

FRIDAY MASSAGE SPECIAL

\$35 for one hour
\$50 for 1 1/2 hours
Swedish, Deep Tissue
Relaxation
Jesse, 687-4879.
Center for Integrative
Massage
LMT# 10398

SPECIAL PRICE massage
\$25/hr. Diane Whiffen, LMT,
lic#9736. Heavenly Touch
Massage, 1660 River Road, 461-
5950.

DEEP-TISSUE massage by
Michael Bell, LMT #7878. First
time special \$30 for one hour.
3225 Willamette St. 729-5622.

BACK THERAPY, experienced
LMT#1617 Cindy Muntwyler 345-
4123. Also at Springfield Spas,
specials with hot tub. 741-1777.

Pregnancy Support

BIRTH DESIGN Doula Services.
Exceptional support during the
prenatal period and for your birth.
You can have the birth you desire
in the surroundings you choose.
Please call Janene Becker, LMT,
CD (DONA) at 284-5947 or visit
www.birthdesign.com

HOLISTIC BIRTH Classes;
emphasis on natural birth. Great
for home, hospital or birth center
birth. Reserve space now. Elise,
685-0063, Georganne, 242-3601.

Reiki

NW CENTER FOR REIKI
TRAINING and Client Services.
Free brochure. Manual, \$25. 915-
5723, 954-9703.

THE REIKI ROOM. Karen
Gordon, Reiki Master. 683-3448.
Treatments and classes. Usui
System of Natural Healing prac-
titioner since 1983.

**REFRESH, RENEW, EXPERI-
ENCE** the light of energetic heal-
ing. Janhavi Morton, 345-7456.
Claudia Rosenthal, 942-1385. Ask
about tandem healing sessions.



Homes

GIANT HOUSE south of cam-
pus. 5-bdrm, 2 offices, 2 living
rooms, vaulted, workshop, shed,
hot tub. View of Laurelwood.
\$300,000. Can convert to house
+ apt. 345-6466.

HISTORIC CHAPEL, studio,
gallery, home for sale. On main
highway 99E in Shedd. 30 mi north
of Eugene. Beautiful Gothic style,
wood interior in quaint town.
Great for artist or craftsman to
buy or rent. Rental home incl.
\$239,000. Perkins Development
Realty. 1-503-317-6455.

Real Estate

ALTERNATIVE REALTOR.COM
Eugene's Alternative Realtors.
Free email listings. Toll free, 866-
706-3283 or local, 521-DAVE.

INNER WISDOM
Kay Porter, Ph.D.

- Life Skills Coaching
- Inner Child/R.C.O.A
- Rapid Eye Therapy
- Past Life Regression

342-6875

Vehicle ads are FREE!

4 lines, each extra line \$2
Add a photo for \$5

Call EW Classifieds by Monday, 5pm
484-0519, x10

NO EXIT

© Andy Singer

ADVICE FROM G.W. BUSH ON CHILD REARING

1 GIVE THE KIDS A PREEMPTIVE STRIKE WHEN THEY WAKE UP EACH MORNING
OW! WHAT'S THAT FOR!?

2 TEST OFTEN. MAKE FOOD CONTINGENT ON RESULTS
FACTOR $X^2 - 1$, OR NO LUNCH!

3 AND, ABOVE ALL, NO HANDOUTS!
FUND YOURSELF! (UNLIKE DADDY)

YOU'RE GOING TO BE BAD

SINGER

PUBLISHER'S NOTICE: All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention, to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free at 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.



WHY RENT when you can own? West side properties available. 2-bdrm, 1-ba, \$83,500. 1928 adorable little bungalow, \$132,500. Paint your future bright with Parrish Realty Group. Call Charlotte 342-1619. cbhomeand-loan@msn.com

Commercial Rentals

INDUSTRIAL SPACE to share with artist. Off W 11th. \$340/mo. 221-2580.

MOVEMENT SPACE, hourly rate, \$15. Office space available at same location. 855 West 1st Ave. 686-9342.

COUNSELING OFFICE to share. Downtown Eugene. One or more days/week. Very inexpensive. 513-1811.

Comm. Rental Wanted

ARTIST, JEWELER seeks large, light workspace, room in SE Eugene. Must have water, elec. No garages. \$250/mo. 484-1040.

Apts. for Rent

LG. BRIGHT studio. \$340/mo incl. utils. W Eugene near bike path, shops, bus stop. Quiet, separate entrance. 344-2334 msg.

SUNNY, 2-BDRM. Wood floors, garden, private porch, W/D hookups. \$675/mo + 1st, last, dep, util. NS, No dogs. 543-1816.

2-BDRM NEWLY refurbished. Spacious, quiet. Large patio, storage, laundry facility, parking, NP \$550/mo. + deposit. 577 W. 10th. 954-3289.

CHARMING 1-BDRM with loft. West Broadway. Bright, clean. W/D, NS, Cat OK. \$600/mo + 1st, last. Avail. 4/1. 344-5657.

NEW 2-BDRM garage apt, skylight, wood floors, vaulted ceilings, W/D, Arthur St. Incl water and garbage. \$650/mo + dep. 485-3417.

522 WEST 8TH, 1-bdrm apartment. Close to downtown. \$475/mo + NP, NS. Available April. 689-2635.

2-BDRM, 1.5 BA. Pool, Sundance, UO, pets ok. 2 story. Lots of extras. On 24th. \$700. 434-6383, 914-7895. Leave message.

SPACIOUS STUDIO. Great neighborhood. Yard. Pet negotiable. Couples welcome. \$480/mo plus deposits. 338-7997.

Joe Sperm

Want to say **NO** to Joe?

FREE

BIRTH CONTROL SUPPLIES & SERVICES

Planned Parenthood

CLINIC LOCATIONS

1670 High Street • 344-9411
793 N. Danebo • 463-9731
225 Q. Street, Springfield
744-7121

SHAMANIC BREATHING

A very powerful transformational experience
Connective breathing
Spirit drumming
Rebirth

Karuna Gotton
Shamanic Healer
Certified rebirther with 20 years experience
485-3881



Realize Self-Healing with Hypnotherapy

- Smoking Cessation
- Phobias
- Traumatic Incidents
- Fear of Public Speaking

No fee until you get what you came for.

Joe Casey JD, CHT • 484-0608
www.WellnessCoaching.net

ONGOING CLASSES IN:
Intensive Chen Tai Chi • Qi Gong
Yang 108 long form

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

Patricia Robinett

Hypnotherapist

"Healing is always certain."

NOW AT
Fifth Street
Public Market

686-LOVE
Call for *free consultation*



SALSA

All classes start first Tuesday of each month

with Jose Cruz

ALSO AVAILABLE:

- *PRIVATE CLASSES
- *SMALL GROUP CLASSES
- *SALSA PERFORMANCES
- *DJ SERVICES

Only \$25 per month!

Visit our web site: WWW.SALSEROS.COM

All ages, no partner necessary
call to pre-register
Jose@salseros.com

687.0678 **STUDIO B**
189 W. 8th Ave

Springfield Screen Print

Team apparel, Hoodies, Sweats, Bags, Hats.

Rockin' Girls Wear
MUGS, GLASSES,
STICKERS & EMBROIDERY
NO MINIMUM REQUIRED
ssprint@qwest.net

136 S. 6th St. • Springfield, OR 97477
541-736-1664

www.jeffreyburch.com

Rolfing®
structural integration
Visceral Manipulation
CranioSacral Therapy

541.689.1515

Jeffrey Burch MS, LLC
© The Rolf Institute • 9092

CELEBRATING SPRING
Giving thanks
to Mother Earth & yourself

Huge Clearance Sale!

★ Videos ★ CDs ★ Books
★ Tapes ★ Gifts

STAR GATE
1374 Willamette 342-8348 ★ 11:11am-7:11pm

Acupuncture & Naturopathic Medicine

INTEGRATED NATURAL MEDICINE

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

- Acupuncture
- Naturopathic Doctor
- Chinese Medicine
- Homeopathy

334-6855

Megan's Healing Hands

MASSAGE
\$35 first time massage
(\$50 regular price)

Helps to cope with the pressure and stress of our lives. Be kind to yourselves.

Heal the spirit, free the mind

GIFT CERTIFICATES AVAILABLE
Megan Haug LMT • Lic # 10180 • 684-6840
NATIONALLY CERTIFIED & EXPERIENCED

Healing Massage

Deep Tissue • Swedish • Trigger Point
Myofascial Release • Essential Oils

Lucia McKelvey, LMT • Nationally Certified
Days, Evenings, Weekends
541-683-3286

LIC.#8250

YOGA WEST
3635 Hilyard

The Power of Kundalini Yoga
NEW! SUNDAYS 7AM
Building Superhealth
Call Sat Purkha 338-4902

On-Going Drop-In Classes Open to All Levels

Weekday mornings: Wednesday 8:45am
Weekday eves: M Tu W Th 5:30pm; M 7pm
Weekends: Sat 8:30am; Sun 7am, 5pm

KUNDALINI BASICS: M & W 5:30pm
MEDITATION: Wed. 7pm

WOMEN'S CLASS: Sat 10:30am-12N
PRE-NATAL: Tu 7pm & Sat 12:30pm
PARTNER YOGA 2nd Fridays 7:30pm
YOGI BHAJAN VIDEOS: 4th Fridays 7:30pm
Sat Nam Rasayan Practice Group Th 7pm
FREE Morning Sadhana 4am Daily

Drop-In Rate \$6; St/Sr \$5
Pre-pay 10 classes and save 10%
Call 686-0432 for recorded schedule
CLIP THIS AD for FIRST CLASS FREE