

Groups

REDEFINING SUCCESS and self-esteem in the context of environmental sustainability & conscious social evolution. Group now forming. 4-hour workshop. 747-6677.

Health & Nutrition

ACHIEVE NATURAL Health through Holistic Nutritional Consulting. Be at your optimum health level. Sliding scale, Ginny 521-2207.

FREE HERBALIFE Weight Loss Samples. Safe, effective, all natural. Independent Herbalife Distributor. 541-746-3798 www.loseit-bw.com

Massage

HEALING MASSAGE. Deep tissue, pain/injury recovery, soothing relaxation, gift cert. LMT#7521, Robin Puce, 344-8671.

TO CHOOSE; regard; med. intuitive; facia focus defines Eclectic Intuitive Massage. 689-7672. Sharon Shaffer BS, LMT #5219.

PAIN RELIEF when you need it. Massage appointments available 10am to 10pm. 7 days a week. RejuveNation, 272 w. 11th, 349-0540. LOUISE FOTELO. Kinesiologist and California intuitive at RejuveNation March 22-29. 408-438-1107.

SPECIAL OFFER. 1st time clients therapeutic massage, \$30/1 Hour or \$50/2 (1 Hour) massages. Neuromuscular therapy, pre- & post-natal, reiki & relaxation. Jenny Zoppo, LMT#10170, 607-1824.

CARING SPA quality massage, bodywork at its best. Hot rocks, oils, steaming towels. Lic. #18090 www.geocities.com/caringspa 431-7095.

Meditation

FIND PEACE, power and purpose through meditation. 5 session series. 343-5252. Course is priceless, therefore, free.

Ritual

WOODHART WAYS of Olde 782 Blair Blvd. 684-0800. New! Events, Stock, Classes... • Pagan Projections Night, 4th Tuesdays • Wonders of Woman opens 3/29 • Stock: statues, blades, jewelry • Classes: Wicca, divination, more • Rituals, Moon Invitational monthly • Location: 8th Plaza at Monroe • Hours: Mon-Sat., 11-7. Walk-in readings, 3-6pm daily.

rentals

Apts. for Rent

QUIET 1-BDRM. Apt. above private family home. 2nd floor in vintage westside bungalow. Private entrance, off-street parking, light & bright, 550 sq ft. Walking distance to downtown. 10 min. to UO, \$490/mo. 484-9260.

2-BDRM APT. Upstairs, 1437 W. 10th. Exceptionally clean, quiet. Convenient downtown. NS, NP. \$605/mo. incl. some utilities, 345-0297.

2-BDRM, 1-BA. Near campus. \$600/mo. \$600 deposit. Lease through August. NP. 683-9242.

PRETTY, WELL-maintained 2-bdrm w/kitchenette in quiet residential neighborhood near campus. All utilities included. \$600/mo. 343-3800.

AVAILABLE NOW. 1-bdrm apt w/ig. private yard on back of house in S. Eugene. Fireplace, bathtub, W/D hookup. 1 cat negotiable w/ deposit. NS, \$450/mo. 689-1738.

2-BDRM APT. Quiet, clean. Private patio. \$485/mo. 851 W. 5th. No pets. 484-7219.

Duplexes for Rent

1-BDRM, SPACIOUS wood floors, lots of windows, 1 block from campus. \$475/mo. + dep. & last. 343-5817.

Homes for Rent

SE HILLS, 2-bdrm, 2 bath, fireplace, weatherized, office, view, yard, hardwood/carpet, clean, W/D, pets, \$785/mo. 954-2272.

LAKE DORENA. New house. with 2 studio units. Each w/own kitchen & bath w/ oak/walnut cabinetry. Beautiful views, garden area, community property of 1200 acres. NS, NP. \$375/mo. +, 942-2049.

Rentals Wanted

RESPONSIBLE VEGETARIAN RASTAMAN looking for room/separate space. Willing to contribute \$200/mo. + utilities. 344-9915.

Rooms for Rent

SEEKING EMPLOYED M or F 30+, responsible, mature. To fill 2 rooms in great SE Hills 4-bdrm home. Beautiful house, garage, big trees, breathtaking yard with unique garden & two separate decks. Come check it out! W/D, NS, NP. \$300/mo + 1/3 utilities & dep. 484-5889.

COLLEGE HILL, yard, w/d, hardwood floors. 1 male/1 female roommates. 1 cat, no additional pets, NS, ND, \$300/mo. + 1/3 utilities. 345-0991.

NOW AVAILABLE. Room in 3-bdrm, open-minded house. \$350/mo. \$25/mo. heat. Male preferred. 607-8468.

SW HILLS. Share 3-bdrm, 2 bath home. W/D, phone, garage, yard, bus, no pets, \$355/mo. + deposit & 1/3 utilities. 341-1795.

SEEK MATURE individual, furnished home, private bdrm. \$390/mo. inclusive W/D, utilities, phone. NA, NP, Bethel-Danebo, 688-9153.

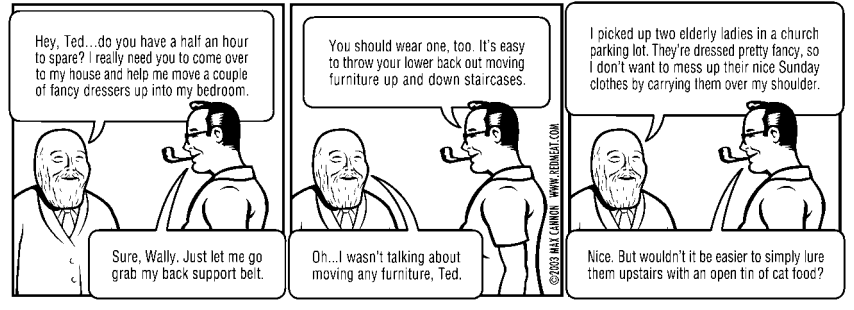
MCKENZIE RIVER. 7 mi. to Springfield. Serene, \$275/mo. + or trade for homecare. W/D, NS, NA, ND, Pet? 744-0652.

LARGE HOME, sw hills, view, storage, off bus line, \$300/mo. + deposit & utilities, NP, 344-6008.

ROOM FOR rent in nice home by river, bike path, bus line. \$300/mo. Incl. utilities, cable, W/D & hot tub! NP, Avail. 4/1, No fools! 484-7163.

RED MEAT

the tickle of asphalt on the sagging belly of your lowered expectations from the secret files of **Max Cannon**



GARDENER'S DREAM. 1 room available in friendly, open-minded household (2F, 1M) in secluded E. Eugene neighborhood. Huge yard & organic garden. Laundry, DW, Internet. 5 minute bike ride to UO campus. \$300/mo. + utilities, 338-0083.

COLLEGE HILL, yard, w/d, hardwood floors. 1 male/1 female roommates. 1 cat, no additional pets, NS, ND, \$300/mo. + 1/3 utilities. 345-0991.

NOW AVAILABLE. Room in 3-bdrm, open-minded house. \$350/mo. \$25/mo. heat. Male preferred. 607-8468.

SW HILLS. Share 3-bdrm, 2 bath home. W/D, phone, garage, yard, bus, no pets, \$355/mo. + deposit & 1/3 utilities. 341-1795.

Roommates

ROOM AVAILABLE in 3-bdrm home to share with 2 women. Includes washer. \$300/mo, 1/3 utilities. \$300 dep. Female vegetarian preferred. Sarah or Ginger, 345-5286.

COMMUNITY HOUSEHOLD, shared dinners, social change interests. 2 openings for responsible, friendly, clean housemates w/good communication skills. \$280-325/mo. + utilities. 484-1156.

LOOKING FOR Roommate to share 2-bdrm townhouse in SE Eugene. Close to bike path & bus line. Close to town & campus. Quiet, park-like atmosphere. \$300/mo. + 1/2 utilities. References. Call 334-5026. Ask for Dan.

2 FEMALES preferred to share 3-bdrm house in Whiteaker. Gardens, yards, cats ok. \$275 + last & 1/3 utilities. 465-8983.

BEAUTIFUL ACREAGE 15 miles West. Music, garden, cable, river, fruit trees, W/D, more! Long term a plus. \$260-\$275/mo plus. 968-2257.

ALL AREAS-Roommate. Browse hundreds of online listings with photos and maps. Find your roommate with a click of the mouse! Visit: www.Roommate.com. (AAN CAN)

BEAUTIFUL HOME by river bike path w/yard, flowers, trees, fireplace. Share with spirited, organic, musical woman. \$425/mo. 1/2 utilities. Vegetarian, community-minded. Also available summer sublet, \$350/mo. NS, ND, 345-3575.

COZY ROOM located in 4-bdrm house in E. Eugene. Woodstove, walk-in closet, separate entrances, on one acre. Looking for 1 or 2 to share our space & garden. W/D, utilities incl. \$350/mo. NP. Avail. 4/1. 485-4798.

RESPONSIBLE NS wanted to share "people" house near Bellline and River Road. Laundry, internet, cable. \$340/370/mo. includes all. 515-2445.

FAIRMOUNT, UNIVERSITY area. 10 minutes to downtown; tastefully remodeled older home, beautiful garden, rural setting, park and trails nearby, fireplace, decks, views, private bath. \$375/mo., NS, ND, NP. 344-1146.

RIVER ROAD area room for mature, single woman preferred. \$250/mo +. Vegetarian, tidy, quiet, cozy home w/other woman, 2 cats. ND. 689-0634, Chava.

SUNNY 13 X 13 room available April 1 in green River Rd. house. \$325/mo. +. Please be vegetarian, stable, tidy, eco-friendly. Close to bus & river bike path. Call 686-6761.

SHARE HOME. Santa Clara, 3 acres, garden, large living room, kitchen, W/D, bdrm has sliding glass doors, hardwood floors, available 4/1. \$265/mo. + utilities. 463-9959.

GRAD STUDENTS? Seeking 1 responsible (30+?) M or F to fill 2 bedrooms for \$300/mo, + 1/3 utilities. Great SE hills 4-bdrm home. Garage parking. Shade trees, private lush yard, multi-tiered garden, two decks. Must see! W/D, NS, NP. 1 mos. sec. 484-5889.

LOCAL ARTISTS seek similar 20 something to share large, cooperative and conscious home at 13th and Mill. \$300/mo. Incl. W, G, E, cable ready, plus garden plot(s). Available April 1, first, last, references. NS, NP, 338-4639.

TWO VEGETARIANS seek housemate to share beautiful South Eugene home. \$325/mo + util, dep. No pets. 683-8271.

Rental Services



Need help finding housing? **Rental Resources** 334.0231 - 1234 Pearl, #2 www.housingresources.com

Home Sweet Home Birthing Services
Midwife
Tina Russo, DEM
541-736-8787
15 yrs. experience

- Water Birth
- Prenatal Massage
- Postpartum Heat Treatments
- Complete Prenatal, Birth & Postpartum Care

Massage by Margaret Pratt
LMT #2144, B.S. (Educ.)

- * Gentle, DEEP-TISSUE massage
- * First session - \$30/hr.
- * Since 1985
- * Strong, Intuitive, Thorough
- * Gift certificates available
- * Multi-Pure Water Filters

"A massage you won't regret, will never forget, and will repeat as often as able."
485-4221

TAI CHI

David Leung
579-3612
www.membio.com/leung

Louise Jones, M.Ed.
MARRIAGE & FAMILY THERAPIST

- DIVORCE
- BLENDED FAMILIES
- ACOA/CO-DEPENDENCY
- FAMILIES IN RECOVERY

Individual & Family Sessions Available **953-5962**

Joe Sperm

Want to say **NO** to Joe?
FREE
BIRTH CONTROL SUPPLIES & SERVICES

Planned Parenthood
CLINIC LOCATIONS
1670 High Street • 344-9411
NEW! 793 N. Danebo • 463-9731
NEW! 225 Q. Street, Springfield 744-7121

THE PILATES CENTER
The whole body experience
Elise Moore • 954-5455

FEELING HOPELESS?
Shamanic Healing can address your illness on all levels. Restore the integrity of your soul force. Augment your current healing plan.

Karuna Gatton
Shamanic Practitioner • 10 years in Eugene
Holistic Massage • Reiki Master
485-3881

DEEP TISSUE MASSAGE
LEARN DEEP TISSUE MASSAGE
Trigger Point • Sports Massage
Myofascial Release • Neuro-Muscular Therapy

CLASSES BEGIN APRIL 23
Call for Details • Great for CEUs

Thomas S. Woollard B.A., L.M.T.
NATIONALLY CERTIFIED • SINCE 1983
434-6242 Lic #2049

Acupuncture & Naturopathic Medicine
INTEGRATED NATURAL MEDICINE

Dr. Robert Clarke N.D., L.Ac.

- Acupuncture
- Naturopathic Doctor
- Chinese Medicine
- Homeopathy

334-6855

ULTIMATE FITNESS

- Personal training
- Therapeutic massage
- Post rehabilitation fitness training

KATHY STEWART-BRONSON, LMT, NCTMB
NATIONALLY CERTIFIED THERAPIST

975 WILLAGILLESPIE RD
STE 202B
EUGENE, OR 97401
915-3560 LIC #8257

CERTIFIED BIKRAM YOGA INSTRUCTORS

9-10:30am MTWThF
6-7:30pm MTWTh
4-5:30pm Sundays

Eugene, Oregon
Call 349.YOGA

Ker Cleary, M.A.
Contemplative Psychotherapy

A mindful approach to:

- anxiety, stress & depression
- relationships • personal growth

232-3226 • Eugene

YOGA WEST
3635 Hilyard

The Power of Kundalini Yoga
March 30 through April 27, 2003
MEDITATION FOR MENTAL CLARITY
w/Snatam Kaur & Guru Hari Singh
Sunday Evening Series 5:00-6:30pm

Continuing Drop In Classes Open to All Levels
W 8:30am; M Tu W Th 5:30pm; M 7pm
Women's Classes: Tu 7pm, Sat 10:30am
Saturday Morning Wake Up Call 8:30am
Sat Nam Rasayan Practice Group Th 7pm
Call 686-0432 for recorded schedule

782 Blair Blvd • 684-0800

WOODHART WAYS OF OLDE

MARCH Wonders of Woman Series
Pagan Projections
Still Room Herb Lecture

APRIL Wonders of Woman Series
Voicings of the Star Arts
Moon Invitational
Chakras for Witches
Intermediate Tarot

http://www.woodhart.com/ Counseling • Reading • Ritual
APPT. • WALK-IN • MON-SAT 3-6PM

Within Reach natural medicine

Rachel Gross, N.D.
Tom Donnelly, N.D.
935-3453
25632 Jeans Rd, Veneta
(phone number in yellow pages is INCORRECT)

Natural Health Care
for your whole family

Dr. Virginia Oram
Naturopathic Physician

343-2384
www.droram.com

Now accepting new patients.

Reconnective Healing® -and- The Reconnection
Experience healing beyond anything you've read about, thought about, dreamed about.

Reconnective Frequencies...

- Connect to the natural energy gridlines
- Enable spiritual and evolutionary advancement
- Enhance and fuel renewal functions of the body
- Increase vibratory levels for healing & development

While each experience is unique, many report healings from afflictions including depression, cancers, Fibromyalgia, and AIDS-related diseases.

Heal Your Life • Schedule Your Appointment Today
Renee Sherman, Practitioner 684-3850
For more information, visit www.TheReconnection.com