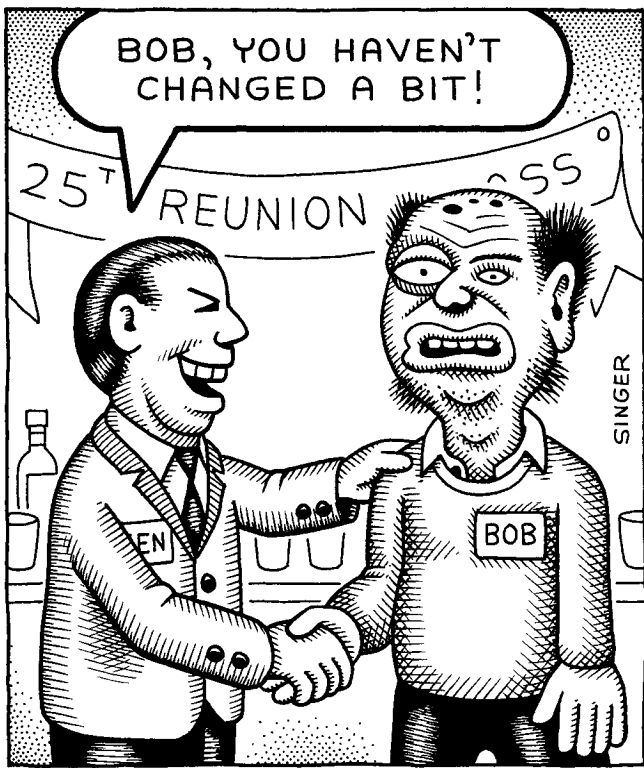


NO EXIT

© **Andy Singer**



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

Yard & Garden

LET IT GROW! Landscape and garden maintenance. Mowing, trimming, rototilling, restoration, saw work, hauling. Organic only. 868-4434.

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

KATYDID GARDENING. Quality, organic garden care. Eugene to McKenzie Valley. Katy, 822-9848.

COMPOST TEA SERVICE Have all the benefits of compost tea delivered to your plants. Soilsmith services, local and non toxic. Call Kevin at 744-7816 for pricing and free consultation.

HUGE PLANT sale. Lots of unusual and inexpensive perennials. Open daily until all gone. 689-4686. 3000 Calla, River Rd area.

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

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

DANDILYON GARDENING. 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. 242-1408.

FEVER TO MOW? But no lawns to cut? Place an ad in Eugene Weekly Classifieds for as little as \$8 and you'll be hacking greens in no time. 484-0519.



Computer

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

Financial

\$\$\$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

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

Web Design

WEBSITE REVIEWS. Not getting the results you need from your website? We can help! Custom evaluations and solutions. NolanDigitalArts.com 485-5000.

Weddings

CREATIVE WEDDINGS Ceremonial Ministers Registry. Civil, Interfaith, Ethnic, at your special location of choice. Free brochure. 915-5723, 337-1182.

Δ Feminist counselor
Δ Sliding scale
484-6767

Pamela McGilvray, M.A.

LICENSED MASSAGE THERAPIST

GEORGE DAVISON voted EUGENE'S #2 FAVORITE EW Readers Choice 2003

(541) 731-HEAL 4325

OR Lic#8073

SWEDISH, MEDICAL, AND SPORTS MASSAGE
REFLEXOLOGY TRIGGER POINT THERAPY
MYOFASCIAL RELEASE LYMPHATIC DRAINAGE

RELAXATION STATION
339 W. 13TH AVE. SUITE E EUGENE 97401



"facilitated a deep connection between my body and my baby."
"an important part of my pregnancy, birth and post-partum health & happiness."

Monarch Massage
PREGNANCY THROUGH POST-PARTUM
MEAGAN ORION, LMT • 683-8289

free will astrology BY ROB BREZSNY

ARIES (March 21-April 19): One of the most exuberant poets of the 20th century was James Broughton. "I pray every night to wake up crazier," he wrote. By that he meant he wanted to become increasingly receptive to unpredictable joy and pleasure. His knack for having a good time didn't mean he dodged the hard times, though. "Suffering can't be avoided," he told interviewer Jack Foley. "The way to happiness is to go into the darkness of yourself. That's the place the seed is nourished, takes its roots and grows up, and becomes ultimately the plant and the flower. You can only go upward by first going downward." That's the perfect prescription for you in the coming days, Aries. (For more Broughton and Foley, see www.alsopreview.com/foley/jfbroughton.html)

TAURUS (April 20-May 20): Your word of power this week is *yua*. It's a term the Yupitit people of Alaska use for the spirit that inhabits all things, both animate and inanimate. A rock, for instance, has as much *yua* as a caribou, spruce tree, or human being, and therefore merits the same measure of compassion. If a Yupitit goes out for a hike and spies a chunk of wood lying on a frozen river bank, she might pick it up and put it in a new position, allowing its previously hidden side to get fresh air and sun. In this way, she would bestow a blessing on the wood's *yua*. Try living your life like this in the coming days, Taurus: as if absolutely everything is alive, has a soul, and deserves your loving kindness. (Thanks to Earl Shorris, "The Last Word," *Harper's*, August 2000.)

GEMINI (May 21-June 20): "Goodies" is your word of power this week, Gemini — though it could also be your word of weakness. To ensure that it's more the former than the latter, meditate on the following three inquiries. 1. Of all the goodies you want, which are the two most important ones? 2. Do your flirtations with second-tier goodies tend to undermine your pursuit of the first-tier ones? If so, are you willing to wean yourself from those flirtations? 3. Do you have any doubts about whether you truly deserve the very best goodies? If so, what can you do to render the doubts irrelevant?

CANCER (June 21-July 22): In accordance with the astrological omens, I've assembled a host of snappy one-liners for you to wield in the coming week, Cancerian. Sooner or later, it will make sense for you to utter every one of them. 1. "It only seems kinky the first time." 2. "Even if the voices in my head aren't real, they still have some good ideas." 3. "To make your prayers come true, you have to get off your knees." 4. "I'm the good kind of bad." 5. "It's not really a party till something gets broken." 6. "Shut up and dance." (P.S.: I don't anticipate there'll be any messy consequences if you cultivate the attitude I'm suggesting here. But in case there are, invoke this disclaimer: "I didn't do it. You can't prove it. Nobody saw me.")

LEO (July 23-Aug. 22): Have you ever been burned by bad religion? This is the week you could start getting rid of the scorch marks. Have you ever been abused by an authority figure who made you feel helpless? This is the time to correct for the distortions that jerk wreaked in your psyche. Are you feeling tyrannized by a habitual response that was once quite useful but isn't appropriate any more? This is a perfect moment to dissolve it.

VIRGO (Aug. 23-Sept. 22): Thirty-three-year-old pop star Jennifer Lopez earned \$29 million in 2003. Presumably she shares some of her wealth with her mom, Guadalupe. Cynical observers might therefore regard it as a sign of divine favoritism that Guadalupe recently won a jackpot of \$2.4 million while playing a slot machine at an Atlantic City casino. I suspect you may be less hasty to jump to that conclusion, though, since many of you Virgos are currently being visited (or soon will be) with an equally ridiculous amount of good luck. Don't feel guilty about your blessings in the least, please, even if they seem way beyond your fair share. Lap them up.

LIBRA (Sept. 23-Oct. 22): For years, Salt Lake City was undisputed Jell-O champion on the world, with the highest per capita consumption. But in 1999, Des Moines, Iowa catapulted into the lead. In response, chef Scott Blackerby staged a "Take Back the Jell-O Title" Recipe Contest at his restaurant in Salt Lake, and thousands of Utahans signed petitions that helped make Jell-O the official snack of the state. Soon the city had retaken the top spot, where it remains to this day. I hope this story serves to motivate and inspire you in the coming days, Libra. It's time for you to reclaim a lost title or crown that you once possessed and that really should belong to you again.

SCORPIO (Oct. 23-Nov. 21): On your bad days, Scorpio, you're like a swamp that serves as a weird oasis in the midst of frozen tundra. On your good days, the physical feature you correspond to most is an underground river winding in a serpentine course beneath green, fertile hills. But in the coming weeks you'll be like a place you've rarely resembled before: an unspoiled tropical beach where the warm wild ocean meets the foot of a towering mountain.

SAGITTARIUS (Nov. 22-Dec. 21): Shopping for a new mission, Sagittarius? Or perhaps a new branch of your old familiar mission? You should be. This is one of those pivotal moments when heaven comes all the way down to earth; when invisible allies from the other side of the veil make an appearance; when age-old secrets briefly show what they're really made of. To aid your quest to glimpse your best possible future, here's advice that the sorcerer Don Juan gave to his student, Carlos Castañeda: "Look at every path closely and deliberately. Try it as many times as you think necessary. Then ask yourself, and yourself alone, one question. 'Does this path have a heart?' If it does, the path is good; if it doesn't, it is of no use."

CAPRICORN (Dec. 22-Jan. 19): In ancient Greece, Apollo was a great sun god. Ruler of music and healing, he had the power to vanquish darkness from the human soul and transform chaos into energy. Pilgrims traveled from afar to seek oracles at his main temple in Delphi. Inscribed above the entrance of the temple was the maxim "Know thyself." No other words of wisdom are more important for you to heed in the next six weeks, Capricorn. Getting to know yourself better will be the best way to rouse your own inner Apollo, thereby allowing you to tap into the fertility of your unconscious chaos and harness the beauty of your soul's darkness.

AQUARIUS (Jan. 20-Feb. 18): "I didn't feel your passion in my secret garden," a celebrity judge told an aspiring diva after her less-than-perfect singing performance on "The WB's Superstar USA," an "American Idol" parody. I'm afraid I'm going to have to borrow his words to describe your recent efforts, Aquarius. All of us occasionally fail to live up fully to our potential, and the recent past has been your time of missing the mark. Now please don't waste your energy getting mad at me for delivering this knock. Instead, channel that emotion into making sure you don't keep missing the mark. Conjure up the breakout passion that we who love you will feel in our secret gardens.

PISCES (Feb. 19-March 20): Here's one of the few universal truths I know: *Everyone* has a piece of the truth, even those you disagree with. According to my reading of the astrological omens, though, you are now in possession of a giant piece of the truth — bigger than what you usually have and bigger than everyone else's piece. That's exactly why you should proceed cautiously. Your deep understanding and authoritative knowledge might tempt you to dismiss the tiny slivers of truth that other people are holding, and that would be a mistake.

Homework: We're a little more than halfway through 2004. Write a report about how your big projects for the year are progressing. Testify at www.freewill-astrology.com.

You can call for your EXPANDED WEEKLY HOROSCOPE: 1-900-950-7700 • \$1.99 per minute • Touchtone phone 18 & over • c/s 612-373-9785

17 YEARS LOCALLY OWNED

ART BY ALEX GREY

BOOKS VIDEOS GIFTS

STAR GATE

1374 Willamette • 342-8348 • 11:11am - 7:11pm

reduce conflicts
manage behaviors
increase cooperation
improve communication

AT-HOME Family Support

Leigh Files, M.A.,
Licensed Professional Counselor
683-8883

Creative Counseling & Art Therapy

Children • Teens • Adults
Chronic Pain Management
914-9565

Sweet Energy
AT THE
EUGENE WELLNESS CENTER
Attitude Adjustments

Chakra Balancing with
Therapeutic Essential Oils, Reiki,
and Sound Therapy

APRIL ROBYN 521-7385
1405 MILL STREET • EUGENE

MINDFUL BODY

YOGA

The mindful body you
ordered has just arrived...

Every Saturday 9:00am - 10:30am • \$8 per class
@ Hwang's Martial Arts - 642 E. 8th St., Eugene
For more information call: 345.8868

with Master Teacher
Catherine Cowsill

YOGA WEST
3635 Hilyard

The Power of
Kundalini Yoga

NEW SUMMER SCHEDULE
Starts July 10th, 2004

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 YOGA: Tu 7pm; Sat 12:30pm
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