

RED MEAT

menially modulated mirth

from the secret files of
Max Cannon



FINE ARCH. Painting, tile, wood floor, maintenance and renovation. CCB#158081. 686-8782 or 515-0877. Excellent workmanship.

Cleaning

HONEST SHINE. Professional house cleaning. Detailed, dependable, 15 years exp. Great references. One-time, or regular time slots avail. Cathy, 687-8254.

SWEET AND SIMPLE cleaning. We now have opening for your office or business. Call 684-4540. Great rates and references, bonded and insured. Free estimates.

LANDLORD'S DREAM! Mother-Son team will get your property rental ready. Clean, paint, yard work, hauling. Honest, capable, reasonable rates, references. Cathy, 687-8254.

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Painting

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

QUALITY ONLY renovation. Interior, exterior. Repairs, free estimates. Quality materials and work. 302-1639. CCB# 150956.

FINE ARCH. Interior/exterior painting and wood floor refinish. CCB# 158081. 541-686-8782, 515-0877. Excellent workmanship!

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RESPONSIBLE, SKILLED worker available to do yard work and labor jobs. \$10/hr. 242-1408.

FINEST HOMES lawn and yard care. 344-4882. Clean up and mulch now so your spring/summer care is a breeze. Reliable service.

GET IT DONE! Mowing, edging and hedging, pruning, weeding, blackberry, ivy removal, hauling. Call Janice at 344-1968.

DANDILYON GARDENING. Maintenance, consultation, design. Always organic. 683-4464.

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Attorney

NEED LEGAL advice? We have all the resources you need in one convenient location. www.membersofthejury.com.

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DIVORCE MEDIATION provides a low cost, confidential and informal alternative to adversarial litigation. First consultation free. Dan Stein, MS. 344-7068. www.dansteinmediation.com

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

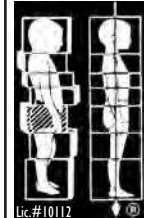
Financial

ALL ABOUT Mortgages. Personalized loans. www.all4mortgages.com.

- Tired of fighting over the care of the kids.
- Does every conversation end up unresolved.
- "6week co-parenting solutions workshop" starting March 29, 2007
- Learn to de-escalate angry interactions
- Effects of conflicts on children and many more areas to be addressed
- Space is limited, \$75 per person including book.

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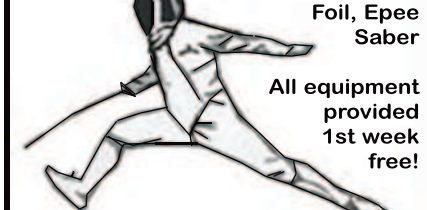
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Classes Starting February 26

Registration Deadline February 22

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Nancy Mac counseling

- changing old patterns to allow new choices
- creating healthy relationships

Individuals / Couples

sliding scale

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SHAMANIC HEALING

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- 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

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EUGENE SCHOOL OF YOGA

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Sun	Mon	Tues	Wed	Thur	Fri	Sat
8:00-9:45 am Led	7:00-10:15 am Mysore	7:00-10:15 am Mysore	7:00-10:15 am Mysore	7:00-10:15 am Mysore	7:00-8:45 am Led	
	4:15-5:15 pm Chanting/Philosophy	4:00-5:00 pm Ayurveda			9:00-10:45 am Led	
4:30-6:15 PM Led	5:30-7:00 pm Led	5:00-7:15 pm Mysore	5:30-7:00 pm Led	5:00-7:15 pm Mysore	4:15-5:15 pm Chanting/Philosophy	
All classes are Ashtanga Vinyasa		Enrollment required 2 WEEK INTRODUCTORY ENROLLMENT \$35				
					5:30-7:15 pm Led	

Peace is possible...
it needs to be felt

Prem Rawat, known as Maharaji,
speaks about the experience of
inner peace and fulfillment.

Video showing:
Experiencing Peace

Sunday, January 28, 5:00 p.m.
EWEB Board Room
500 East 4th Street

www.tprf.org Info line: 541-393-5120

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Classes Starting February 26
Registration Deadline February 22
Sign Up Now,
Limited Space Available

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Pet of the Week

Oodles of curls and charm!
Friendly & adorable black altered adult male Cocker Spaniel is a natural family dog. Case no. 0702-2300.



L C A R A

Lane County Animal Regulation Authority
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www.lanecounty.org/animals

- Lost & Found
- Adoptions
- Licensing
- Spay & Neuter Vouchers

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