


BIKRAM'S YOGA

COLLEGE OF INDIA

INTRODUCTORY PACKAGE
2 weeks for \$20
For details, call

349-YOGA



LIVE BETTER

Kay Porter, Ph.D.

- Weight Loss
- PTSD/ACOA
- Depression/Anxiety
- Rapid Eye Therapy

342-6875



ew Classifieds

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.

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

Maintenance/Repair

DANIEL'S HANDYMAN SERVICES. Painting, deck, fence repair. Gutters, power washing. All kinds of experience. Reasonable, honest and fair. Call Daniel, 434-9391.

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

Painting

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

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

Yard & Garden

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

YARD HELP! Mow, edge, trim, pruning, weeding, fertilizing, hauling, \$12/hr. Bob, 915-8336.

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

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

ALOUICIOUS GARDENING Company. Environmentally conscious and thorough maintenance. Please call, 729-7255.

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

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

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

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



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.

Culinary

PERSONAL CHEF. Reasonably priced. Intimate meals or private parties up to 25 people. Call Sarah, 513-2264.

Film/Video

VIDEO PRODUCTION Classes! Community Television now offering comprehensive courses in studio, field, analog, digital editing. Call 341-4671. CTV-CH22.

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

Web Design

OREGON WEB DESIGN FIRM: Custom web design, web development and search engine marketing for Eugene, Corvallis, Salem, Portland. Professional company with consistent quality and clear standards. Save yourself the headache of working with smaller, less experienced shops of variable quality. Visit us online and see the difference. www.captanetonsolutions.com Call us and breathe easier. 541-517-8661.

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



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.

Astrology

EMBRACE THE UNIVERSE, guided by Gael Johnson. Specializing in inspiration, empowerment, working with Mercury, Saturn, Sun cycles, Mid Life transits and transformation. 541-937-8597 or earthstars3@juno.com

Bodywork

DHARMA MESSAGE Center. 343-2745, M-F. Morning discount, 1-1/2 hours, \$45, 34th and University, Ms. Nishan VanAtta, LIC#3430.

WELLSPRING MESSAGE Lisa Haber, LMT #5066, now at Soterion. Swedish, deep tissue. 914-4965 or 683-7000.

Counseling

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

Health & Nutrition

VIAGRA, \$2.40/DOSE. Cialis available. Lowest price refills guaranteed! Call PBG we can help! Non Profit Organization Toll free: 1-866-887-7283. (AAN CAN)

Intuitive Arts

MALE WITCH. Psychic readings and counseling. Casting and removal of spells. Contact with spirits. Call 24/7. Tom, 800-419-3346. Credit, Debit cards. Get back the one you love. (AAN CAN)

Massage

GET SERIOUS about back, neck pain. Cindy Muntwyler, LMT #1617, very experienced. 345-4123.

KNEADING MASSAGE therapy for relaxation or recovery? Enjoy a massage in a nice studio next to the fairgrounds. Intro discount. Call 345-7724 for Kristy Seitz, #7598.

REJUVENATION open 10 am to 10 pm, 7 days a week. Massage, chiropractic and natural skincare. 272 W. 11th Ave, downtown Eugene. Call 349-0540 or book online at www.rejuv.org

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

Ker Cleary, M.A.
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 • anxiety, stress & depression
 • relationships • personal growth

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for Pain Relief & Relaxation





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jonesin' crossword

By Matt Jones

"Bad For You?" - Atkins or no Atkins, I'm loading up.

Across

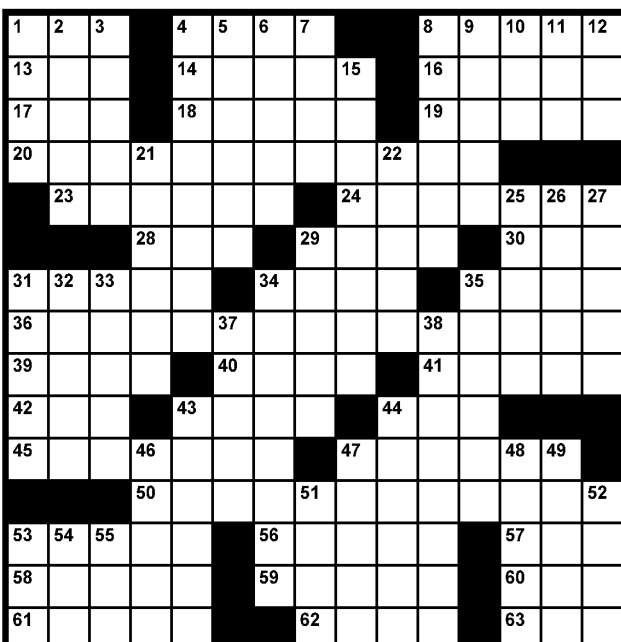

1 B train? Beauty" 60 Prefix for tourism 22 Knickknack holder
 4 "Not ___ plan" 36 Hard compounds in early spring? 61 ___ Us 25 Oft-quoted critic
 8 Artless 39 Steve's "All of Me" costar 62 Sea birds 26 Bass formerly in *NSYNC
 13 Tyrannosaurus chaser 40 Country on a peninsula 63 ___ mother 27 "60 Minutes" correspondent
 14 Bath shop product 41 "Inside" company 29 Senator Collins
 16 More bizarre 42 That thing, to Torquemada 31 Sign on a bass's staff
 17 Canadian Thanksgiving mo. 43 Cheshire Cat feature 32 Grow pot?
 18 Sam of "A Cry in the Dark" 44 Its seal shows a ship and an eagle: abbr. 33 Acrylic fiber trademark
 19 Stops eating 45 Enclose 34 Obnoxious coinage by Rush Limbaugh
 20 Guy covered with gross inflammations? 47 Madcap goings-on 35 1960s-70s detective show set in L.A.
 23 Bust enhancer 50 Like some attractions involving antacids? 37 Column type
 24 Sculptor's tools 53 Odd-sized: abbr. 38 Calls a spade a diamond, e.g.
 28 Gator or Power follower 56 City planner 43 ___ counter
 29 Friend ending 57 Yelled word on the stockroom floor 44 Latent
 30 It shouldn't be corked 58 Beachfront property site 46 Good buddies on the road
 31 Gert who played Goldfinger 59 "Sorry if ___ a little harsh..." 47 Supposed baseball inventor Doubleday
 34 Do flag work 21 Likely to tell all 48 Times itself, and then again
 35 Suvari of "American 49 Bearnaise, e.g.
 51 Valentine's Day gift
 52 City on the Rhone
 53 "Was ___ das?"
 54 P
 55 Famous tiger attackee

Down

1 Swamp beast
 2 Stuff in an orange pot
 3 Newsboy's shout
 4 Literally, "lamb of God"
 5 "Girls Dem Sugar" singer ___ Man
 6 Person to ask, in song
 7 PC word?
 8 Pouty kid's phrase
 9 First veep
 10 They may be required to enter
 11 Person with pet issues
 12 Hosp. areas
 15 It can't help being negative

©2004 Jonesin' Crosswords (editor@jonesincrosswords.com) For answers to this puzzle, call: 1-900-226-2800, 99 cents per minute. Must be 18+. Or to bill to your credit card, call: 1-800-655-6548. Reference puzzle #0163.

ANSWERS TO LAST WEEK


Pamela McGilvray, M.A.
 Δ Feminist counselor
 Δ Sliding scale
 484-6767

Relieve Stress Take Time Out Massage

Give Your Body the Attention it Deserves

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LIC #8260

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 Integrity • Wisdom • Skill

LMT #1610

Adult Children of Addiction

8 week educational group

For adults raised in families affected by the chemical, gambling, or sex addiction of one or both parents.

- Join an educational exploration group for the adult person who finds his or her life still disrupted by those early family years.
- Learn how children often appear to survive "in spite" of the addictive family system and how as adults they often find that problem issues center around trust, control, needing to be perfect, identifying and expressing feelings, giving too much and not receiving, forming and maintaining intimate relationships.
- Begin to feel better as this 8 week group offers techniques for resolving old issues and for learning more effective social skills.

Facilitator: Karen Howell, M.A., NBCC
 Chemical Addiction Educator
 Marriage, Family, Child Therapist,
 working with couples, individuals and families for 23 years.

\$50 per group
Wednesday, Sept. 8 - Oct. 27
6:00 - 8:00pm
Donald/Willamette
Professional Building
3225 Willamette, Suite 3

PREREGISTRATION REQUIRED
541-914-5930
 Enrollment is limited to 10 people.