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Furnishings

POTTERY BARN dream rocker chair. Perfect for nursing your little one. \$350 OBO. Call Lori or Rick at 485-2618.

Hot Tubs/Pool

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

Misc.

19DOLLAREYGLASSES.COM. High quality, complete prescription eyeglasses with high index, hard coated lenses, + case for \$19. Rimless, stainless steel, memory titanium, children's frames, bifocals, progressives, sunglass tints, etc. http://zennoptical.com (AAN CAN)

INFRARED SAUNA sale. Clearlight, the infrared sauna specialists. Exceptional quality and prices for 13 years. USA made, very affordable and easy installation. 1-800-798-1779 or http://saunaworks.com (AAN CAN)

KOMBUCHA TEA, sensational flavors including cherry, with probiotics. Organic, raw, detoxifying! Locally brewed quarts or gallons. 521-7753, delivery available.

VIAGRA 100MG \$3.75. Cialis 20mg \$4.75. Lowest price refills. Why pay more? Free shipping! Quality guaranteed. Buyers group 1-866-579-8545 (AAN CAN)

Treasure Hunt

TWO TICKETS to "Millionaire Mind Intensive." Good until July 1 with book "Secrets of the Millionaire Mind," \$15. 606-6473.



For Sale

FRETLESS BASS. Pearl black Rogue. Split coil pickup with a single coil pickup at the bridge. 2 volume controls, 2 tone controls. \$99. 285-0774.

SERIOUS BASS rig: Fender 400 Pro, 350W, 2x10" combo with onboard Korg tuner, \$650. 400 Pro 15" ext. cab, \$250. Buy both for \$850. Ampeg 1x15" Classic Series cab \$150. Will, 808-651-0302.

CRATE 4-CHANNEL PA System, Micro series, excellent sound, very mobile. \$350, please inquire through Sugar Fisk, 343-5711.

Band Members

AMISH LOVE CHILD seeks professional drummer for gigs and touring. Check out our website at www.amishlovechild.com. Serious inquiries only. 285-5534, 683-6078.

BASSIST WANTED by gigging local band. Female-led, influences include 60's, pop-punk. DSPband.com, 338-8145.

NEEDED. COUNTRY swing and blues female vocalist to work as a duet. I have all the equipment. Call Lee, 345-7101.

REGGAE BASS player and drummer wanted for dub project. 579-4224.

For Hire

BASS PLAYER available. Jazz, blues, fusion, new age. Play both upright and electric. Daniel, 285-0774.

LUNAZUL CLASSICAL guitar and flute duo. Simple and beautiful. Weddings, parties and special occasions. Call 431-3905.

NEW INSTRUMENT? John Sharkey teaches guitar, piano, bass. All levels, ages, styles. 342-9543. Learn your favorites.

Lessons

FUN! EASY! Guitar lessons with Marty of the Sugar Beets. \$15 for 40 min. Saturdays, mostly. 302-0804. All ages!

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

NON-CLASSICAL singing lessons for teens and adults. Voice training for professionals and non-singers. Come have fun! Linda Leanne, 344-8192.

WALKER T. RYAN offers blues guitar lessons. Delta, slide, fingerstyle. Robert Johnson, Mississippi John Hurt, etc. 543-1835.

Recording Studios

RUST PRODUCTIONS, 16 track digital recording studio. \$20/hr. What you want to hear is what I do. 517-0654.



Building/Remodel

FINE ARCH Painting and Construction. Painting, tile, wood floor and remodel. CCB#158081, 686-8782. Excellent workmanship.

STEEL BUILDINGS! Save \$1,000s with factory specials. 30'x40', 270'x100', can erect. Mallory Construction, 541-510-7509.

RIVER RAIN Construction. Remodels, additions, siding, decks, flooring and finish. 964-3348. CCB#120161.

Cleaning

EXPERIENCED HOUSEKEEPER will make your home spotless. \$12/hr call Nancy at 746-9539.

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

Roofs

ABOVE, BELOW and Beyond Services. Rain or shine, roof and gutters, moss extermination, yard maint., pressure washing, debris haul. CCB#164011, 285-0029.

FOUR WINDS YOGA
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Guitar & Wine Concert

with Craig Einhorn, Classical Guitar
Sat. Jan. 14 7pm \$15
Benefit for Four Winds Yoga
A non-profit organization
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Restorative Yoga Friday, Jan. 27 3:15-5:15pm

with **Donna**
De-stress and renew from your week with
passive yoga postures, relaxation & breathing!
\$15/Advance \$20/Day of class

New Yoga Series!

Beginning Yoga
Mon. 7:30pm w/Holly
Jan. 9 - Mar. 13 10 wks \$75

* **Beginning Yoga** **Tue. 7:15pm**
Jan. 17 - Mar. 21 w/ Lynne 10 wks \$75

* **Active Beginners** **Thu 5:30pm**
Jan. 12 - Mar. 16 w/ Michele 10 wks \$75

* **Plus Weights & Core** **Tue/Th 11:30am**
Jan. 17-Mar. 9 Donna 8 wks 1x \$60 2x \$115

* **Intermed./Advanced** **Fri. 5:45pm**
Jan. 13 - Mar. 3 w/ Tom 8 wks \$60

* **Teen Yoga** **Wed. 3:45pm**
Jan. 18 - Mar. 8 w/ Nancy 8 wks \$52

* **Children's Yoga**
Sat. 10:00am Age 3-6
Jan. 21 - Feb. 25
w/ **Vandana 6 wks \$35**

Preregistration required - Call Now!

Drop-in Yoga 7 days a week!
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484-6100 3575 Donald St

Winter
Workshops
at **Tamarack**
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Sat. Jan. 14 9:30-11:00am \$10/adv. \$13/door

Nutrition Beyond Fads
JoAnn Wonders, LMT
Digestion is one key to a healthy body. Learn six things you can do to begin to support a healthy digestion. Eat well-nourish Health.

Sun. Jan. 15 2:00-4:00pm Sliding Scale \$5-\$15

Meditation 101
Donna O'Neil
Experience guided meditation and receive specific tools to help practice meditation on your own. Suitable for everyone.

Tue. Jan. 17 7:00-9:00pm \$15/adv. \$18/door

The Art of Feng Shui
Ann-Marie Holmes
Come and explore ways to create clarity & improve the results of your Feng Shui applications. Learn ways of providing more protection and strength to support ourselves during these intense times of change.

Sat. Jan. 21 1:00-5:00pm \$30/adv. \$35/door

Sutra Meditations
Michaela Gahr
Learn how the ancient mantras of the Vedas work at shifting our energy, and breathing techniques that deepen meditation.

Tue. Jan. 24 7:00-8:30pm \$15/adv. \$18/door

The World of Spirit:
Spirit in Our World
Leah Maggie Garfield
Join Shaman Leah Maggie as she explores themes of Death, Birth, Spirit Guides, Archangels, Truth and the interplay between Fate and Choice in our lives.

To preregister call **683-7506**
3575 Donald St. Eugene
For a complete schedule visit
www.tamarackwellness.com

HEALTH & WELL BEING Kundalini Yoga

10-wk series starts Jan. 21 Sat. 3-4:30pm



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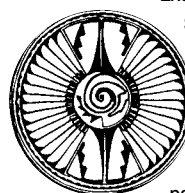
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Greenhill

* **Pet of the Week** *

Everybody deserves a good home

Meet **Wilma**. She is a beautiful girl with wonderful white and tiger markings. She is so mellow and sweet, gets along great with dogs and people, but she is uncomfortable around other cats. This kitty is looking for a lap to spend long hours on in her nice new home. Because she does not like other cats, Wilma is spending time in a cage in the cattery lobby and she would much rather be in a home! Please come visit with Wilma and give her lots of attention. Tell everyone you know about this great girl! She really needs a new home.



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