

NO EXIT

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CHRISTIE'S YARD CARE. All phase yard care. Hedging, rototilling, vegetable and flower gardening and mulching. 543-4808.

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

UGLY TRUCK landscape. Full service landscape professional. Mowing, edging, trim, barko-mulch. Affordable rates. John, 654-1762.

ROTOTILLING. \$35/hour. Ted, 359-8154.

EILEENASCAPES 556-4890. Maintenance, seasonal needs, renovation, consultation, 20 yrs Exp. references. We take a personal interest.

Home Services

ABOVE, BELOW and Beyond services. Roofing, gutter cleaning, pressure washing, eco. safe moss treatment and yard cleanup. 285-0029.

Pro. Services
Computer

COMPUTER PROBLEMS? Can't make it work? We can help solve your computer problems! Affordable and professional computer troubleshooting and support for homes and business. Member, Better Business Bureau. www.OregonTechSupport.com. (541) 968-2218.

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 Gaffon
485-3881

Healing Massage

Deep Tissue • Swedish • Trigger Point
Myofascial Release • Essential Oils

Lucia McKelvey, LMT • Nationally Certified
Days, Evenings, Weekends
541-683-3286



Enjoy Springtime Naturally

Mama Rose's Naturals offers safe & effective allergy and poison oak relief, sun protection, insect repellent and natural remedies for the whole family!

Join our Grand Opening Celebration!
May 10, 2:00 – 4:00pm

Mama Rose's Naturals
383 W. 3rd Avenue, Eugene
(corner of 3rd and Lawrence)
(541) 485-9430
www.mamarosesnaturals.com

The natural family herbal shop & Mother Baby Resource Center
organic body care, herbs, smoothies, cloth diapers, baby carriers, parent education & support groups

Kayak Special!!

Two People, Two Nights \$199*

The Lighthouse Inn and Oregon by Kayak have joined to offer this great spring package. Only \$199 buys a two-night stay in a standard queen room at the Lighthouse Inn and a half-day "In the Flow" kayak tour for two people. Experience the great outdoors and the diverse beauty of the Central Oregon Coast in Florence.



Reserve your space now for this limited package opportunity by calling the Lighthouse Inn at 1-866-997-3221. 155 Hwy 101, Florence, OR 97439
lighthouseinn@oregonfast.net



Monarch Massage

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MEAGAN ORION, LMT • 683-8289



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barbarajoy@zcloud.net
For additional information, please visit
www.TheReconnection.com

Opt to ADOPT

Pet of the Week

Looking for a well-behaved buddy who knows all the commands? I'm your girl! I'm a friendly, sweet-natured adult female Pit Bull who would make a great companion. My case number is 0704-3002. See me at lanecounty.org/animals.

LCARA
3970 W 1st St.
(541) 682-3645

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Northwest Academy of Arms

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Relationship Counseling



Rich Pomper, MA
Relationship Coach, Marriage & Family Counselor
FREE 1/2 HOUR CONSULTATION
Call 520-1535
synergyinlove.com

The Willamettans
A Family Nudist Resort

Spring is here and summer is coming. Time to start working on that TAN. So make it a *Willamettan*
Call (541) 933-2809 www.willamettans.org
Affiliated with American Association for Nude Recreation

Gentle Psychotherapy with Mindfulness



Symptom of Inner Peace #1:
An obvious talent for enjoying each moment.

Denise Jessup, MA, LFMT
Adults • Couples • \$25 Intro Session
541-344-1501

Tamarack WELLNESS CENTER

WORKSHOPS

Sat., May 5 • 9:30 a.m. - 12:30 p.m.
VILLAGE HEALTH HOLISTIC...REALISTIC
Village Health Clinic Staff
Enjoy samples of integrative healthcare including acupuncture, massage, chiropractic, naturopathic, and energy medicines.
\$22/adv \$25/door

Tuesday, May 8 • 7-9 p.m.
MINDFULNESS IN EVERYDAY LIFE
Ker Cleary, MA.
Experience mindfulness by paying attention with a gentle and friendly curiosity to the present moment.
\$12/adv \$15/door



AQUATICS

BATHER FRIENDLY, 92° F SALTWATER, GENERATED POOL
family swim • baby swim
swim lessons • pool rental
therapeutic classes

YOGA

New drop-in classes!
Fridays, 5:30 p.m.
Beginning/Cont.—Dave
Saturdays, 9:30 a.m.
Yoga for Athletes—Shoshannah
Sundays, 5:30 p.m.
Ashtanga—Noah
Wednesdays, 5:45 p.m.
Beginning/Cont.—Will



683-7506 • 3575 Donald St.
www.tamarackwellness.com