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counseling

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

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Begins Nov. 7 (six week series)
8:30-10:00 a.m. \$45
Join instructor Sam Perroni as she facilitates the development of your personal yoga practice in a supportive environment.

WORKSHOPS
PRENATAL YOGA WORKSHOP
Irene Hofling, C.Y.I.
Saturday, Oct. 27
9:30-11:30 a.m.
Discover how to release tension, prepare for birth, and strengthen your body and mind for motherhood.
\$17 adv./\$20 door

EMBRACING CHANGE
Janet Hollander
Tuesday, Oct. 30 7-9 p.m.
Learn an alternative to painful "mid-life crisis" and how to incorporate pleasure into everyday movements.
\$17 adv./\$20 door

AQUATICS
JUNIOR WATER POLO
Sundays, Nov. 4 - Dec 16
10:00-11:30 a.m.
JUNIOR SWIM TEAM
Tuesdays, Nov. 6 - Dec 18
5:30-6:30 p.m.
Register Now!
541 - 686 - 9290
Pool Open Sundays Beginning Nov 4th!

683-7506 • 3575 Donald St.
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Areadia
MASSAGE THERAPY
Katie Keidel, LMT

Reiki - Lomi Lomi - Relaxation - Deep Tissue
TriggerPoint - Pregnancy - Aromatherapy

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S.A.R.A.'s
Shelter Animal Resource Alliance
Rescued Cat of the Week

Cottontail

Hi there, I'm **Cottontail**. I am a one year old Tabby Manx girl. I am very playful and loving and I am very fond of the other kitties here at S.A.R.A.'s Treasures. I would love to go home with one of my friends from the shop here, like Mopsy or Larry. Stop by soon to meet me and my friends!

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ew Classifieds

MYSTERY SHOPPERS. Get paid to shop! Retail/Dining establishments need undercover clients to judge the quality/customer service. Earn up to \$150 a day. Call 800-901-9370. (AAN CAN)

HOME REFUND jobs. Earn \$3,500-\$5,000 Weekly Processing Company Refunds Online! Guaranteed Paychecks! No Experience Needed! Positions Available Today! Register Online Now! http://www.RebateWork.com (AAN CAN)

Volunteer Opportunities

VOLUNTEERS NEEDED for SARA's Treasures thrift shop & cat adoption center. Your fun, rewarding 5 hour shift per week will help us save lives! www.sarastreasures.org. 871 River Road, Eugene (541) 607-8892.

Business Opportunities

WORK FROM HOME Moms helping moms work from home. Computer needed. www.mykidsratefirst.com

DREADING MONDAY? Work from home-no commute, no boss, total freedom. Executive level income. www.mcmholdings.com, or 1-800-430-5990.

MAKE \$150/HOUR Get Paid Cash for Your Opinion! Earn \$5 to \$75 to fill out simple surveys online. Start NOW! http://www.paidchoice.com (AAN CAN)

HELP WANTED. Earn extra income assembling CD cases from home. No experience necessary. Start immediately. 1-800-405-7619 ext. 150. www.easywork-greatpay.com (AAN CAN)

DATA ENTRY Processors needed! Earn \$3,500-\$5,000 weekly working from home! Guaranteed paychecks! No experience necessary! Positions available today! Register online now! www.BigPayWork.com (AAN CAN)

MOVIE EXTRAS, actors, models! Make \$100-\$300/day. No experience required, meet celebrities, full/part time, all looks needed. Call now! 1-800-556-6103, ext. 528. (AAN CAN)

POST OFFICE jobs available! Avg. pay \$20/hr. or \$57K annually, including federal benefits and OT. Paid training, vacations. PT/FT. 1-866-616-7019. (AAN CAN)

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OUTDOOR YOUTH COUNSELOR. Do you love the outdoors and helping troubled teens? Immediate openings at Eckerd outdoor therapeutic programs in NC, TN, GA, FL, VT, NH, and RI. Year-round residential position, free room/board, competitive salary/benefits. Info and application: www.eckerd-youth.org. Or fax resume to Career Advisor/AN, 727-442-5911. EOE/DFWP (AAN CAN)

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\$15/ couple prereg, \$20 at the door
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Kundalini Yoga as taught by Yogi Bhajan

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SPA, NEVER used. 30 jets. Therapy seats, mood lights. Warranty. Can deliver. Worth \$6k, will sell for \$2,950. 503-566-7452.

Misc.

\$8 PRESCRIPTION Eyeglasses. Custom made to your prescription, stylish plastic or metal frame, Highindex, UV protection, anti-scratch lens, case, lenscloth for only \$8. Also available: Rimless, Titanium, Children's, Bifocals, Progressives, Suntints, ARCoating, etc.. http://ZENNOPTICAL.COM (AAN CAN)

ORGANIC T-SHIRTS Printed \$7.50 each. Non-organic \$6/each. Min order 25 shirts. Ladies and youth sizes available. 579-9006.

Pet/Supplies

AKC IRISH SETTER puppies. 12 weeks. 2 males, 2 females. Shots and worming. \$650 -\$800. Pet and show. Call 503-648-4743.

Music

Events

2007 HOLIDAY Bazaar & Gifts Sat., Oct. 27. FREE Event! 9am - 4pm at 3411 Willamette Street, Eugene. Help support youth musicians of Arts Umbrella.

For Hire

SOULCIOUS NOW Booking. "SOULCIOUS, Eugene's soul powerhouse, is now booking for the holiday season. Soulacious plays a danceable blend of grooves from the 60's, 70's and beyond. Everybody's dancing when Soulacious is in the house. 337-4188 or 913-1239 www.myspace.com/soulaciousmusic

THE USUAL SUSPECTS will rock your party playing a mix of Steeley Dan, Beatles, Clapton, Allmans, Doors, Who, Zappa, Stones, Dire Straits and a lot of classic rock. Call 9935-7658 for bookings-David G.

Lessons

FALL MUSIC lessons for all ages! Studio B Music is offering afternoon voice, guitar and songwriting lessons with Elizabeth Cable. Learn to create your very own music! Call 342-4304 for a complimentary studio visit today!

FINGERPICKING GUITAR, oldtime banjo, mandolin, fiddle, recorder lessons. Patient, experienced teacher. Emily Fox, 345-5119.

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

PIANO TEACHER in your home. Love children, adults too! Experienced, with references. Katherine 484-9341.

ROOTS GUITAR lessons-Walker T. Ryan. 543-1835. Blues, traditional, folk, slide, finger-style, all levels.

SAXOPHONE INSTRUCTION All ages, beginning-advanced. Tone, technique, theory, improv. Call Matt 541-285-0752

Home Services
Building/Remodel

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.hirallicensedcontractor.com.

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ARE YOU TOO BUSY? I can clean and organize your home, run errands. Experienced, honest, reliable. 484-9597.

General Services

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Painting

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