

# Classifieds

**503-236-1253**  
promote your business here

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## Advertising Deadlines

■ = Display ad reservation  
● = Classified word ads  
▼ = Issue comes out  
(An extended list of deadlines is available at [www.justout.com](http://www.justout.com).)

JANUARY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
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FEBRUARY						
S	M	T	W	T	F	S
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29	30	31				

# all's well

Just Out's Guide to Physical Health, Fitness and Well Being

## CHIROPRACTORS



Melanie Mamola, D.C.  
Chiropractic Physician  
*Passion through movement*

Healing Hands Chiropractic Clinic  
819 SE Morrison St. Suite 120  
Portland, OR 97214 503-238-8818

## KHALSA CHIROPRACTIC PAIN RELIEF CLINIC



### FAST & EFFECTIVE RELIEF

Gentle Relief of Your Pain is Our Top Priority

• Neck • Back pain • Headaches

Immediate Appointments • Emergencies Welcome  
Reasonable Fees • Insurance Accepted

\*Doctor of Chiropractic \*Diplomate National Board  
\*Oregon License \*American Chiropractic Assn

We promise to treat you special  
**Dr. H.D.S. Khalsa**

5013 SE Hawthorne Bv 503 238-1032

## "HEADACHES!"

Free Report reveals what your doctor may not know about what's proven to be the cause of most headaches. To order a copy of this controversial free report, call toll free 1-888-834-4038. 24 hr. recorded message.

## Chiropractic for People and Pets too!

Dr. Mary Mandeville,  
Chiropractic Physician

4738 SE Belmont  
Portland, OR 97215  
Voice or TDD  
(503) 236-4400

Member: American Veterinary Chiropractic Association



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dentistry



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- Bleaching & Porcelain Veneers
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- Strict Infection Control

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## DENTISTS

## Family Dentistry Mt. Tabor Dental, LLC



Todd L. Beck, D.M.D.

728 SE 60th Ave Portland, OR 97215 • 503-236-1449  
e-mail: [info@mttabordental.com](mailto:info@mttabordental.com)

### WE OFFER COMPLETE DENTAL SERVICES

- CLEANINGS
- FILLINGS, CROWN & BRIDGE
- ROOT CANALS, ORAL SURGERY
- DENTURES AND PARTIALS
- BLEACHING, VENEERS



Magda D'Angelis-Morris,  
DMD, LLC



General and Cosmetic  
Dentistry  
New Patients  
Always Welcome

10422 NE Wasco St. • Portland, OR 97220  
503-252-8170



Full Comprehensive Treatment  
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Tooth Whitening & Bonding  
New Patients Welcome

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"And if you're interested in the quality of education and you're paying attention to what you hear at Laclade, why don't you volunteer? Why don't you mentor a child how to read?"

—George W. Bush, St. Louis, Mo., Jan. 5, 2004

## HEALTH CARE



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personalized, holistic care since 1983 ND

Naturopathic Physician

- Detoxification & Wellness Programs
- Nutritional Therapy
- Herbal Medicine
- Women's Health Care
- Menopause Options

316 NE 28th Avenue  
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## LICENSED MASSAGE THERAPISTS (LMT)

NOTE: Oregon Law states that any use of the word massage in any advertising must be accompanied by a valid LMT license number. If there is no license number the ad will be placed in our Unlicensed Bodywork section.

### HEALING HANDS FOR YOU

Swedish, Deep-Tissue, Reiki, Rebirthing, Body Electric healing arts. Tim Mulcahey, BA, SI, LMT #5343. 503-231-5755. (1/23)

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**MASSAGE TAILORED** to your needs. In/out calls. Chad, 503-490-3028, LMT #9716. (1/23)



Scott Williams

lic # 10462

flexible schedule  
in a quiet SE Portland location

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[www.pdxbodyworks.com](http://www.pdxbodyworks.com)

## LICENSED MASSAGE THERAPISTS (LMT)

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• 3151 NE SANDY •

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&  
INTEGRATIVE BODYWORK

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Gift Certificates Available



lic#10187



## Massage Therapy

Swedish / Deep Tissue / Thai

Relaxing Massage  
for Stress and Pain Relief

Bryn Stanbury LMT

503.449.8322 Lic#6459

## Spa Massage in Beaverton

\$40/hour

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Reiki Master

503-348-2179

Gift Certificates Available

license #8251



Brian Tennison

Licensed/Massage Therapist (#6476)

503.201.3274

CONVENIENT  
Downtown Location



Massage  
by Adam

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9 AM-8 PM daily  
Inner Westside Location  
[www.adam4massage.com](http://www.adam4massage.com)

## Massage for Men

Treat yourself to a complete full body massage by a friendly experienced therapist.

Downtown location/outcalls to home/hotel

Days/evenings/weekends/same day appts.—often available!

Cliff King, L.M.T.

503-936-5135  
Lic# 6463

"We stand now where two roads diverge. But unlike the roads in Robert Frost's familiar poem, they are not equally fair. The road we have long been traveling is deceptively easy, a smooth superhighway on which we progress with great speed, but at its end lies disaster. The other fork of the road—the one 'less traveled by'—offers our last, our only chance to reach a destination that assures the preservation of the earth."

—Rachel Carson

## Laurelhurst Massage Therapy



Private Massage Studio  
for Total Relaxation

Greg Mitchell, LMT (lic # 7750)  
503 • 380-4324

Rick Sullivan, LMT (lic # 6049)  
503 • 421-5172

[www.LaurelhurstLMT.com](http://www.LaurelhurstLMT.com)