

**Home Services**  
Building/Remodel

**GOT PROJECTS?** Aaron Landry Construction specializes in fast service with excellent references. Call today to get your project underway. 912-2959. OR CCB#112711.

**DREAMWORKS REMODELING** quality work from service calls to additions. Custom carpentry, kitchens, baths, tile and more. Always free estimates. Licensed, insured, bonded. Winter rates now available. 520-312. CCB 146747.

**OREGON STATE** Law requires anyone who contracts for construction work to be licensed with the Construction Contractors Board. An active licensee means the contractor is bonded and insured. Verify the contractor's CCB license through the CCB Consumer Website [www.nralicensedcontractor.com](http://www.nralicensedcontractor.com).

**Cleaning**

**GREEN PATH** Cleaning Solutions, LLC. Amazing New Client specials, green products that work. Outstanding service and results. Serving Eugene, Corvallis & Albany. Call today 505-9730.

**Landscape**

**BEAT ANY PRICE.** Leaf removal specialist. Professional staff. New equipment. See our professional difference. **WE DO IT ALL-FALL CLEANUPS.** Weeds, blackberries, ivy, mow, edge and haul. One time cleanup or schedule. Satisfaction guaranteed. Insured, bonded. Dustbusters. 225-7424.

**Painting**

**INTERIOR PAINTING** Holiday Savings. 10 yrs exp. References. CCB# 161831. Steve 556-0374.

**CUSTOM QUALITY HOUSE PAINTING** by ArtTrek. Interior, Exterior, Restoration. Faux Finish. Sterling and Ruth. [www.arttrekinc.com](http://www.arttrekinc.com) 683-0626. ccb#62677. Lead Safe.

**Yard & Garden**

**GARDEN RESTORATION** Assistance in edible/native redesigns. Pruning, hauling, cleanup. Cottage Grove to Corvallis. Brian 767.1076.



**WINTER CLEANUP/PREP.** Gutters, pruning, yard maintenance, fire safety and consultations. Eco friendly services and products. Call for free estimate. Riverwood Landscape, 556-3592. Est 1978, Lic#20-4569849.

**CHRISTIE'S GARDENS** For all your outdoor needs. Tree pruning and limbing, hedging, mulching, even gutters! 543-4808.

**Pro. Services Attorney**  
TRIAL ATTORNEY. Helping individuals, families, and small businesses. Free consultation. [info@haapalaw.com](mailto:info@haapalaw.com), [www.haapalaw.com](http://www.haapalaw.com). Call J.J. now: 541-521-7433.

**Computer**

**COMPUTER PROBLEMS?** Can't make it work? We can help solve your computer problems! Talk to someone who speaks in plain English. OregonTechSupport.com. (541) 968-2218.

**Culinary**

**GOLDEN ROOSTER** Special. If you like Slavic food/grocery items, then come check out our store. We are at 3163 W 11th Ave. We have a large selection of Eastern European beer, wine, Champagne. You name an Eastern European country, we got it. Come in for lunch or dinner or you can order over the phone for pick up. Open from 9:00AM to 9:00PM. We are closed Sunday & Monday

**Film/Video**

**VIDEO PRODUCTION CLASSES!** Community Television now offering comprehensive courses in studio, field, analog, digital editing. Call 341-4671 or 683-1634. CTV-CH29. Free program guide by email: [info@ctv29.org](mailto:info@ctv29.org).

**ROLFING®** Structural Integration  
**Gina Purl** Certified Advanced Rolfer  
Live comfortably in your body  
**541-543-6211**  
Offices Downtown Eugene and Corvallis

**Kung Fu Tai Chi Qi Gong**  
**David Leung** 579 3612  
[www.leungsmartialarts.com](http://www.leungsmartialarts.com)

**Sunrise Colonics**  
Colon Hydrotherapy By Appointment  
**(541)484-6224**  
**LAURA TAYLOR**  
CERTIFIED COLON HYDROTHERAPIST

Sharon Steiner 541-514-0089  
**BODY WORK**  
11 years experience  
New Client Special  
Massage for Madison Meadow

**Massage by Margaret Pratt**  
LMT #2144, B.S. (Educ)  
\*Gentle, DEEP-TISSUE massage  
\* 1st session - \$40/first hour  
\* 21 years exp /gift certs.  
\* Feel comfortable, exhilarated, peaceful; inspired to reach your optimum potential  
\* Multi-Pure Water Filters /Superior quality, 8¢ gallon  
"Thorough, strong, intuitive, graceful, magical hands discover and dissolve knots with lasting effects."  
**485-4221/513-2692**

**LIFE WORKS School of Hypnosis**  
When All Else Fails Pain, Anxiety, Insomnia  
**Robert Reid CHT, CI, EFT 744-6655**  
[www.lifeworks-or.com](http://www.lifeworks-or.com)

**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

**IMPERIAL HERB CLINIC**  
Acupuncture & Traditional Chinese Medicine  
• Full apothecary of chinese herbs  
• Expert caring advice  
• Balance and restore naturally  
1753 W. 18th Ave., Eugene, OR  
541-206-1077

**ROLFING®**  
Insightful bodywork that makes a difference  
IMPROVE POSTURE  
DEVELOP EASE OF MOVEMENT  
RELIEVE CHRONIC PAIN  
**MARK DONAHUE**  
Certified Advanced Rolfer™  
Rolf/Movement Practitioner  
20 Years of Experience. License #14017  
**(541) 232-7630**

Acupuncture & Chinese Herbs  
Located in Southtowne Shoppes • 21 E 28th Ave  
Qigong & Tai Chi Classes  
Chen Style Xinyi Hunyuan Taijiquan  
**579-1153**  
[www.eugenehunyuan.com](http://www.eugenehunyuan.com)  
Matt Sieradski, M.A.C.O.M., L.A.C.

Anxiety, Depression, Marital Strife  
I can help Couples, Families and Individuals. Call Porshea of P & P Therapeutic Counseling Services. I offer a Coparenting workshop for separated couples & anger management for children ages 6-10. Call 541-485-1167 or check out my website [www.pdpccounselor.com](http://www.pdpccounselor.com) for more workshop details. "Healing the world one person at a time."  
**Porshea Pendleton, M.A.**  
767 Willamette St. • Suite 306 • Eugene

midtown pilates center  
New Beginning Group Mat & Group Reformer Classes  
Starting January 7  
Registration Deadline Friday, Jan. 4  
Sign Up Now!  
Limited Space Available  
**465-1680**  
[eugenepilatescenter.com](http://eugenepilatescenter.com)

**BIKRAM'S YOGA COLLEGE OF INDIA**  
INTRODUCTORY PACKAGE  
**\$20 for two weeks**  
This is a 90 minute total body workout in a room heated to 104 degrees.  

	M	T	W	TH	F	SA	SU
6:30am		•	•	•	•		
8:30am	•	•	•	•	•		
9:00am						•	•
4:00pm	•	•	•	•	•		
6:00pm	•	•	•	•	•		

New students, please arrive 20-30 minutes early. Wear comfortable clothes. Bring a bath-size towel and water bottle. Come with an empty stomach, and open mind and be prepared to sweat. Yoga Wear and massage available.  
**820 Charnelton • 349-YOGA**

**MIND-BODY COUNSELING/COACHING**  
**Kay Porter, Ph.D.**  
• Life Skills/Direction  
• Rapid Eye Therapy  
• Weight Loss  
• Past Life Regression  
**342-6875**

**GREEN WAY MASSAGE CO.**  
FREE 30 min. massage for first time clients  
Senior & Student Discounts  
GIFT CERTIFICATES AVAILABLE  
**912-1400**  
[www.greenwaymassage.com](http://www.greenwaymassage.com)  
**Richard Bailey** LMT # 10184  
• Swedish  
• Deep Tissue  
• Trigger Point Work  
• Myofascial Release

**ELEMENTAL PLAY**  
A Pottery Studio for Everyone  
• Classes for all ages  
• Open studio punch cards  
Great for Holiday Gift Certificates  
**484-CLAY**  
[elemental.play@yahoo.com](mailto:elemental.play@yahoo.com)

**Pamper your mind, body, spirit & soul**  
GIFT CERTIFICATES FOR COMPLETE SPA SERVICES!  
**CAPRICE DAY SPA** • Mon-Sat 10am-8pm • 541-744-8743  
1623 21st Street Suite B Springfield  
[thecapricedayspa.com](http://thecapricedayspa.com)

Relieve Stress  
Take Time Out  
Give Your Body the Attention it Deserves  
**Massage**  
in a Quiet South Eugene Home.  
**Lucia McKelvey, LMT • Nationally Certified**  
Days, Evenings, Weekends  
**541-683-3286**

**Nu Attitude Lifestyles**  
How Alive Are You Willing To Be?  
Highly individualized weight loss programs utilizing metabolic type testing  
**Susan D. Tindall**  
Holistic Health Counselor  
**510-6115 • sdtindall@yahoo.com**