

Wanted

FREE RECYCLING, FREE REMOVAL Unwanted appliances, cars, trucks, parts, batteries, wheels, scrap metal, mowers, cans. Tom 541-653-4475.

CASH FOR CARS: Any Car/Truck. Running or Not! Top Dollar Paid. We Come To You! Call For Instant Offer: 1-888-420-3808 www.cash4car.com [AAN CAN]

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 sarastreasures.org Look for this week's Rescued Cat.

Adoption/Family Services

ADOPT Lots of love to offer a child in a stable, secure and nurturing home. Fees paid. Call anytime (800)-571-4136.

PREGNANT? CONSIDERING ADOPTION? Talk with caring agency specializing in matching Birthmothers with Families Nationwide. LIVING EXPENSES PAID. Call 24/7 Abby's One True Gift Adoptions 866-413-6293 Void in Illinois [AAN CAN]

HELP WANTED

NEW RESEARCH STUDY - ADULT CHEWERS NEEDED We need daily users of chewing tobacco for a new study comparing your usual brand with another smokeless tobacco product. Eligible chewers will be provided with tobacco, and receive compensation for time and travel to Oregon Research Institute in Eugene. This is not a quitting study. The Novel Smokeless Tobacco Study is funded by the National Cancer Institute. Call Coleen at [541] 434-1524.

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!!! MAKE \$1000 A WEEK mailing brochures from home! FREE Supplies! Helping Home Workers since 2001! Genuine Opportunity! No Experience required. Start Immediately! www.mailing-central.net [AAN CAN]

SSSHELP WANTEDSSS 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]

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

Career Training

AIRLINE CAREERS - Become an Aviation Maintenance Tech. FAA approved training. Financial aid if qualified - Housing available. Job placement assistance. CALL Aviation Institute of Maintenance 877-492-3059 [AAN CAN]

ATTEND COLLEGE ONLINE from Home. *Medical, *Business, *Criminal Justice, *Hospitality. Job placement assistance. Computer available. Financial Aid if qualified. SCHEV authorized. Call 800-481-9472 www.CenturaOnline.com [AAN CAN]

WELLNESS

Bodywork

MESSAGE 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. Tilger. 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

Fitness

WANT TO LOSE WEIGHT OR GAIN MUSCLE MASS? Call Randy to schedule a free consultation. He specializes in functional movement, customized exercises, weight loss, & nutrition. CrossFit Level 1 and National Academy of Sports Medicine certified. Randy, Personal Trainer at OZ Fitness. [541.] 378-8799.

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.

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

STOP SMOKING NOW!!! 4 Sessions - Permanently. Call Shoshannah Thielle, CHT 541-684-3965. YesHypnosisWorks.com

Massage

HOLIDAY MASSAGE SPECIAL: \$50 FOR AN HOUR Through January 5. Swedish, Sports, Deep Tissue, Pregnancy, Reflexology & more. 541.505.1193. www.soratherapies.com

MARGARET'S GENTLE DEEP-TISSUE MASSAGE Strong, Intuitive, Thorough. 27 yrs exp \$40/1st hr 541-513-2692. #2144

MESSAGE 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

Workshops

GODSPIRITS UNITED WORKSHOP "RELEASING PATTERNS AND PAIN BY ILLUMINATION." Having your aura cleaned periodically can release toxic energies and entities from your body and prevent or allay chronic illness. There will be a drawing for 1 free energy treatment. Thursday, Dec 6, 7 PM, Donation. 3317 Southview Dr, Eug 541-343-2582

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 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: KARLA DYE HOLLOWAY AND TIMOTHY LEE HOLLOWAY. Trustee: FIRST AMERICAN TITLE INSURANCE 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: **EXHIBIT A BEGINNING AT POINT 7.77 CHAINS SOUTH 88° EAST FROM THE QUARTER SECTION CORNER BETWEEN SECTIONS 10 AND 11, TOWNSHIP 18 SOUTH, RANGE 10 WEST OF THE WILLAMETTE MERIDIAN, OREGON; AND RUNNING THENCE SOUTH 88° EAST 12.23 CHAINS; THENCE SOUTH 40.90 CHAINS TO THE RIGHT BANK OF THE SIUSLAW RIVER; THENCE NORTHWESTERLY ALONG SAID RIGHT BANK TO A POINT DUE SOUTH OF THE POINT OF BEGINNING; THENCE NORTH 37.62 CHAINS TO THE POINT OF BEGINNING, LANE COUNTY, OREGON; EXCEPTING THEREFROM ANY PORTION LYING NORTHERLY OF THE SOUTHERLY RIGHT OF WAY LINE OF RELOCATED SIUSLAW HIGHWAY, ALSO KNOWN AS FLORENCE-EUGENE HIGHWAY, IN LANE COUNTY, OREGON. **3. RECORDING.** The Trust Deed was recorded as follows: Date Recorded: June 11, 2009. Recording No.: 2009-031861 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 \$4,575.00 each, due the first of each month, for the months of May 2012 through August 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 \$600,207.08; plus interest at the rate of 6.500% per annum from April 1, 2012; plus late charges of \$587.82; 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**

HELLO! MY NAME IS

Myofascial Release for Breast Health

by Roxanne Ohara



The breasts are in a central region of our bodies regarding the immune system, emotional health, and detoxification processes. Because we wear bras and because we often do not get the type of exercise that we need to decongest our lymphatic system (jogging, trampoline, etc.) the pectoralis region of our bodies often becomes congested. Add to that environmental toxins, scar tissue from surgery, radiation and compression from mammograms, trauma from cancer treatment and other events, as well as the emotional component of being loving selfless partners, mothers, and friends. Taking all this into consideration, I think our breasts could use some attention.

There are several techniques used in myofascial release to open and free the tissue around the pectoralis ducts, and breasts. All are very gentle, effective, safe, and can have a remarkable impact on overall health. One technique is called the "pec lift." The therapist slowly lifts the breast tissue between her two palms and waits for release to occur in the fascia. This process can take up to 15 minutes. It lessens the instances of fibroids, help flush the lymphatic system, resolves breast feeding issues, increase vascular and nerve health, elevates posture, and releases emotional holding patterns.

There are a number of things you can do at home to help your breasts and improve your health. Dry brushing towards the heart helps keep the lymphatic channels moving and, when brushing your breasts, brush up towards the clavicles. Jogging, or dancing for 10 minutes a day helps too. Massage your breasts using an herbal infused olive oil or coconut oil (no vegetable oil). This is more involved than the old fashion self exam and instead of looking for cancer, the goal is to make friends with your body and release fear, toxins, and improve your over all health.

About Roxanne:

I have been a massage therapist for 12 years and have practiced MFR primarily for 4. I study with John Barnes and am skilled at treating a wide range of structural issues and chronic pain.

roxanneohara.massagetherapy.com [541] 653 1341

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Noon	•						•
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
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*With Family, Friends, Lover, Co-workers, Self

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