techniques: Eye catalepsy, Eyes opening/close, Arm drops (with permission), Number fade
- The Root Cause Regression
- Exploring the ISE cognitively
- Time for Cognitive integration and Synthesis of the Cause in the Subconscious Mind
- Count up and return

She asked what it would feel like. I explained the body sensations she might feel and that the conscious mind would be aware of what was happening.

We began the session and quickly achieved a nice level of somnambulism. I instructed her to go to the root cause of her back pain upon my touching her forehead. When I asked her where she was, she replied, "I am at work."

"What is going on?" "SOMEONE IS STABBING ME IN THE BACK" she replied. Wow, was I surprised. I took a long pause and asked "How does that make you feel?" "I am devastated, people are talking about me behind my back and I have to quit work here"

"What year is this?" "1995" she said. I was surprised again. Shelly had been suffering with pain for six years, yet the ISE had occurred 3 years prior to the onset of pain. This shows what pent up emotions can do to the physical body over time. We did some cleaning up of the energy associated with the trauma and brought Shelly back to the present. She was delighted with the session and has been pain free ever since.

If you would like to learn more about the benefits of hypnosis, contact Robert D. Reid from Life Works, 541-744-6655 Lifeworks-OR.com "Where Shift Happens"

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12:00pm	•		•		•		
4:00pm	•	•	•	•	•	•	•
6:00pm	•	•	•	•	•		

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