

CLASSIFIEDS

AUTO

ACE MECHANICS
Foreign or domestic. Shop or mobile. \$8/hr., \$5 mobile fee. 747-1472.

'71 Toyota 2-door, blue, runs good. Cheap paint, fair interior. Needs minor work. \$350 quick. 683-5936.

BUSINESS

SOUTH LANE MAINTENANCE
Unique alternative workforce motivated to be the best in town seeks customers in need of personalized janitorial or groundskeeping services. References. Our teams are competent and conscientious. Call Chuck, 341-3367 or 747-8147. We care. (Virgo Standards of Quality with Aquarian Vision)

Typists—possible \$500 per week. Information? Send SASE to: TAN-A, P.O. Box 3408H, Eugene, OR 97403.

COUNSELING

MEN WHO LOVE TOO MUCH GROUP
The male side of addictive relationships. A support/counseling group for men who find themselves stuck in patterns of relating that don't meet their needs. Thursdays at 7:30 pm for ten weeks beginning March 19. A supportive, non-confrontative environment. Insurance payments accepted. \$10/week. William Crouch and Don Marsh, M.S.W., counselors. 341-4649.

EFFECTIVE COUNSELING
Decision-making, relationships, unproductive habits, social skills, love addictions, spiritual growth, vocational guidance. \$25/hour. Trades considered. WWLTM Groups. Elizabeth C. Lyon, M.A. 345-5536.

COUNSELING WITH A DIFFERENCE
—Combined with focused mindfulness and nurturing Reiki bodywork. Helps you gently explore and enlighten effects of your past on your present, awakening deeper levels of inner wisdom and compassion. For recurring or immediate issues in relationships, health, work, self-esteem, etc. Sliding fee. Susan Pitcairn, M.S. 344-4678.

COUNSELING & PSYCHOTHERAPY INDIVIDUALS COUPLES GROUP



- RELATIONSHIPS
- DEPRESSION
- ANXIETY
- STRESS
- CAREER
- PARENTING
- MID-LIFE CRISES
- WOMEN'S ISSUES

- ADULT CHILDREN OF DYSFUNCTIONAL FAMILIES
- ADULT CHILDREN OF ALCOHOLICS
- COMPULSIVE EATING
- SEPARATION • DIVORCE
- ABUSE THERAPY: Sexual, Emotional, Physical
- MEN'S GROWTH & AWARENESS
- BIOENERGETIC THERAPY

12 years experience in Eugene
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Insurance Accepted • 344-4278



Career Counseling for the Opportunity Minded

Cheryle Lawrence,
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Penny Englert, M.A.
Counseling
341-6569/24 Hours

Specializing in
Incest Survivors
Adult Children of Alcoholics
Victim Issues

Caring, Supportive Therapy
I enjoy working with Bulimia, Anorexia, body image and weight problems, self-esteem, communication skills, mental, emotional and physical abuse. Individuals, Couples, Families and Groups.
Barbara Weinstein, 344-7696

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Weight Control • Stop Smoking
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Recovery Group
Adult Survivors
of Dysfunctional Families
Ongoing Men & Women's Group

Did you grow up with:
• Alcoholism • Physical, Emotional, Sexual Abuse • Neglect • Mental Illness • Chronic Illness • Compulsive Behavior

We will explore:
• Trust • Expressing Feelings • Self Esteem • Family History • Sexuality • Self Protection • Relationships

Starts Wednesday, April 8
—Health Insurance Welcome—
L.G. Frankel-Podolsky, M.S.W.,
R.C.S.W.—344-4278
Sue Simons-Bobrowski, M.S.—
683-8909
Initial Intake Session Required

Women's Group
Learn to love, nurture and accept yourself for who you are.
Facilitator: Kathy Weinman, MS, will draw from her experience in non-confrontative group therapy and from her own work with Elizabeth Kubler-Ross, MD. Begins Tuesday, March 31. \$12 per week.
For more information or to preregister
CALL 344-5993

Nancy Mac
counseling
• changing old patterns
to allow real choices
• individuals/couples
introductory session \$10
sliding scale 485-4559

Process Oriented Counseling with Gary Reiss, RCSW

Gary has just returned from Switzerland and further studies with Dr. Arnold Mindel, founder of Process Oriented Psychology. This approach combines Jungian dream work, movement therapy, body work, relationship counseling, and Taoist philosophy. By helping people process the meaning of their dreams, body symptoms, life struggles, and relationship problems, major transformations occur in one's life.
Insurance accepted.
Eugene office, 1210 Pearl.
942-8060 for appointment.

FOR RENT

Storage space. \$10 a month. Garage, upstairs, or basement. Near downtown Eugene. Jon, 686-9648.

Cozy, atmospheric rehearsal-meeting space, centrally located. \$2 an hour or flat rate. 342-2049.

FOR SALE

Girl's 23 inch bicycle, 10 speed. \$70 or best offer. 683-3446.

MOUNTAIN BIKE FOR SALE
Pueget cromoly frame, Biopace cranks. Araya RM-25 wheels. Specialized hubs. New rear derailleur chain and freewheel. Call Bryan at 344-6193. \$400.

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Photo-electric smoke detectors. Non-radioactive. Now available. 484-1582.

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Remington upright piano, \$350. Full-size violin, \$200. Refrigerator, \$50. Also couch, recliner and other miscellany. 485-6469.

Charming 2 bedroom older home with separate large new studio. Vaulted ceilings, view, 1/3 acre, weatherized, deck, loft, sauna. Open House Sun., March 15, 1:30-4:30. 1176 Lorane Hwy. between Friendly and Chambers. 484-6053.

Electronic wurlitzer piano, portable, lightweight, fine condition. Only used by writer. \$275. 342-2049.

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Country, hot tub, antiques. Homestay with private guest entrance and parlor. Breakfast in Bed & Crabbing available. Walk to beach. Nonsmokers. 563-2259. P.O. Box 188, Seal Rock (S. of Newport).

HEALTH/FITNESS

WREN DAVIDSON—MEDICINE GARDENS
Counseling in the herbalist tradition. 342-6369.

ADULT CHILDREN OF ALCOHOLICS
Speakers Meeting presented by Lane County Intergroup. March 19, Harris Hall, 7:30 pm. Public welcome.

Metabolic Therapy

Computerized nutrition for the individual to determine deficiencies and imbalances in body chemistry ... an in-depth study of bodily functions. An exciting way to reach optimum health!

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FRESH WHEATGRASS JUICE NOW AVAILABLE. "... 15 pounds of fresh wheatgrass is nutritionally equivalent to 350 pounds of garden vegetables ... [Wheatgrass] is said to heal tissues, purify the liver, improve blood sugar, and generally help flush out ingested toxins..." (Mother Earth News). And fresh wheatgrass juice is now available in 2 and 4 ounce sizes.

For More Information, Call
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OREGON ACUPRESSURE NETWORK

Kamala Kielas Quale, Director

Qi Gong—Chinese exercise for health and longevity. Tuesdays and Fridays. 5:30-6:30 pm. March 31-May 8. Erfu Jiang. \$45.

Sensing, Developing & Utilizing Energy Flow in Bodywork. Saturday. April 4, 9:30 am-5:30 pm. Wayne Vincent. \$35.

Acupressure for Athletes. Saturday. April 11, 9:30-5:30. Kamala Kielas Quale. \$35.

Individual Acupressure Sessions for relaxation, pain relief, stress management, increased health and well-being. Kamala Kielas Quale. \$30-35.

Call 683-4483 for appointment and to Pre-register.

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Deep, precise, gentle, eclectic body work. Stress management/relaxation training. Nursing and counseling background. Women's introductory discount. Robin Rose, licensed. 683-3634.

Therapeutic massage. Let go and relax. Soothing environment. Convenient location. Vicki Ayres Kielas, R.N., L.M.T. 10 years experience. 344-1807 for appt.

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Give yourself relief from stress, tension. Increase circulation, flexibility. Massage—8 years experience. Cindy. 485-4642. Licensed.

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•Home Improvement

Remodeling—inside and out. Tile too. References. Bruce Gibbons, 683-1155.

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•Legal Services

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