

# 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).)

AUGUST						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

SEPTEMBER						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

# all's well

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

### ACUPUNCTURE

**BROOKE WINTER, LAC.**  
Licensed Acupuncturist

Circle Healthcare Clinic  
319 NE 28th Ave • (503) 230-0812

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**FAST & EFFECTIVE RELIEF**  
Gentle Relief of Your Pain is Our Top Priority

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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

**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

"You're going to hear the word 'whatever' a lot." —Kevin

### 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)

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- CLEANINGS
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- ROOT CANALS, ORAL SURGERY
- DENTURES AND PARTIALS
- BLEACHING, VENEERS

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Full Comprehensive Treatment  
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- Friendly Environment
- Strict Infection Control
- Most Insurance Accepted

[www.mulero.com](http://www.mulero.com)  
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(503) 203-6978

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**靈氣**

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Reiki Master

Offering

- Classes, Certification
- Private Treatment

(503) 281-7636

### 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. (9/17)

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Swedish and Deep Relaxation Therapies for Stress Reduction and Pain Relief. Thorough, personalized, professional, close-in NE. Dan Forest. LMT, Lic. #10144. 503-701-0859. (8/20)

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**CAR ACCIDENT?** Medical massage via auto insurance billing. In/outcalls. Chad, 503-490-3028, LMT#9716. (8/20)

**STEVE KOEHLER, LMT.** Deep tissue, Trigger Point, Relaxation massage since 1987. Cell/voicemail 503-997-8488 LMT #2508. (8/6)

**Massage Therapy**  
Swedish / Deep Tissue / Thai integrative massage for Stress and Pain Relief in SE Portland. Lic. #6459  
**Bryn Stanbury LMT**  
503.449.8392  
[massagebryn@earthlink.net](mailto:massagebryn@earthlink.net)

**MASSAGE THERAPIST**  
**DAVID K. GERALD**

(LIC # 6379)  
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Relaxation  
Deep Tissue • Pain Relief  
Myofascial Release  
Located in the Pearl

**Nationally Certified**  
**11 Years Experience**

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Licensed Massage Therapist (#6476)  
**503.201.3274**

**CONVENIENT**  
Downtown Location

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Body balancing by use of Massage And Energy work  
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Adam Roberts LMT # 11142

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

Downtown location/outcalls to home/hotel  
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Lic# 6463

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Strong, nurturing, full-body massage. Relax deeply. Reconnect. All genders and orientations. Weekdays. In-only. SE Belmont area.  
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LMT # 10140

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Dry Sauna • Steam Room  
European Showers  
2 Man - 4 Hand Massage  
Individual & Couples Massage

**Greg Mitchell, LMT** (Lic # 7750)  
**503.380-4324**

**Rick Sullivan, LMT** (Lic # 6049)  
**503.421-5172**

[www.LaurelhurstLMT.com](http://www.LaurelhurstLMT.com) • Open 7 Days a Week

**Tod J. Carrig, LMT**  
Licensed Massage Therapist  
Deep Tissue & Therapeutic Massage  
**Gift Certificates Available**

503-998-6610  
[deeptissumassage@aol.com](mailto:deeptissumassage@aol.com)  
<http://hometown.aol.com/deeptissumassage>  
lic # 9117

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lic # 10462  
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in a quiet SE Portland location

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

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**POSITIVE STROKES**  
By David Flynn  
Swedish, deep tissue  
Effective relief from stress  
Results you can feel

**503-775-4755**  
LMT #11142

"Like so many other things, people have also misunderstood the position love has in life; they have made it into play and pleasure because they thought that play and pleasure are more blissful than work; but there is nothing happier than work—and love, precisely because it is the supreme happiness, can be nothing other than work. So those who love must try to act as if they had a great work to accomplish; they must be much alone and go into themselves and gather and concentrate themselves; they must work; they must become something."

"For the more we are, the richer everything we experience is. And those who want to have a deep love in their lives must collect and save for it, and gather honey."  
—Rainer Maria Rilke