

EVENTS CALENDAR

A WORKSHOP FOR NON-ARTISTS
The Creative Flow
 Painting as a Personal Process
 Sunday November 4th 12-4pm
 New Zone Gallery 164 W Broadway
 \$60.00 adv registration \$75 at the door
 Art Supplies Provided
 541-554-7096 Maureen Campbell

THE SPIRAL SCHOOL
 Upcoming Events
 11/1 Shamanic Journey Group
 w/Willow Rose
 11/10 Empower w/Self-Hypnosis
 w/Willow Rose
 11/16-17 Channeling/Everyday Tool
 w/ Ker Cleary & Julia Trippe
 541-349-0595 www.TheSpiralSchool.com

bill brewer
 hair stylist
 541.520.5668
 DawnBaby
 SALON
 1355 Willamette St.

Learn to Make Cheese
 A Series of classes at
 Wise Acres Farm
 Please visit
 herbaltransitions.com
 or 541-736-0164 - Eugene
 for class information!

Becoming An Herbalist
 A series of herb classes
 taught by Dr. Tilgner
 Please visit
 herbaltransitions.com
 or 541-736-0164 - Eugene
 for class information!

YOGA WEST
 3635 Hilyard • 686.0432
Kundalini Basics
 Mon thru Thurs 5:30-6:45 pm
 Sun 5:00-6:30 pm
 \$8 drop in or passes
 Get your energy flowing
 Kundalini Yoga as taught by Yogi Bhajan
 www.yogawesteugene.com

Sunrise Colonies
Colon Hydrotherapy
 CELEBRATING 15 YEARS
 with appreciation and gratitude!
LAURA TAYLOR
 CERTIFIED COLON
 HYDROTHERAPIST
 (541)484-6224

Sanctuary Massage
 541-343-0109
 Structural Assessment & Integration,
 Loami Loami Hot Stone,
 Swedish Relaxation and Deep Tissue,
 Myofascial Release, Energy Healing.
 Parent Packages & First Time Client Discounts Available
 Auto and Medical Insurance Accepted
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 John F. Barnes Technique
 Roxanne O'Hara LMT (#18908)
 11 Years Experience
 motor vehicle accidents, tmj, back pain,
 gently restore posture, balance, and ease
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 RELIEVE CHRONIC PAIN
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 credit cards accepted

EVENTS

A WORKSHOP FOR NON-ARTISTS "THE CREATIVE FLOW" PAINTING AS A PERSONAL PROCESS Sunday Nov. 4 from 12-4pm. New Zone Gallery, 164 W. Broadway. \$60 adv registration/\$75 at the door. Art supplies provided. Maureen Campbell 541-554-7096

HOLIDAY CRAFT SHOW 15th Annual. Nov. 3-4. 10-4. Yachats Commons. 70 Booths, Gifts Galore. Crafts, Art, Demos, Food, Face painting, Fun. Free Admission. 541-547-4664. **EXPECT THE EXCEPTIONAL!**

LEARN TO MAKE CHEESE A Series of classes at Wise Acres Farms. Please visit: herbaltransitions.com or 541-736-0164 for class information!

BULLETIN BOARD

Classes

EUGENE FENCERS CLUB Modern Olympic Fencing. Foil, Epee & Saber. USFA/USFCA Certified Coaches. Roosevelt Middle School, Tuesday & Thursday, 6-8:30pm, 541-688-6574, eugenefencersclub.org

Opportunities

ICE HOCKEY! ANYONE CAN PLAY! Adult, non-checking, coed ice hockey leagues and classes in Eugene! No skating experience necessary. Classes with free loaner gear begin October 6! 541-521-1650 icecenter@gmail.com www.icecenterhockey.org

PLAY RUGBY! EUGENE REIGN IS RECRUITING PLAYERS & FANS! Training Mon & Wed 5:30-7:30pm at SEHS soccer fields. No experience necessary! eugenewomensrugby.com

Pets

GREENHILL HUMANE SOCIETY Everybody Deserves a Good Home. Fri-Tues 11am-6pm, Closed Weds & Thurs. 88530 Greenhill Rd, 541-689-1503 green-hill.org Look for our Pet of the Week!

SHELTER ANIMAL RESOURCE ALLIANCE S.A.R.A.'s Treasures Gift & Thrift Shop. Volunteer, Donate, Shop, ADOPT! 871 River Road, Open Daily 10am-6pm. 541-607-8892 saratreasures.org Look for this week's Rescued Cat.

Adoption/Family Services

ADOPT: COLLEGE SWEETHEARTS, SUCCESSFUL PHOTOGRAPHER & WRITER (FUTURE STAY-HOME-MOM) YEARN FOR 1ST BABY. JULIE 1-800-997-1720 EXPENSES PAID.

HELP WANTED

SAM BONDS GARAGE SEEKS NEW BINGO HOSTS. Monday nights 8-midnight. FMI email BondsBooking@hotmail.com. Thanks Tom & Scott

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!**

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: office@eugeneweekly.com or call 541-484-0519

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 Rolfer, 25 yrs exp. LMT #14017 markdonahuerolfing.com 541-232-7630

Classes

BECOMING AN HERBALIST A series of herb classes taught by Dr. Tilgner. Please visit: herbaltransitions.com or 541-736-0164 for class information!

Counseling

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

OVERCOME "INCURABLE" ILLNESSES — alcoholism, depression, glaucoma, diabetes. Uncover the spiritual cause that blocks your healing with spiritual readings/counseling, energy treatments and monthly training workshops. Nancy L. Harris, M.A. Energy Practitioner/Shaman. 541-343-2582 www.GodSpiritsUnited.com

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.

A REAL SHIFT FOR YOU! LIFE WORKS School of Hypnosis: Certification Class starts January 2013. \$ off for early registration. Counseling Center: Individuals, Couples and Families. Lifeworks-or.com 541-744-6655 - Credit Cards ok.

FREE HYPNOSIS FOR REDUCING STRESS Bring donation for Food For Lane County. Sunday, Nov. 4, 6:30pm. Just Breathe 28th & Willamette. All welcome! Shoshannah Thielle, CMT; Nancy Mac, CHT.

HEALING WITH HYPNOSIS A 6-week class for women, using hypnosis & journaling to empower & make changes easier. Starts Thurs, Nov 8, 6:30-8:30. Sliding scale \$125-\$160. Call Shoshannah Thielle 541-684-3965 or Nancy Mac 541-485-4559.

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.

Martial Arts

KUNGFUAMERICA.COM MARTIAL ARTS & TAI CHI kids/teens/adults 4217 b Main St. 97478 Springfield 503-791-3647 *Free trial!*

Massage

MARGARET'S GENTLE DEEP-TISSUE MASSAGE Strong, Intuitive, Thorough. 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

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

YOGA BY DONATION Wednesdays 4:15 & Sundays 4:30 pm. Over 50 weekly drop in classes for sustainable yoga including Yoga Basics. 3575 Donald St, www.eugeneyoga.us

YOGA WEST Kundalini Yoga in Eugene as taught by Yogi Bhajan. First two classes for the price of one. 3635 Hilyard, 541-686-0432 yogawesteugene.com

LEGAL NOTICES

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE In the Matter of the Marriage of Sarah Erlei, Petitioner, and Timothy Erlei, Respondent. Case No. 151218522 SUMMONS SUMMARY DISSOLUTION OF MARRIAGE TO: Timothy

White Bird Dental Clinic
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 Sports, Deep Tissue, Myofascial for injury treatment, stress relief, and chronic pain
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