

## SUNRISE COLONICS

Colon cleansing in a safe, supported, clean environment.

FDA registered equipment. Disposables for your safety and comfort.

Call for a free brochure.

**Laura Taylor • 484-6224**

NATIONALLY CERTIFIED COLON HYDROTHERAPIST

### Massage by Margaret Pratt

LMT #2144, B.S. (Educ)

- \* Gentle, DEEP-TISSUE massage
- \* First session - \$30/hr.
- \* 18 yrs. exp.; Strong, Intuitive
- \* Multi-Pure Water Filters - FREE unit (\$330 value) with purchase of 10 filters

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

**485-4221**

## Heart to Heart Caregiving

- Friendship/Fun Field Trips
- Medical Support/Advocacy
- Mobility/Massage
- Cooking/Housecleaning/Pet Care
- Therapy Dog Available

**Tina or Sophia: 683-4620/343-0849**  
**Cell: 913-8748**

CELEBRATING & HONORING THE WISDOM OF ELDERS



### Realize Self-Healing with Hypnotherapy

- Anti-Aging (Youthing)
- 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**

## ew Classifieds

**NOTICE:** OREGON Construction Law (ORS 701) requires all businesses advertising remodeling, repair, home improvement, new construction be licensed with Construction Contractors Board. A license means contractor has bond & insurance. Verify contractor's license, complaint history at [www.ccb.state.or.us](http://www.ccb.state.or.us), 503-378-4621 (ccb staff), 503-378-4610 (24-hour automated contractor inquiry).

### Cleaning

**GO AWAY** and I will clean your house for you. Also do errands, weed, shop, etc., Call Anya 484-4029.

**I START** with the ceiling and end with the floors and somehow, everything in between gets really clean. 20 years experience. References. Call Niki at 485-7666.

**FULL CIRCLE** Cleaning Personalized and Professional housekeeping and cleaning. Debbie West 554-8454, 302-1811 eves. One-time "Spring Cleans" our speciality!

**PEGGY'S HOUSEKEEPING.** Quality work at a reasonable rate. Thorough, experienced, dependable, references. 683-9407.

**EFFICIENT HOUSECLEANING** with references. \$12.50/hr. 341-1408.

### Landscape

**WATER GARDENS,** patios, retaining walls for your garden dreams. Call Jonathan, home and garden work. Free estimates and local refs. 895-4281, CCB#138972.

### Maintenance/Repair

**HANDY FELLOW** at your service. Maintenance, general home care, and yard work. Free estimates. Call Cal, 689-7320.

### Painting

**CUSTOM QUALITY HOUSE PAINTING** by ArtTrek. Interior, Exterior, Restoration. Faux Finish. Sterling and Ruth. [WWW.ART-TREKINC.COM](http://WWW.ART-TREKINC.COM) 683-0626. ccb#62677.

**CHAD RUSSELL** Painting. Licensed, bonded, insured. References, free estimates. 463-8435. CCB 151380.

### Yard & Garden

**FAST RELIABLE** home and yard service, fix, haul away, pressure wash, dig load, tree clean-up, weedeat, mow. Keith, 913-5119.

**LOWEST RATES** lawnmowing. Reliable Jon's Handiwork. Mowing, edging, organic gardening, planting, pruning, hauling, Spring preparation, all landscaping needs. Reasonable rates, since 1996. 302-5758. Licensed, Bonded, Insured.

**WEEDING AND** yard cleanup. Experienced, responsible woman with old fashioned work ethic. Kathy, 606-5800.

**ORGANICA GARDENERS.** Total care for all your garden and yard needs. Quality work, low rates. Decade of experience. 541-912-1099.

**JENTILL JEFF.** Rototilling, weed-eating and pressure washing. Reasonable rates and quality work. Call Jentill Jeff at 338-9607.

**RESPONSIBLE, SKILLED** worker available to do yard work, weeding, clean up, general labor. \$10/hr. 4 hour min. 434-0628.

**THE TRAVELING GARDNER,** Ladonna. Tending your yard as though it were my own. Weeding, bed-cleanup, maintenance, lawn care, vacation plant care. 726-7071.

**COMPLETE LAWN** maintenance, groundskeeping service, debris and garbage removal, pressure washing patios and driveways. Bonded and insured. Free estimates. 520-4553.

**DANDILYON GARDENING.** Spring clean up, consultation, design, weeding, mulching, bed preparation, regular maintenance, mowing, hauling. Always organic. Barb, 683-4464.



### Child Care

**WED-SUN** 8am-11:30pm. Earthsong Childcare. River Rd area, healthy meals, great programs for kids of all ages. Lindsay Earthsong, 686-2810.

### Computer

**QUALITY PC or MAC HELP** at your business or home. Fast, friendly, dependable. Very reasonable rates. [www.rentnerd.com](http://www.rentnerd.com) 344-1759.

**COMPTIA A+** Certified professional PC tech. support, troubleshooting, Disk and file recovery. Virus repair. \$25/hr at your door. John Waters, 653-1248.

### Film/Video

**STUDIO D. VIDEOWORKS** offers full production services to individuals and companies. Call Scott, 393-3939. [www.studio-d.tv](http://www.studio-d.tv)

### Financial

**AS SEEN ON TV** \$5 Cash Now - Ten Years offering Best Cash For Whole/Part of Structured Settlements, Annuities, and Lottery Payments [ppicash.com](http://ppicash.com) Call Now 800-815-3503 (AAN CAN)

**\$\$\$CASH\$\$\$** Cash now for structured settlements, annuities and insurance payouts. 800-794-7310. J.G. Wentworth. J.G. Wentworth means cash now for structured settlements. (AAN CAN)

### Language

**ESPAÑOL PARA** ninos. Give your little ones a head start. Fun summer classes available for beginners. Call Anya 484-4029.

**SPANISH, ENGLISH** classes, translation and interpretation. All ages. Writing and conversation. Hannah, 485-5254.

**PRONTO SPANISH** and other languages. Native-experienced instructors. All levels. 7-8:30 p.m. 6-week course \$55. 485-6647.

### Music

**PIANO TUNING** and repair. Associate member of piano technicians guild. Matt 345-8216.

### Weddings

**BACHELOR, BACHELORETTE** Parties! Male and Female Dancers available 24/7 for all celebrations, special requests. (541) 606-2486.

### Writing/Editing

**WRITING TUTOR,** editor. Papers, essays, artist statements. Call Elizabeth at 912-7727. References.

**SAY IT RIGHT.** Writing, editing, proofing, typing (term papers, theses, manuscripts, press releases, letters, reports, brochures, profiles). Angela, 343-0917; [aegremont@aol.com](mailto:aegremont@aol.com)

**SELL OR RENT** with Eugene Weekly Classifieds. Our readers are 22 percent more likely to be renters and more than 10,000 plan to purchase a home in the coming years. We offer special rates for property management companies, also for real estate brokers who place display ads with Eugene Weekly. Classified ads can also prominently feature your logo, and we can design a display or line advertisement that draws attention to your open properties. Call 484-0519 to learn more.



### Bodywork

**HOT TUB,** with deep massage. M, Tu, Th, F. Springfield Spas. Cindy Muntwyler LMT #1617. 741-1777.

**MUSICAL CREEK,** canopied forest. Eclectic Intuitive Massage (#5219) tailored to your needs. Sharon 822-3334.

### Counseling

**EXPERIENCED COUNSELOR.** Receive support and learn skills to increase your resourcefulness. Enhance your inner and outer life. Richard Grimaldi, MPW. 344-7604.

### Groups

**THIS IS YOUR LIFE! CREATE THE LIFE YOU WANT**

A group for women

Remove old blocks, gain insight, explore different options, move into action.

Career/Life Goals  
Relationships, Spirituality  
Self-care, Communication  
Sexuality, Creativity  
Fun & Play, Commitment  
Community, Boundaries

When: Tuesdays, 6-7:45pm

Begins June 8

Cost: \$270 for 12 weeks.

Call for intake interview

LMT CEUs Available

Lisa Anderson, MA, NCC, LMT

**953-9849**



### Health & Nutrition

**VIAGRA, \$2.40/DOSE.** Cialis available. Lowest price refills guaranteed! Call PBG we can help! Non Profit Organization Toll free: 1-866-887-2783. (AAN CAN)

### Wellness

**CANNABISCONSULTANTS.COM** Get your medical marijuana card. 484-6979. Leave address for free brochure of services and fees.

## ROLFING

**Karen Lackritz**

CERTIFIED ADVANCED ROLFER

CERTIFIED ROLF MOVEMENT PRACTITIONER

Therapeutic Yoga classes available for clients

**345.2926**

ROLFING AND THE LITTLE BOY LOGO ARE SERVICE MARKS OF THE ROLF INSTITUTE

## LIVE BETTER

**Kay Porter, Ph.D.**

- Weight Loss
  - PTSD/ACOA
  - Depression/Anxiety
  - Rapid Eye Therapy
- 342-6875**

### Intuitive Arts with Yana Breeze

Myth Centered Astrology

A comprehensive understanding of your psyche and your cycles

• Birthcharts and current patterns;

• Relationships; Solar Returns

• Goddess Asteroids

• Personalized Gemulet and tape included

• Phone consultations welcome

**541-485-4986**

## MORNING KUNG FU

CLASS FORMING

Evening Kung Fu & Tai Chi also available

**David/Jason Leung**

**579-3612**

[www.membio.com/leung](http://www.membio.com/leung)

## BIKRAM'S YOGA

COLLEGE OF INDIA

INTRODUCTORY PACKAGE

**2 weeks for \$20**

We have moved! For details, call

**349-YOGA**

### Ker Cleary, M.A.

Contemplative Psychotherapy

A mindful approach to:  
• anxiety, stress & depression  
• relationships • personal growth  
**349-0595 • Eugene**

### SHAMANIC HEALING

Shamanic Healing addresses the spiritual aspects of physical, mental and emotional illness. Possible symptoms calling for Shamanic Intervention are:

• not feeling whole • "part of me left" or "I haven't been the same since"

• chronic illness, depression or fatigue • addictions

• feelings of possession, darkness, or alienation

A one time Healing Empowerment Ceremony can address the issues & restore the integrity of the soul force. There is also a monthly drumming & journey circle to support your ongoing process.

**Karuna Gatton**  
Shamanic Practitioner for over 10 years in Eugene  
Certified Rebirther with 20 yrs exp. • Reiki Master  
**485-3881**

### Nancy Mac counseling

• changing old patterns to allow new choices

• creating healthy relationships

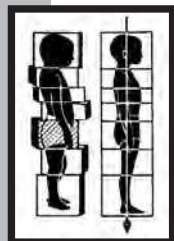
Individuals / Couples

sliding scale **485-4559**

### www.jeffreyburch.com

**Rolfing**<sup>®</sup>  
structural integration  
Visceral Manipulation  
CranioSacral Therapy

**541.689.1515**



Jeffrey Burch MS, LLC  
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### AIM

**Ashland Institute of Massage**  
650-hour Professional Massage Program  
A small school with a big vision . . .  
educating hands, heart and head for holistic integration of Self and skills.

### PROGRAM PREVIEWS

All dates are Sundays, all times are 4-6pm

April 25, May 23, June 27, July 18

Classes begin September & January

**541-482-5134** or [www.aimashland.com](http://www.aimashland.com)

AIM for Awareness, Integrity, Mastery



## My Woman Expo

Celebrating Women in Business

**May 22nd • 10am to 4pm**

**RAMADA INN • 225 COBURG RD.**

Network with women business owners, learn how to start & grow your own business, browse & shop product displays.

**FREE Admission, FREE Workshops, FREE Prize Drawings**

Ribbon of Promise will benefit from this event; receive extra drawing entries for donations.

## Planned Parenthood

Health Services of Southwestern Oregon

# FREE!

Birth Control Supplies & Services Call to see if you qualify.

Three Locations: 1-800-230-PLAN(7526)

[www.pphsso.org](http://www.pphsso.org) • [www.wecandobetter.org](http://www.wecandobetter.org)