

# BIKRAM'S YOGA

## COLLEGE OF INDIA

**NEW FLOORING**

### 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

# Where Can I Show My Videos?

**CTV 29** 541-683-1634  
 info@CTV29.org

# THE SPIRAL SCHOOL OF HEALING & MYSTICAL ARTS

## Invites You to Celebrate Our Grand Opening!!!

Friday Sept. 7 6-8:30pm  
 474 Willamette St. Suite 302  
 www.TheSpiralSchool.com  
 541-349-0595

# ew Classifieds TO PLACE A CLASSIFIED AD CALL 484.0519

## Business Opportunities

**HELP WANTED!!!** Extra income! Mailing Brochures from home! Free supplies! Genuine opportunity! No experience required. Start immediately! www.themailingprogram.com (AAN CAN)

**HELP WANTED!!!** Make up to \$1000 a week mailing brochures from home! Helping Home-Workers since 2001! Genuine Opportunity! No experience required. Start immediately! www.themailinghub.com (AAN CAN)

**REACH 5 MILLION** hip, forward-thinking consumers across the U.S. When you advertise in alternative newspapers, you become part of the local scene and gain access to an audience you won't reach anywhere else. http://www.altweeklies.com/ads (AAN CAN)

## WELLNESS

### Bodywork

**MASSAGE THERAPY** Car accidents, whip lash, chronic pain, relaxation. Insurance accepted, avail weekends. Shoshannah Thielle, LMT #3461. 541-684-3965.

**MYOFASCIAL RELEASE** with Roxanne O'Hara LMT (lic# 18908) Gently restore posture, balance, ease, release pain. 12 years bodywork experience. \$25 off first session until Sept 15. www.ajoytomove.weebly.com 541-653-1341

**ROLFING** relieves chronic pain, improves posture, helps you find ease in your body. Mark Donahue, Certified Advanced Rolfier, 25 yrs exp. LMT #14017 markdonahuerolfing.com 541-232-7630

### Counseling

**CLEAR HEART COUNSELING** Mindfulness-based Counseling, Bach Flower Remedies, Channeled Guidance. Ker Cleary, MA 541-349-0595 ClearHeartCounseling.com

### Wellness

**FLOATING TANK** Float your Stress Away! Appointments only 541-684-0365

### Hypnotherapy

**A BETTER CHOICE FOR YOU!** Life Works School of Hypnosis. New class begins soon. Register now. 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

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

### Massage

**MARGARET'S DEEP-TISSUE MASSAGE** Strong Hands, Strong Heart. Helpful, Pleasant. 27 yrs exp \$40/1st hr 541-513-2692. #2144

**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

### 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

**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

## LEGAL NOTICES

**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: DAVID E. ROGERS AND TERRY L. ROGERS. Trustee: FIRST AMERICAN TITLE COMPANY. Successor Trustee: NANCY K. CARY. Beneficiary: WASHINGTON FEDERAL fka WASHINGTON FEDERAL SAVINGS. **2. DESCRIPTION OF PROPERTY:** The real property is described as follows: **EXHIBIT A** Beginning at a point which is the quarter corner between Sections 23 and 24,

Township 17 South, Range 11 West of the Willamette Meridian; thence East along the South line of the Southwest quarter of the Northwest quarter of Section 24, to the Southeast corner of said Southwest quarter of the Northwest quarter; thence North along the East side of said Southwest quarter of the Northwest quarter to the South side of the County Road right of way; thence Westerly and Northerly following the County Road to the property line between the described land which is owned by Truman Smith and Mrs. Artie Parcher and land which is Siuslaw National Forest and is marked by a fence; thence Southwesterly along a fence line which marks the dividing line between the Siuslaw National Forest and the described property, to the West line of Section 24; thence South along the section line to the place of beginning, being a part of the Southwest quarter of the Northwest quarter of Section 24, Township 17 South, Range 11 West of the Willamette Meridian, in Lane County, Oregon. EXCEPT that portion, if any, lying within the tract of land conveyed to the United States of America by deed recorded December 23, 1936, in Book 190, Page 117, Lane County Oregon Deed Records, in Lane County, Oregon. **3. RECORDING.** The Trust Deed was recorded as follows: Date Recorded: August 22, 2011. Recording No.: 2011-037984 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 \$1,446.00 each, due the first of each month, for the months of March 2012 through May 2012; 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 \$204,964.09; plus interest at the rate of 5.999% per annum from February 1, 2012; plus late charges of \$138.10; 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: October 18, 2012. 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 #15148.30756). DATED: May 29, 2012. /s/ Nancy K. Cary Nancy K. Cary, Successor Trustee, Hershner Hunter, LLP, P.O. Box 1475, Eugene, OR 97440. First publication 08/09/12. Last publication 08/30/12.

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**NOTICE TO INTERESTED PERSONS:** Probate proceedings in the Estate of Diane M. Page, deceased, are now pending in the Circuit Court for Lane County, Oregon, Case No. 50-12-16139. Christopher L. Page has been appointed as personal representative of Decedent. All persons having claims against the Estate are required to present them, in due form, within four months after the date of first publication of this Notice. The date of first publication of this Notice is August 16, 2012. Claims shall be presented to the personal representative at this address: c/o Benjamin M. Kearney, Arnold Gallagher P.C., 800 Willamette Street, Suite 800, PO Box 1758, Eugene, OR 97440-1758, or they may be barred. All persons whose rights may be affected by these proceedings may obtain additional information from the records of the court, the personal representative, or his attorney, Benjamin M. Kearney, whose address is listed above, and whose telephone number is (541) 484-0188.

### 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: REX MORNINGSTAR AND CHERISE MORNINGSTAR. Trustee: TITLE GUARANTY COMPANY OF OREGON. Successor Trustee: NANCY K. CARY. Beneficiary: WASHINGTON FEDERAL fka WASHINGTON FEDERAL SAVINGS. **2. DESCRIPTION OF PROPERTY:** The real property is described as follows: Lot 7, Block 14, CHAMBERS ADDITION TO EUGENE, as platted and recorded in Book 3, Page 41, Lane County Oregon Plat Records, in Lane County, Oregon. **3. RECORDING.** The Trust Deed was recorded as follows: Date Recorded: September 23, 1997. Recording No.: 97-64291 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 \$850.00 each, due the first of each month, for the months of March 2012 through June 2012; 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 \$72,982.75; plus interest at the rate of 7.500% per annum from February 1, 2012; plus late charges of \$178.55; 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: October 25, 2012. 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 #15148.30761). DATED: June 12, 2012. /s/ Nancy K. Cary Nancy K. Cary, Successor Trustee, Hershner Hunter, LLP, P.O. Box 1475, Eugene, OR 97440. First publication 08/16/12. Last publication 09/06/12.

### 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: TOBIN COPELAND-TURNER. Trustee: FIRST AMERICAN TITLE INSURANCE COMPANY OF OREGON. Successor Trustee: NANCY K. CARY. Beneficiary: WORLD SAVINGS BANK, FSB. **2. DESCRIPTION OF PROPERTY:** The real property is described as follows: Lot 245, SOMERSET HILLS III, as platted and recorded in Book 70, Page 4, Lane County Oregon Plat Records, in Lane County, Oregon. **3. RECORDING.** The Trust Deed

# S.A.R.A.'s

## Shelter Animal Resource Alliance

### Rescued Cat of the Week



Hi there I'm **Angus**, a sweet little guy who loves to play. I am looking for a home with my friend Kai where there are tall cat trees, lots of windows for bird watching, a tireless laser pointer player and oh... please, no dogs. If you need a couple of fun tabby guys to share your life and home stop by to see us soon.

**S.A.R.A.'s Treasures**  
 Gift and Thrift Shop  
 volunteer • donate • shop • adopt  
 871 River Road • 607-8892 • Open Everyday 10-6  
 www.saras-treasures.org

# 1ST Avenue Shelter

3970 W. 1st Ave  
 541-689-1503  
 www.green-hill.org



Whoa **Sirrus!** This dog is energy incarnate. Only the absolutely athletic need apply to take this bouncy bully home. A young dog, Sirrus has years of high-impact adventures awaiting him and he wants to take you along. You'll have a jogging partner, a hiking companion, a training pupil and snuggle buddy all in one with Sirrus!

Tue - Fri, 10am-6pm and Sat 10am-5:30pm

# JONESIN' CROSSWORD BY MATT JONES

**"Thank You Very Much"--and I mean that**

**Across**

- Sophs, two years later
- "Trial of the Century" figure Kaelin
- Seaweed wrap site
- Like blue material
- Frozen cause of water blockage
- Like fresh polish
- Suit to \_\_\_
- Play the quarterback
- Sense of house-selling skills nearby?
- Movie catalog listings
- Twain who's only written one book
- Tiny titter
- "She had \_\_\_ Presbyterian mind..."--Steinbeck
- Well past mourning a broken egg?
- Word before se

**Down**

- Patty Hearst's captors
- Bring back
- Stevia, alternatively
- St. \_\_\_ and Nevis
- Needing some rubbing
- University of Maryland athlete, for short
- Skunk's asset
- NFL Hall-of-Famer Lynn
- Oscar winner for "Goodfellas"
- In a daze
- Head of the table?
- More rad, as it were
- Yello/Cake mix, for example?
- Rush drummer Neil
- Internet writing system that popularized "pwn'd"
- Type of roof for a muscle car
- Sailor's greetings
- Asinine
- Mifflin's publishing partner
- \_\_\_-1 ("Ghostbusters" vehicle)
- Sack lunch item that needs a spoon
- Did a do differently
- Sickly-looking
- Shirley who was painted gold in "Goldfinger"
- Ursus \_\_\_ (scientific name for the brown bear)
- Furniture chain with a winding floor plan
- Rachel who played Debbie Downer on "SNL"
- Stockholmer, e.g.
- Israeli desert
- Texas A&M student
- "Steppenwolf" author Hermann
- Historic event when 43-downs switched to driving on the right (anagram of Y HAD)
- Nevada's second-largest county
- Brewski
- Club requirements, maybe

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**ANSWERS TO LAST WEEK'S**

