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 and chronic pain

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 Arena

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CLASSIFIEDS

Wellness

METAMORPHOSIS-CHANGE YOUR BELIEFS CHANGE YOUR LIFE. Let me help you keep your New Years resolutions. Metamorphosishealing.net. Call 541-844-2339

Hypnosis

HEALING WITH HYPNOSIS A 6-week class for women, using hypnosis & journaling to empower & make changes easier. Starts Thurs, Feb. 7th, 6:30-8:30. Sliding scale \$125-\$160. Call Shoshanah 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

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

WOMEN'S WEIGHT LOSS CLASS using hypnosis and guided meditation. 6 weeks, starts Sat. Feb 16th, 9-11 am. Sliding scale \$125-\$160. Shoshana Thielle 541-684-3965

Massage

MARGARET'S GENTLE DEEP-TISSUE MASSAGE Thorough, Skillful, Intuitive, Long-lasting. 28 yrs exp \$40/1st hr 541-513-2692. #2144.

ON-SITE COUPLES MASSAGE Gwenn Bauldry-Frye, LMT#10028, 541-221-8689 & Jocelyn Burdick, LMT#19514, 541-505-1955. Gift certificates available, call now, space is limited.

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

METAMORPHOSIS - IMPROVE RELATIONSHIPS - CHANGE YOUR LIFE. METAMORPHOSISHEALING.NET CALL 541-844-2339

Workshops

GODSPIRITS UNITED WORKSHOP "HEALING MEDICALLY INCURABLE ILLNESSES" Every organ is governed by a specific virtuous word. If your attitudes and thoughts reflect these virtuous words, you can reverse illness and maintain your body in perfect health. Thursday, Feb 7, 7 PM 3317 Southview Dr., Eugene Nancy Harris 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

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

LEGAL NOTICES

IN THE CIRCUIT COURT FOR THE STATE OF OREGON IN AND FOR THE COUNTY OF LANE WELLS FARGO BANK, N.A., its successors in interest and/or assigns, Plaintiff, v. NICOLAS MACDONALD, AKA NICOLAS PAUL MACDONALD; HSBC BANK NEVADA, NA; THE REAL PROPERTY LOCATED AT 152 ALVA PARK DRIVE, EUGENE, OREGON 97402; AND OCCUPANTS OF THE PREMISES, Defendants. Case No. 161215971 **SUMMONS BY PUBLICATION TO THE DEFENDANTS: NICOLAS**

MACDONALD, AKA NICOLAS PAUL MACDONALD; In the name of the State of Oregon, you are hereby required to appear and answer the complaint filed against you in the above-entitled Court and cause on or before the expiration of 30 days from the date of the first publication of this summons. The date of first publication in this matter is January 10, 2013. If you fail timely to appear and answer, plaintiff will apply to the above-entitled court for the relief prayed for in its complaint. This is a judicial foreclosure of a deed of trust in which the plaintiff requests that the plaintiff be allowed to foreclose your interest in the following described real property: LOT 3, BLOCK 1, ALVA PARK DRIVE SUBDIVISION, AS PLATTED AND RECORDED IN VOLUME 19, PAGE 13, LANE COUNTY OREGON PLAT RECORDS, IN LANE COUNTY, OREGON. Commonly known as: 152 Alva Park Drive, Eugene, Oregon 97402. **NOTICE TO DEFENDANTS: READ THESE PAPERS CAREFULLY!** A lawsuit has been started against you in the above-entitled court by Wells Fargo Bank, N.A., plaintiff. Plaintiff's claims are stated in the written complaint, a copy of which was filed with the above-entitled Court. You must "appear" in this case or the other side will win automatically. To "appear" you must file with the court a legal document called a "motion" or "answer." The "motion" or "answer" [or "reply"] must be given to the court clerk or administrator within 30 days of the date of first publication specified herein along with the required filing fee. It must be in proper form and have proof of service on the plaintiff's attorney or, if the plaintiff does not have an attorney, proof of service on the plaintiff. If you have any questions, you should see an attorney immediately. If you need help in 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 the Portland metropolitan area] or toll-free elsewhere in Oregon at [800] 452-7636. This summons is issued pursuant to ORCP 7. ROUTH CRABTREE OLSEN, P.C. ROUTH CRABTREE OLSEN, P.C., Stephanie Schilling, OSB # 104942, Attorneys for Plaintiff, 511 SW 10th Ave., Ste. 400, Portland, OR 97205. [503] 977-7840; Fax 425-623-1937. sschilling@rcolegal.com

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTY Probate Department In the Matter of the Estate of RICHARD CORNELIUS PICKERING, Deceased. No. 50-12-25843 **NOTICE TO INTERESTED PERSONS** Notice is hereby given that the Rebecca Montgomery has been appointed and has qualified as the personal representative of the 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: Rebecca Montgomery, C/O Lynn Shepard, Attorney at Law, 66 Club Road, Suite 200, 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: January 17, 2013. Rebecca Montgomery, Personal Representative. Lynn Shepard, Attorney for Personal Representative, 66 Club Road, Suite 200, Eugene, Oregon 97401. [541] 485-3222.

IN THE CIRCUIT COURT FOR THE STATE OF OREGON FOR THE COUNTY OF LANE Department of Probate CASE # 50-13-00316 **NOTICE TO INTERESTED PERSONS** In the Matter of the Estate of PEGGY SNODGRASS, AKA PEGGY CARUTHERS, deceased. NOTICE IS HEREBY GIVEN that on 1/9/13, Jillian R. Caruthers was appointed and deemed qualified to act as the personal representative of the above estate. All persons having claims against the estate are hereby required to present these claims,

with proper vouchers, within four months after the date of first publication of this notice, as stated below to the personal representative, at 376 Millaudon St, New Orleans, LA 70118, or sent to the personal representative, in care of Richard Huhtanen, Attorney, 142 W. 8th Ave, Eugene, OR 97401. [541]465-9112, 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: January 24, 2013. Richard Huhtanen OSB #88230, 142 W. 8th Ave, Eugene, OR 97401. [541]465-9112.

FOR SALE

Art

SUSAN KLEIN DESIGN will feature her one of a kind mixed metal and stone jewelry at the Jazz Station's **VALENTINE SOIREE & SALE.** Sat, Feb 9, 1PM-5PM Up to 50% off marked price on ALL jewelry! She will have cards and original art for sale.

Building Materials

WINTER WEATHER SALE AT BRING RECYCLING! 50% off February 1st on nearly all used merchandise! Building materials, lighting, lumber, furniture and more! 4446 Franklin Blvd. Find out more about BRING at bring-recycling.org

Electronics

ELECTRONIC CIGARETTES FROM EMERALD VAPORS Eugene's first and only Vape Shop! Powerful electronic cigarettes and custom e-liquid, with over 100 flavors. 1262 Lawrence St., [across from Berg's Ski Shop] 541-525-0381 **COME TRY A FREE SAMPLE**

Furnishings

NEVER BEEN USED! Mattress set by Serta. \$150. 541-954-5012

QUALITY FURNITURE Clean, modern & antique, furniture, electronics, tools & collectibles. New estates arriving daily. We are also buying! 939 River Road, 689-4554, riverroad2ndhand.net **CHECK US OUT!!**

ART

Classes

ABSTRACT OIL PAINTING WORKSHOPS With Maureen Campbell 541-485-8414 Materials: \$20 Group lessons \$30 each Private lessons - \$55 + materials Mondays: 10:30 am-1:30 pm. Jan 21 & 28 Tuesday: 5:30-8:30 pm. Jan 22 & 29 Thursday: 1:30-4:30 Jan 17 Saturday: 1:30-4:30 pm. Jan 19 maureencampbellart.com

MUSIC

For Hire

NEW INSTRUMENT FOR CHRISTMAS OR THOUGHTFUL VALENTINE'S GIFT—John Sharkey teaches guitar piano bass & song-writing 541-342-9543

Lessons

FINGERPICKING/FOLK GUITAR Oldtime banjo and mandolin, fiddle, recorder, ukulele lessons. Patient, experienced teacher. All ages/levels. Emily Fox 345-5119

S.A.R.A.'s Shelter Animal Resource Alliance Rescued Cat of the Week



Venus here to let you know that while all us kitties are recovering in the warehouse, the shop is still open and we really need donations!

We can always use DVD's, Books, Jewelry, Knick Knacks and Lamps! All donations are tax deductible and greatly appreciated. While you are here dropping things off, don't forget to shop a little too!

S.A.R.A.'s Treasures Gift and Thrift Shop

volunteer • donate • shop • adopt
 871 River Road • 607-8892 • Open Everyday 10-6
 www.sarastreasures.org

JONESIN' CROSSWORD

BY MATT JONES

ACROSS

1 Mosque officials
 6 Stop, drop or roll
 10 Agents of change?
 14 Tag cry
 15 Olympic figure skater
 Kulik
 16 Trade
 17 "Our movies are so riveting they contain _"
 19 One of Marlon's brothers
 20 Immigrant's class, briefly
 21 Horse with whitish hairs
 22 Mineral used in sandpaper
 24 Sugar alternative in chewing gum
 26 Block, as a river
 27 Dog doc
 28 Where press releases arrive
 31 Kartik Seshadri's instrument
 34 Bean whose top pro-

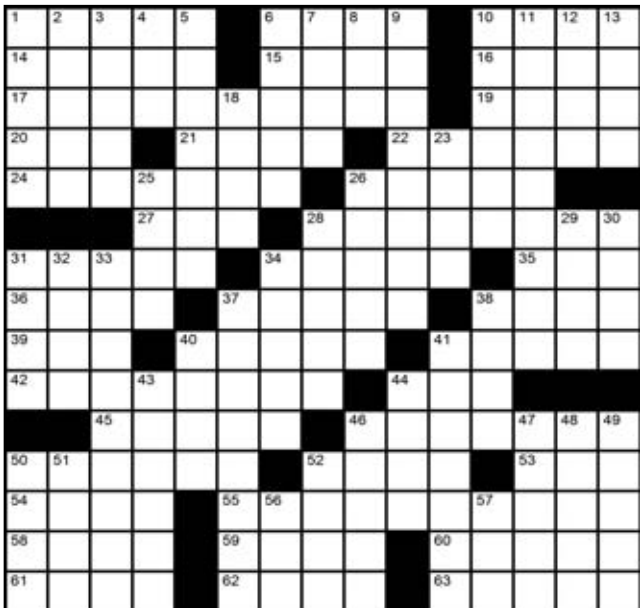
ducer is Cote d'Ivoire
 35 One of George of the Jungle's pals
 36 It's got an outskirts
 37 Hard to see through
 38 Play like a bad CD
 39 Lance on the bench
 40 Frivolous decisions
 41 Stopped existing
 42 Strands in the back
 44 2013 Golden Globes cohort Tina
 45 Say without saying
 46 It opens many doors
 50 Bitter end
 52 Cafe au _
 53 Lofty poem
 54 Candid
 55 "Our pillows are extra full because we _!"
 58 Half-owner of Lake Titicaca
 59 "Disappear" band
 60 _ in the bud
 61 Overly emphatic assent

said with a fist pump
 62 Nair competitor
 63 "Strawberry Wine" singer Carter

DOWN

1 Textbook section
 2 Shy and quiet
 3 In any way
 4 Alternative to gov, edu or com
 5 Word before pistol or kit
 6 Totally necessary
 7 Tiger's ex
 8 2016 Olympics city
 9 Type and type and type
 10 Samba singer _ Gilberto
 11 "Our meringues stand up so well that you'll see _"
 12 Win at chess
 13 Dalmatian feature
 18 Cantankerous old guy
 23 "I _ over this..."
 25 "Terrible" ruler

26 Dealer's packets
 28 DEA figures: var.
 29 Music magazine
 30 Held onto
 31 Word on a Kool-Aid packet
 32 Greek vowel
 33 "Our races are scrutinized down to the millisecond because we use _"
 34 His nose was tweaked many times
 37 Submitted a ballot, perhaps
 38 Simon _
 40 Auto race units
 41 London entertainment district
 43 Words at the start of a countdown
 44 Epic
 46 The P in PBR
 47 King in the Super Mario Bros. series
 48 Hubble of the Hubble Telescope
 49 Gossip
 50 Not quick to catch on: var.
 51 Fencing sword
 52 De _
 56 "A Chorus Line" hit
 57 Go kaput



ANSWERS TO LAST WEEK'S

MADE HIP TERRI
 TWIN UPAT USAIN
 WEST BETH NAIVE
 SCRATCHANDSNIP
 GOPTOASTER BET
 AMA TENG TWA ORL
 LEOON FDS SWAY
 ITTISTOLAP
 WELL SOO PABER
 ONG AIS TAL APE
 LIN CAUGHTAWHIP
 FROMTHERAPTORS
 CABIN MILL NATS
 UTERO ELIA KILO
 BELOW LAY ANEW