

## Deeper Sedation Dentistry...

Dr. Little at West Hills Family Dental Center now offers

### DEEP SEDATION DENTISTRY.

It's MORE EFFECTIVE than just a pill.



Call and find out why West Hills Family Dental Center is different.  
503-291-0000 • [www.fearfreedental.com](http://www.fearfreedental.com)

## POST CLASSIFIED ADS

### Home/Office

House or office cleaning  
Licensed, experienced.  
Excellent references  
& very reliable.  
Traci (503) 702-3660.

## Wellness Directory

### Massage

#### Healing Touch Massage

**Dorothy Cundall, LMT, CNA, MA; LIC #5316**  
Energy healing • reiki • therapeutic massages • reflexology •  
pranic healing • care facilities  
Holiday Specials • Gift Certificates • Visa & Mastercard  
11445 SW Scholls Ferry Rd., (next to Big Reds restaurant)  
503-521-8266 • 503-740-3670

### Office Space



Artsy, quiet space in the new Village Offices located at 2929 SW Multnomah Blvd. Five spaces left in this three-story building with free parking, waiting rooms and conference room. Spaces from 280 SF to 470 SF. Rent starts at \$735/month, all utilities included. Contact Jacobsen Real Estate Group at 503-675-3925.



**David Klick, LMT**  
Advanced Massage Therapy  
Since 1992  
License# 3927

Deep Soothing Massage  
Garden Retreat Setting

by appointment  
503.977.3454  
[www.advancedlmt.com](http://www.advancedlmt.com)

## Financial uncertainty is here. Fortunately, so are we.

Let an independent financial advisor help you craft a plan that puts your interests and objectives first. That's an approach that makes sense in these—or any—market conditions.

### Green and Pasciak Financial Services, PC

**Nicholas Green**  
**Jackie Pasciak, CRPC®**

5331 SouthWest Macadam Avenue, Suite 320, Portland, OR 97239  
Phone: 503.517.8524 • [jackie@greenandpasciak.com](mailto:jackie@greenandpasciak.com)

Securities and Advisory Services offered through Commonwealth Financial Network,® Member FINRA/SIPC, a Registered Investment Adviser.



### GOOD NEIGHBOR PHARMACY

be well ...  
and well informed

### Bowman's Hillsdale Pharmacy

6256 SW Capitol Hwy.  
503-244-7582 • email: [hdxr@pcez.com](mailto:hdxr@pcez.com)

- Walk-In Adult Immunizations
- Experienced Compounding Pharmacists

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

### PALOMA CLOTHING

20% OFF ALL  
LINEN TOPS,  
SUMMER DRESSES,  
SKIRTS, EARRINGS  
AND SCARVES



### SUMMER SALE

SUNDAY JUNE 7 - SATURDAY JUNE 13

MON-FRI 10-7 • THURSDAY 10-8  
SATURDAY & SUNDAY 10-6

HILLSDALE SHOPPING CENTER  
6316 SW Capitol Highway 503.246.3417

### Purchase a Classified Ad

Print Only is \$32 per column inch (up to 15 words per inch). Print and Online are \$64 per column inch. Frequency discounts are available. Online Text Only is \$2 per word (15 word minimum).

E-mail: (preferred)  
[ads@multnomahpost.com](mailto:ads@multnomahpost.com)  
Online Form:  
[www.multnomahpost.com](http://www.multnomahpost.com)

Phone: 503-244-6933

### Naturopathic

### Dr. Yvonne Justine Kreger Naturopathic Family Physician

- Thyroid and Hormone Imbalances
- Depression/Mood Swings
- Fibromyalgia/Fatigue
- Environmental & Food Allergies
- Menopause & Bioidentical Hormone Replacement



### HOLISTIC HEALTHCARE FOR WOMEN

1616 S.W. Sunset Blvd., Suite E  
Portland, Oregon 97239  
(503) 293-5000

# save money

# get help

- ✓ Learn how to reduce sewer bills.
- ✓ Find out if you're eligible for utility bill assistance.
- ✓ Learn about other programs that help ratepayers.

#### Cut Stormwater Charges

Manage stormwater on your property and earn a stormwater charge discount.

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

503-823-1371

[cleanrivers@bes.ci.portland.or.us](mailto:cleanrivers@bes.ci.portland.or.us)

#### Get Help Paying Utility Bills

Check your eligibility for water/sewer bill discounts, financial crisis vouchers or the Utility Safety Net Program.

[www.portlandonline.com/water/help\\_pay](http://www.portlandonline.com/water/help_pay)

503-823-7770

[PWBCustomerService@ci.portland.or.us](mailto:PWBCustomerService@ci.portland.or.us)

#### Better Together

Portland is Better Together is your source to get help, give help and choose local.

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

503-823-4000

#### Conserve and Save

Conserving water saves you money on both your water and sewer bill.

[www.portlandonline.com/water/conservation](http://www.portlandonline.com/water/conservation)

503-823-4527

#### Reclaim Brownfields

Money and technical support are available to help owners and buyers return unused brownfields to productive use.

[www.brownfield.org](http://www.brownfield.org)

503-823-5863

[clarkh@bes.ci.portland.or.us](mailto:clarkh@bes.ci.portland.or.us)

#### Ecoroof Grants

City grants are available to help pay for new ecoroofs that reduce stormwater runoff, improve air quality, and save energy.

[www.portlandonline.com/bes/ecoroof](http://www.portlandonline.com/bes/ecoroof)

503-823-7914

#### Contracting Opportunities

City programs help minority-owned, women-owned, and emerging small businesses (M/W/ESBs) compete for construction contracts and get information on city contracting opportunities.

[www.portlandonline.com/bes/opportunities](http://www.portlandonline.com/bes/opportunities)

503-823-9764

[susanw@bes.ci.portland.or.us](mailto:susanw@bes.ci.portland.or.us)



ENVIRONMENTAL SERVICES  
CITY OF PORTLAND  
working for clean rivers

1120 SW Fifth  
Portland Oregon

503-823-7740

Dan Saltzman, Commissioner  
Dean Marriott, Director

Call 503-823-7740 with  
disability accommodation requests.