



**RIVER VALLEY**  
REMEDIES

**NOW CARRYING**



**O.P.M.S.**  
**KRATOM**

100%  
GUARANTEE

**LOWEST PRICES IN TOWN!**

1985 W 7th Ave, Eugene, OR 97402  
458.205.8257  
[www.RIVERVALLEYREMEDIES.net](http://www.RIVERVALLEYREMEDIES.net)

Do not operate a vehicle or machinery under the influence of this drug. For use only by adults 21 years of age and older. Keep out of the reach of children.

# QuickStopCannabis.com

(THE CORNER OF 7TH & CHAMBERS)



Quick Stop Cannabis Welcomes You to the New Year!



**\$21 for 7 grams of GG #4 Flower**

27.11% THC  
Best weed in the jungle!



**\$69 for 1 ounce of Rebel Berry Flower**

26.22% THC  
Previous winner of the Oregon Growers Cup!

## As Always Special Priced Ounces

Come in and meet our knowledgeable & attractive staff, except for one questionable old dude!

## ASK ABOUT Q's QTR Ozzzzz!!

Come and see the December edition

Only while supplies last! • Prices Include Tax



No Medical Card or JAIL Time Required  
Visit us or Order Online!

A lot of **Easy Parking** at  
1681 W. 7th Ave., Eugene

**(541) 393-6857**

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# REVERSE YOUR RISK



Participate in the  
evidence-based YMCA  
Diabetes Prevention Program.

Classes start in January.

Email [prevention@eugeneymca.org](mailto:prevention@eugeneymca.org)  
[eugeneymca.org/diabetes](http://eugeneymca.org/diabetes)

# COLD or FLU?

Learn to recognize the symptoms so you can receive proper treatment:



## COLD

Gradual  
Usually  
Usually  
Usually  
Mild to Moderate  
Rarely  
Slight  
Rarely  
Sometimes  
Rarely  
Not common

## SYMPTOMS

Symptom Speed  
Runny or Stuffy Nose  
Sneezing  
Sore Throat  
Cough/Chest Congestion  
Fever  
Body Aches  
Chills  
Weakness  
Headache  
Possible Complications

## FLU

Abrupt  
Sometimes  
Sometimes  
Sometimes  
Usually  
Usually  
Usually  
Usually  
Usually  
Infections, Pneumonia, Hospitalization



Source: Centers for Disease Control and Prevention (CDC)

Walk-ins welcome | Open evenings and weekends  
[EugeneUrgentCare.com](http://EugeneUrgentCare.com)

Serving Eugene and the surrounding areas  
Coburg Road | Patterson | Willamette | Thurston | Veneta  
Junction City | Oakridge | Roseburg | Pleasant Hill

