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

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

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

a negistered investment Adviser.



be **well** ... and well informed

Bowman's Hillsdale Pharmacy

6256 SW Capitol Hwy. 503-244-7582 • email: hdrx@pcez.com

- •Walk-In Adult Immunizations
- Experienced Compounding Pharmacists

www.mygnp.com

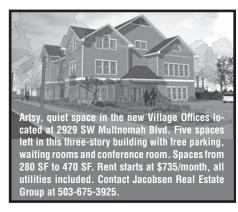


POST CLASSIFIED ADS

Home/Office

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

Office Space



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
Online Form:
www.multnomahpost.com

Phone: 503-244-6933

Massage

Wellness Directory

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



David Klick, LMT Advanced Massage Therapy Since 1992

Deep Soothing Massage Garden Retreat Setting

by appointment 503.977.3454 www.advancedlmt.com

Naturopathic

Dr. Yvonne Justine Kreger Naturopathic Family Physician

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



HOLISTIC HEALTHCARE FOR WOMEN

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

save money





1120 SW Fifth Portland Oregon

503-823-7740

Dan Saltzman, Commissioner Dean Marriott, Director

✓ 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 503-823-1371

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
503-823-7770

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 503-823-4000

Conserve and Save

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

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
503-823-5863
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 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 503-823-9764

susanw@bes.ci.portland.or.us