

RED MEAT

potluck for the polyphagous

from the secret files of
Max Cannon



Cleaning

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

Furniture

HANDCRAFTED FURNITURE Made from Central Oregon knotty Pine. 4 drawer dresser \$695, storage chest \$295, custom made items available (armoire, desk, etc). Janisse Woodworking Barn, Walterville OR 741-9890.

General Services

HANDYMAN AT YOUR SERVICE Licensed, bonded, insured general contractor. Nicholshomerestorations@yahoo.com or call JOHN @ 541-743-1741 for an estimate. CCB#177948

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

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

PAINTING. INTERIOR, exterior painting and restoration. Residential and commercial. The finest quality at reasonable rates. Bonded and Insured. ccb#141521. Call Tim Brown at 431-4545.

Plumbing

24 HOUR plumbing service for all your plumbing needs call A. Hannaman 653-9750. CCB#178662/PB433.

Tree Care

SPIDERMAN IS putting up Christmas lights in trees & yards, other arbor services available. Call Spiderman Tree Services 870-2086.

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.

STORM/FALL CLEANUP. Gutters, hedges, brush, blackberry cutting. Chainsaw work. Free bids. 345-5128. Will work thru Christmas New Year.

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

YARD MAINTENANCE. Install Holiday lights, clear gutters, pruning, clean-up, hauling. Fast, reliable service. Zack 541-921-2144.

Pro. Services
Attorney

TRIAL ATTORNEY. Helping individuals, families, and small businesses. Free consultation. info@haapalaw.com, 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.

Film/Video

EQUINOX PRODUCTIONS Hi-DefProSony Camera. Weddings-SpecialEvents-Family Reunions. U of O Alum-10 yr. pro, will shoot & edit your DVD. Reasonable rates! 541-895-4818.

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.

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

Kung Fu
Tai Chi
Qi Gong
David Leung
579 3612
www.leungsmartialarts.com

Massage Therapy
• Deep Tissue • Swedish • Onsen
• Myofascial and Functional Release
• Cranio Sacral • Visceral Manipulation
Highly effective, proven massage techniques to help you achieve relaxation or pain relief
Robert Phaigh, LMT (Lic. #1670)
Reasonable rates 688-2423

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

Nancy Mac
counseling
• changing old patterns to allow new choices
• creating healthy relationships
Individuals / Couples
sliding scale 485-4559

Arcadia
MASSAGE THERAPY
Katie Keidel, LMT
Reiki - Lomi Lomi - Relaxation - Deep Tissue
Trigger Point - Pregnancy - Aromatherapy
Focusing on present enjoyment while achieving long-term liberation from pain & discomfort.
1210 Garfield St. • (541) 510-0601

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
Matt Sieradski, M.A.C.O.M., L.A.C.

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. (541) 232-7630

www.eugeneweekly.com

Kelly Windhaven, BH, LMT
Specializing in your energy health
Energy Healing
Energy Massage
Lymphatic Massage
541-685-5006
yourenergyhealth.com

Body Harmony
Massage
For Stress, Pain, Injuries
Gift Certificates
\$40/hr 1st Massage
Sliding Scale
4th & Blair • 521-4540
Leslie Rutherford
LMT #13679

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

Mediation
Problem Solving for People Willing to Work Together.
Before you hire a lawyer call for a free consultation.
Dan Stein Family Mediation
Family - Divorce - Workplace
344-7068
www.dansteinmediation.com

DAVID LANG
Urban Shamanism
683.3756
Shamanism clears blocks
Recover happiness, health, love...
www.urbanshamanism.com

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

LIFE WORKS
School of Hypnosis
When All Else Fails
Pain, Anxiety, Insomnia
Robert Reid CHt, CI, EFT 744-6655
www.lifeworks-or.com

Intuitive Counseling
Reiki Instruction
Soul Readings
Eliel Luma Fionn
(541) 543-7383

They'll LOVE YOU!
Give the gift of massage for the Holidays.
Discounted Gift Certificates
Lucia McKelvey BA, LMT
Days, Evenings, Weekends
683-3286 Lic# 8250

KellyRose Zuvuya
Full Spectrum Bio-Energetics
Healing at the Root with Precise Repair & Deep Integration
870-4308 * ZuvuyaHeals.com
Barbara Brennan Grad

Rolfing®
structural integration
Visceral Manipulation
CranioSacral Therapy
541.689.1515
Jeffrey Burch MS, LLC
The Rolf Institute • 9092

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