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# Sudoku

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](http://www.sudokuplace.com) for a puzzle solver.

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

## KIDS

### Camps

**SCIENCE CAMP** No-School/Summer Day Camp Science & nature exp, kids K-5. No-Sch Day Camp June 8 Summer Camps June 18-Aug 31 541.684.6810 [www.sciencekidzfun.com](http://www.sciencekidzfun.com)

## EMPLOYMENT

### Help Wanted

**SDANCERS** Tired of your current club! **SWEET ILLUSIONS** has day & night shifts available. No experience, can train. Excellent tips! 541-852-8625 or 541-517-7196 **THE HOTTEST CLUB IN LANE COUNTY!**

**\$\$\$HELP WANTED\$\$\$** Extra Income! Assembling CD cases from Home! No Experience Necessary! Call our Live Operators Now! 1-800-405-7619 EXT 2450 <http://www.easywork-greatpay.com> (AAN CAN)

**PLUMBER** Applications are being accepted in order to establish a hiring list for apprentice Plumber positions. This program is through the Area III Plumbers Apprenticeship Committee. This opening is for Lane and Douglas Counties. Applications distributed June 11, 2012 through June 22, 2012. Mail a written request for an application (including your mailing address and phone number) to: Committee Administrator's Office, 3071 Dalewood St, Eugene, OR 97404, or email to: [jdapprentice@yahoo.com](mailto:jdapprentice@yahoo.com) Returned applications must be postmarked by June 29, 2012.


## SEEKING EMPLOYMENT

**LOST YOUR JOB?** Place a free line ad here (up to 4 lines, 160 characters) for 2 weeks. Briefly list your skills/experience & contact info. Email to: [jennifer@eugeneweekly.com](mailto:jennifer@eugeneweekly.com) or call 541-484-0519

**WELDER FABRICATOR** & Real Estate Maintenance Man needs work. Call 541-870-5926

## BIKRAM'S YOGA

COLLEGE OF INDIA



**INTRODUCTORY PACKAGE**  
**\$20 for 10 Days**

This is a 90 minute total body workout in a room heated to 105 degrees.

	M	T	W	TH	F	SA	SU
6:30am	•	•	•	•	•		
9:00am	•	•	•	•	•	•	•
4:00pm	•	•	•	•	•	•	•
6:00pm	•	•	•	•	•	•	•

**Community Class by Donation Sundays Noon**  
FIRST CLASS: Arrive 20 minutes early - Bring a large towel & water bottle  
Wear gym shorts & a tank top - Don't eat for 2-3 hours before class  
Be prepared to work hard & sweat!

**820 Charnelton • 349-9642**

### Career Training

**TATTOO ARTIST TRAINING** Licensed tattoo school. 1 spot available. Starting now. [facebook.com/gardenofink](http://facebook.com/gardenofink) 541-942-4708

### Business Opportunities

**HELP WANTED!!!** Make money Mailing brochures from home! FREE Supplies! Helping Home Workers since 2001! Genuine Opportunity! No experience required. Start Immediately! [www.theworkhub.net](http://www.theworkhub.net) (AAN CAN)

## WELLNESS

### Bodywork

**GUTHRIE CHIROPRACTIC & MASSAGE** 235 W. 10th Ave, Eugene. We can help you with TMJ problems! 541-683-9069 [mydocwade.com](http://mydocwade.com)

**ROLFING** relieves chronic pain, improves posture, helps you find ease in your body. Mark Donahue, Certified Advanced Rolfer, 25 yrs exp. LMT #14017 [markdonahuerolfing.com](http://markdonahuerolfing.com) 541-232-7630

### Counseling

**CLEAR HEART COUNSELING** Mindfulness-based Counseling, Bach Flower Remedies, Channeled Guidance. Ker Cleary, MA 341-349-0595 [ClearHeartCounseling.com](http://ClearHeartCounseling.com)

### Hypnotherapy

**A BETTER CHOICE FOR YOU!** Life Works School of Hypnosis. New class beginning every quarter. Register now. [Lifeworks-or.com](http://Lifeworks-or.com), 541-744-6655. Visa/MC/Discover/AMEX accepted.

**HYPNOSIS** is a powerful tool for change. Stress? Health issues? Smoking? Weight loss? Anxiety? Phobias? Pregnancy? Nancy Mac, CHT 541-485-4559 [www.NancyMac.net](http://www.NancyMac.net)

**LOSE WEIGHT** Stop smoking with Hypnotherapy. Covered by most insurance, available weekends. Shoshannah Theille, CHT, 541-684-3965.

### Intuitive Arts

**VISIT THE OTHER SIDE!** Psychic Medium Suzane Northrop in Oregon! PDX - Sun, July 22 (workshop); Bend - Tues, July 24 (gallery-style readings) <http://www.afterlifeconference.com/northrop.htm>

### Massage

**MASSAGE FOR STRESS** and pain relief, relaxation & overall health. Fragrance-free. Jayne Syverson 689-5303. Lic#4866

**SANCTUARY MASSAGE** Auto & Medical Insurance Accepted. Parent Packages & 1st Time Client Discounts. Tammy Wise (lmt #11561) Justus Grose Wise (lmt #16860) 541-343-0109

### Spiritual

**CHANGE YOUR LIFE** Be Happier & Healthier Shamanic, Results & ThetaHealing Healing Systems. Metamorphosis Call 541-844-2339 For appt. Live Better Now! Sliding scale

**IN THE ARMS OF ANGELS** Come let the Music of the Spheres carry you to Realms of abiding peace & rejuvenation. Tibetan singing bowls, Intuitive counseling. 35 yrs experience. Yaqin 541-953-7499

### Workshops

**SHAMANIC WORKSHOP** Basic Experience June 16 & 17 Taught by Elan Healer & Teacher for 25 yrs. Call 541-844-2339 for info

### Yoga

**BIKRAM'S YOGA** College of India Intro Package \$20 for 10 days. 90 min workout in heated room. Classes all week! Including Community Class by donation Sundays at noon. 820 Charnelton 541-349-9642

**COMMUNITY YOGA** By Donation on Sundays at 6 pm. **FREE YOGA** on Thurs 7:15 pm runs June 14- Aug 30. Eugene Yoga offers more than 40 weekly classes with diverse styles/teachers. 3575 Donald St [www.eugeneyoga.us](http://www.eugeneyoga.us) 520.8771

**FREE YOGA & MEDITATION CLASSES.** Relax body, mind, spirit. Thurs 7-8pm. 1st United Methodist, 1376 Olive. 541-686-0506

**YOGA WEST** Kundalini Yoga in Eugene as taught by Yogi Bhajan. First two classes for the price of one. 3635 Hilyard, 541-686-0432 [yogawest Eugene.com](http://yogawest Eugene.com)

## LEGAL NOTICES

### TRUSTEE'S NOTICE OF SALE

The Trust Deed to be foreclosed pursuant to Oregon law is referred to as follows (the "Trust Deed"): Grantor: Joseph L. Carson. Trustee: First American Title Co. Beneficiary: Northwest Community Credit Union PO Box 70225, Eugene, OR 97401. Date: July 28, 2005. Recording Date: August 1, 2005. Recording Reference: 2005-059212. County of Recording: Lane County. The Successor Trustee is Patrick L. Stevens and the mailing address of the Successor Trustee is: Patrick L. Stevens, Successor Trustee, Hutchinson, Cox, Coons, Orr & Sherlock, P.C., PO Box 10886, Eugene, OR 97440. The Trust Deed covers the following described real property in the County of Lane and State of Oregon, ("the Property"): Lot 7, Block 1, FIRST ADDITION TO DEL MAR PARK, as platted and recorded in Volume 47, Page 28, Lane County Oregon Plat Records, in Lane County, Oregon. Commonly known as: 1600 E. Grover Ave., Cottage Grove, OR 97424. APN: 0897494. Both the beneficiary and the trustee have elected to sell the said real property to satisfy the obligations secured by said trust deed and a notice of default

has been recorded pursuant to Oregon Revised Statutes 86.735(3). The default for which foreclosure is made is Grantor's failure to pay when due the following sums: The monthly installment payments of \$463.00 beginning June 2, 2011 and continuing through the installment due March 2, 2012; plus interest and late charges; real property taxes, plus interest and penalties; and other liens and penalties. Total default as of March 2, 2012 is \$4,838.35. The sum owing on the obligation that the Trust Deed secures (the "Obligation") is: \$53,119.62, together with the sum of \$2,224.54, which represents unpaid contractual interest, fees and late charges through and including February 9, 2012, together with interest on the principal sum of \$53,119.62 at the rate of 6.50% per annum from February 10, 2012 until paid, together with insurance paid by the Beneficiary on the property, late charges and penalties, trustee fees, attorney fees, foreclosure costs and any sums advanced by the Beneficiary pursuant to the trust deed. By reason of the default, the Beneficiary and the Trustee elect to sell the Property to satisfy the Obligation and to foreclose the Trust Deed by advertisement and sale pursuant to ORS 86.705 to 86.795. At public auction, the Trustee shall sell to the highest bidder for cash the interest in the Property which the Grantor had, or had the power to convey, at the time of the execution by Grantor of the Trust Deed, together with any interest Grantor or Grantor's successors in interest acquired after the execution of the Trust Deed, to satisfy the Obligation. **The date, time and place of the sale is: Date: August 8, 2012. Time: 11:00 o'clock a.m. Place: Lane County Courthouse, 125 E. 8th Ave., Eugene, OR 97401. NOTICE TO TENANTS** If you are a tenant of this property, foreclosure could affect your rental agreement. A purchaser who buys this property at a foreclosure sale has the right to require you to move out after giving you notice of the requirement. If you do not have a fixed-term lease, the purchaser may require you to move out after giving you a 30-day notice on or after the date of the sale. If you have a fixed-term lease, you may be entitled to receive after the date of the sale a 60-day notice of the purchaser's requirement that you move out. To be entitled to either a 30-day or 60-day notice, you must give the Trustee of the property written evidence of your rental agreement at least 30 days before the date first set for the sale. If you have a fixed-term lease, you must give the Trustee a copy of the rental agreement. If you do not have a fixed term lease and cannot provide a copy of the rental agreement, you may give the Trustee other written evidence of the existence of the rental agreement. The date that is 30 days before the date of the sale is July 9, 2012. The name of the Trustee and the Trustee's mailing address are listed on this notice. Federal law may grant you additional rights, including a right to a longer notice period. Consult a lawyer for more information about your rights under federal law. You have the right to apply your security deposit and any rent you prepaid toward your current obligation under your rental agreement. If you want to do so, you must notify your landlord in writing and in advance that you intend to do so. If you believe you need legal assistance with this matter, you may contact the Oregon State Bar and ask for the lawyer referral service. Contact information for the Oregon State Bar is included with this notice. If you have a low income and meet federal poverty guidelines, you may be eligible for free legal assistance. Contact information for where you can obtain free legal assistance is included in the next paragraph. There are government agencies and nonprofit organizations that can give you information about foreclosure and help you decide

ADVERTISEMENT

# HELLO! my name is

## Dr. Wade Guthrie, DC

Guthrie Chiropractic & Massage

My name is Dr. Wade Guthrie and I have been practicing as a Chiropractor in Eugene for the last two decades. My specialty, in addition to caring for spinal problems, is in providing care for stiff and painful jaws, or TMJ as it is called in medical circles. For the last 25 years I have very much enjoyed helping people with these TMJ problems -- as they can be very disabling; interfering with eating, talking and sleeping!



The usual problem begins with the muscles, which control and move the jaw. Two of the most common ways this comes about are motor vehicle accident injuries and prolonged or difficult dental procedures. In addition it will occur due to lack of proper regular stretching, too much chewing (as in chronic gum chewing), grinding of the teeth and clenching of the jaw, poor nutrition, etc., and leads to muscles which do not have enough energy to maintain their proper strength and structural integrity. When this occurs they become rigid and shortened and pull the bones of the jaw out of alignment.

To accomplish return of proper strength and flexibility of the tissues like muscle, I often employ the use of microcurrents, which are delivered using a hand-held, battery powered tool designed by several noted acupuncturists. These tools stimulate the tissues with a profoundly small electrical current - hence the name microcurrents - and replicate the electrical flows that occur naturally when your body is functioning properly.

When I deliver these currents of healing to the most effective points, energy is restored quickly - very effective! Another aspect of this work that is appreciated by my patients is that I can deliver these healing currents while simultaneously providing hands-on techniques, which we as Chiropractors are uniquely trained to provide.

My initial evaluation and treatment time is 60 minutes. My clinic hours are somewhat flexible (with sufficient notice) and you will be greeted with a warm welcome from my staff and will delight in the colorful and warm environment of our clinic.

I look forward to meeting you and providing you with excellent care.

Dr. Wade Guthrie

**Guthrie Chiropractic** is located at 235 W. 10th Ave in Eugene. Their phone number is **541-683-9069** and their website address is [www.mydocwade.com](http://www.mydocwade.com).

Interested in writing about your business? It is now included as part of a discounted Classifieds ad package. Call 541-484-0519 for more info.

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