

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 ELDER

Massage Special for Father's Day!

One - 1 hour massage - \$45
Four - 1 hour massages - \$160

Shoshanah Thielle, L.M.T.
 968-1572 or 684-3965

Business Opportunities

FOOD CART, 4X8, beautiful condition. Name, menu, all equipment. Cart and booth signs, healthy Mediterranean recipes, supply lists, proven sales. Professional presentation, menu. \$10,000 firm. 744-1143, 5:30-8pm. Only serious calls.

DATA ENTRY Flexible hours, great pay. Call toll free 1-866-6175 ext 101. Computer, Internet required. (AAN CAN)

EARN \$3,500 Weekly! Answering surveys online! \$25-\$75 per survey! Guaranteed paychecks! Mystery shoppers needed! \$57/hr shopping! Free cash grants! Receive \$500,000+ everyone qualifies! www.RealCashPrograms.com (AAN CAN)

\$987.65 WEEKLY! Use Google to get paid. No experience required. Call 1-866-622-9983 x5919. (AAN CAN)

EARN CASH while you loose weight. 19 people needed. All organic. 686-0081.

\$\$\$ MOTIVATED? Huge earning potential, will train select few. Leaders only. Serious only. 888-568-6734.

A \$250K+ 1st year income opportunity. Home based. No selling. NOT MLM! Call 1-877-347-3745. 24 hrs. Training and support provided. (AAN CAN)

Hot Tubs/Spas

SPA, NEVER used. Many jets. Therapy seats, loaded. Still under warranty. \$2,750. 503-566-7452.

Misc.

CAN YOU recall the last time you were truly pleasantly surprised? Take a peek; discover the literary treasure of ? The Word of God? www.wordofgod.com (AAN CAN)

STRING CHEESE Tickets June 18-21 incl. camping. \$250 OBO. Kim, 541-997-1594. Concert is west of Portland, at Hornings Hideout.

Recording Studios

SLEEPSOUND STUDIOS, we bring the studio to you. Record a demo while you rehearse, \$20/hr. We also do live shows, \$50/show. 342-1904 or sleepsoundstudios.com

WWW.EQUUSPRO.COM Equus Productions and Studio. Local recording studio. Local artists. 541-935-8079.

Maintenance/Repair

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

Painting

QUALITY ONLY RENOVATION. Interior, exterior painting, carpentry repairs, rental maintenance. Quality materials and work. 302-1639. CCB# 150956.

FREE ESTIMATES and guaranteed. Local company with national backing. Bonded, insured. Professional. Sean 510-6069. CCB#149892.

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

CUSTOM QUALITY HOME PAINTING by ArtTrek. Interior, Exterior. Restoration. Faux Finish. Sterling and Ruth. WWW.ART-TREKINC.COM 683-0626. ccb#62677.

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Home Services

getaways

Vacation Rentals

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Home Services

Home services

Musical

REDSOUND ELEVATA VA synthesizer, \$250. Korg DS-8 FM synthesizer, \$150. 344-9044.

TV

FREE 4-ROOM DirectTV system including installation! 125+ channels, including locals, from \$29.95/mo. Digital picture, sound. Limited offer, plus shipping. Restrictions apply 1-800-877-1251. (AAN CAN)

Building/Remodel

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, 503-378-4621 (ccb staff), 503-378-4610 (24-hour automated contractor inquiry).

Yard & Garden

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

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

LET IT GROW! Landscape and garden maintenance. Mowing, trimming, rototilling, restoration, saw work, hauling. Organic only. 686-4434.

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

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

LET US maintain your yard. We mow, plant and more. Low monthly rates for free estimate call, 712-2776, ask for Todd.

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

Massage by Margaret Pratt

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

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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
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for sale

Bicycles

TANDEM FOR SALE
 2003 RALEIGH Sport Comfort Tandem bicycle for sale, \$475. Excellent condition. 342-7515

music

Lessons

MUSIC INSTRUCTION. Lessons in voice, piano, flute. Professional musician-teacher. Your home or my studio. 686-2469.

YOU'VE HEARD the rest, now learn from the best, former drummer with Journey accepting students. Cell 606-5431.

Cleaning

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

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Landscape

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- relationships • personal growth

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FOUR WINDS YOGA

FOR BODY • MIND • SPIRIT

484-6100

SUMMER CLASS SCHEDULE

All classes are drop-in, except the series classes noted with Series that require preregistration.

MONDAY

- 9:00am Ashtanga - Intermed. Sylvie
- 5:30pm Beginning/Cont. Yoga Vandana
- 7:15pm Beginning Yoga Series Justine Jun. 21- Aug. 9 (Preregistration only)
- 7:15pm Cont./Intermed. Yoga Nancy

TUESDAY

- 9:00am Posture Flow - Intermed. Glen
- 9:15am Gentle Yoga for Women Donna
- 3:30pm Beginning Yoga Glen
- 5:45pm Therapeutic Yoga Karen
- 7:15pm Deepak Chopra's Seven Spiritual Laws of Yoga Lynne Jun. 22- Aug. 10 (Preregistration only)

WEDNESDAY

- 9:15am Beginning/Cont. Yoga Donna
- 12:45pm Mama & Baby Yoga (60 min.) Nancy Series Jun. 2 - Jun. 23 (Preregistration only)
- 3:45pm Kid & Family Yoga (75 min.) Nancy Series Jul. 7- Aug. 11 (Preregistration only)
- 3:45pm Yoga for Teens (75 min.) Sylvie Series Jul. 14 - Aug. 18 (Preregistration only)
- 5:30pm Prenatal Yoga Nancy
- 5:45pm Ashtanga-Intermed./Adv. Matt
- 7:15pm Beginning/Cont. Yoga Michele

THURSDAY

- 6:30am Early Morning Yoga Jennifer Series Jun. 3-Aug. 19 Intermediate
- 9:00am Cont./Intermed. Yoga Nancy
- 9:15am Gentle Yoga for Women Donna
- Noon Extra Gentle Yoga Donna
- 5:30pm Beginning Yoga Series Michele Jun. 24 - Aug. 2 (Preregistration only)
- 5:45pm Gentle Beginning Yoga Lynne
- 7:15pm Continuing Yoga Michele

FRIDAY

- 9:15am Continuing Yoga Donna
- 5:30pm Beginning/Cont. Yoga Vandana
- 5:45pm Continuing Yoga Tom

SATURDAY

- 8:00am Intermediate Yoga Tom
- 10:00am Beginning/Cont. Yoga Lynne

SUNDAY - NO CLASS DURING SUMMER

• Please note: classes are drop-in unless otherwise noted. • Please note: classes are drop-in unless otherwise noted. • Please note: classes are drop-in unless otherwise noted.

www.fourwindscenter.com 3575 Donald Eugene

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2 weeks for \$20

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6:45am							
9:00am							
4:00pm							
6:00pm							

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20% Off all metaphysical books/supplies with Tarot Reading Appointments also available during the week.

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"All healing is essentially the release from fear...Healing is always certain."

Patricia Robinett, CHT
686-LOVE

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 Anger/Grief
 Anxiety/Trauma
 Men's issues

AIM

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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

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 June 27, July 18

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