

**Garage Sales**

**THE MOTHER** of all garage sales! Emerald Swap Meet, open this Saturday and Sunday, 9-4. So. A and 5th in Springfield. Space available at new low prices. 726-SWAP.

**Hot Tubs/ Pools**

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

**Misc.**

**PHONE SYSTEM:** Great used Nortel 3-line system, extensive customizable features. Three phones, very easy installation, manuals included. Perfect for small office. Discount to nonprofit. \$900 value. \$300 sale price. 686-1908 days.

**Musical**

**HUGE PA** system, 900 watts, \$1,000. Peavey bass head, 400 watts, \$100. Teac 40-4 four track, \$200. Call 685-0192.

**YAMAHA KEYBOARD** PSR-500. Good condition. \$150 OBO. Call Courtney at 343-5963.

**Sports Equip.**

**BIG-EZ** whitewater kayak for sale. Never used. \$500 with paddle. 914-2324.

**TV**

**FREE 4-ROOM** DirectTV system including installation! 125+ channels, from \$29.95/mo including locals. 3 months HBO and STARZ 2 for 1. S&H. Restrictions apply. 1-800-877-1251. (AAN CAN)



**Lessons**

**EASY GUITAR!** Four fun classes, only \$40. Wednesdays at 7:00 with Marty of the Sugar Beets! Private lessons too! 302-0804.

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

**Recording Studios**

**SLEEPSOUND STUDIOS,** we bring the studio to you. Record a demo while you rehearse or at your next show, only \$30/hr. 342-1904 or sleepsoundstudios.com



**Building/Remodel**

**TIMMERMANN CONSTRUCTION.** Remodels, tilework, painting, decks. Always on time since 1981. CCB 121380. call 729-8201.

**Cleaning**

**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.

**MOVING IN** or out and need a one time clean? Fast, friendly, thorough. \$12/hr. 485-3633.

**EFFICIENT HOUSECLEANING** with references. \$13/hr. 341-1408.

**General Services**

**ALRIGHT THEN,** just give Toby all your money \$\$\$. PO Box 0434, 97408. 485-0978.

**Landscape**

**NATIVE AND** urban garden design and consultation, landscape construction service. One time or ongoing maintenance of gardens. Holde Fink 344-5317. OLCB#6262.

**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**

**CALL CAL,** handy fellow at your service. Maintenance, general home care, and yard work. Free estimates. 689-7320.

**Painting**

**CUSTOM QUALITY HOUSE PAINTING** by ArtTrek. Interior, Exterior, Restoration. Faux Finish. Sterling and Ruth. www.arttrek-inc.com 683-0626. ccb#62677.

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

**PATTIE NICHOLSON** Painting. Exterior and interior painting. Excellent local references. CCB#142434. 726-5737.

**Yard & Garden**

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

**GARDEN HELP?** Knowledgeable, energetic botany student desires work helping you in your garden. Good ideas. Several years experience. Reasonable rates. Call Dove, 343-3297.

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

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

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

**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.

**DAPHNE AND PATTIE** All phases of landscape maintenance. Also offering deck and patio pressure wash, refinishing, and hauling. Excellent references. Bonded, insured. 726-5737.

**RESPONSIBLE, SKILLED** worker available to do yard work, weeding, clean up, general labor. \$10/hr. 4 hour min. 242-1408.

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



**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.

**Language**

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

**Pet Care**

**SUE'S SITTING** Service. Caring for pets in their own home. Experienced Veterinary Technician. Insured, bonded, references. 687-1674.

**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.



**Acupuncture**

**TRACY LOMAX,** Licensed acupuncturist, now accepting new patients at Soterion. Chronic pain, allergies, anxiety and much more. Free consultation. 510-3110 or 683-7000.

**Alder Brooke Healing Arts**  
NATIONALLY CERTIFIED COLON HYDROTHERAPY

Offering colonics, supportive fasting and education.  
FDA-registered equipment. Disposables for your safety and comfort in our clean, relaxed setting.  
**Call 513-7894**  
and visit [www.alderbrooke.com](http://www.alderbrooke.com)

**Realize Self-Healing with Hypnotherapy**

- Anti-Aging (Youthing)
- Pre-surgery
- Fears & 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](http://www.WellnessCoaching.net)

**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

**Stewart Aquatic Center**  
in the new Tamarack Wellness Center

**Prenatal Water Exercise**  
instructed by *Carrie Davis*  
Tue & Thu 5:30-6:30pm \$60/10 session  
3575 Donald St. Eugene 686-9290

**FOUR WINDS YOGA**  
FOR BODY • MIND • SPIRIT

**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  
New! Beginning/Continuing Series  
Jun. 22 - Aug. 10 (Preregistration only)

**WEDNESDAY**

9:15am Beginning/Cont. Yoga Donna  
12:45pm Mama & Baby Yoga (60 min.) Nancy  
Series Jun. 7 - Jun. 28 (Preregistration only)  
3:45pm Kid & Family Yoga (75 min.) Nancy  
Series Jul. 14 - Aug. 18 (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**

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**

Those with chronic or long-term chronic pain may qualify for a full or partial scholarship. Please inquire.  
**484-6100 3575 Donald St Eugene**  
[www.fourwindscenter.com](http://www.fourwindscenter.com)

**TAI CHI FOR HEALTH QIGONG**  
5 ELEMENT  
in a park or summer classes  
**BY SUMAN SENSEI • 520-1790**  
EUGENE WELLNESS CENTER - 1405 MILL ST.

**Ker Cleary, M.A.**  
Contemplative Psychotherapy

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

**graphic & PHOTOGRAPHY design**  
TODD COOPER  
485-1918 • [TODD@EUGENEWEEKLY.COM](mailto:TODD@EUGENEWEEKLY.COM)

**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

"All healing is essentially the release from fear."  
**Patricia Robinett**  
Clinical Hypnotherapist  
5th Street Public Market  
**686-LOVE**  
(686-5683)  
Body / Mind / Spirit  
Anger / Grief  
Anxiety / Trauma

**Rolfing®**  
structural integration  
Visceral Manipulation  
CranioSacral Therapy

541.689.1515

[www.jeffreyburch.com](http://www.jeffreyburch.com)

Jeffrey Burch MS, LLC  
© The Rolf Institute • 9092

**Massage • Reiki • Yoga for Pain Relief & Relaxation**

CAR ACCIDENT INSURANCE ACCEPTED

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

**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 ends 7/31

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

**What do we know about us?**

We're informed.  
We're healthy.  
We take care of ourselves.

Free birth control, supplies and services.  
Call to see if you qualify.

**Planned Parenthood**  
Health Services of Southwestern Oregon  
Eugene • Danebo • Springfield  
1-800-230-PLAN (7526)  
[www.pphsso.org](http://www.pphsso.org) [www.wccandobetter.org](http://www.wccandobetter.org)

**YOGA WEST**  
3635 Hilyard

**The Power of Kundalini Yoga**

STARTS JULY 13TH, 2004  
**NEW! Morning Classes**  
Tuesdays 7-8:15am  
Tu & Th 8:45-10am

**NEW SUMMER SCHEDULE**  
On-Going Drop-In Classes Open to All Levels

Weekdays: Tu 7am; Tu W Th 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  
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