



Asheville**LETS**  
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## Asheville Local Exchange Trading System

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# September Directory

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An Exchange System Build for Everyone!

The Asheville Local Exchange Trading System (LETS) was started in response to regional underemployment and recent increases in the cost of living. This network seeks to restore local economic control through the community exchange of services, resources and advice.

Unlike direct trade (where both parties must want what the other offers and exchange in roughly equal amounts), LETS members exchange services for credits (called, simply, "LETS") which can then be swapped for the services of any other member in the network. Members are able to earn LETS in ways they could never earn dollars and they can get what they need without spending hard-earned cash.

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**Table of Contents**

- I. Offers
- II. Wants

## Current Offers

### Child & Elder Care

#### Babysitting

**Caregiving** – Experience raising and homeschooling my 3 children (now adults). One with special needs/medical needs. Also volunteer with Hospice, caregave my mom, and help my dad with his demetia. Work PT caregivers elders.

Pricing: 30 lets per hour

**Childcare** – Responsible, energetic, experienced childcare! I have been taking care of children of all ages on a regular basis for 7 years. References available.

Pricing: 7 lets per hour

**Childcare** – I will make the fun with kids and you can do whatever you want.

Pricing: 5 lets per hour

**Childcare** – i've been taking care of kids for years now and would love to help folks in the network out. i charge 7 lets/hr for weekends.

Pricing: 5 lets per hour

**Childcare & Elder care** – Experienced childcare offered! CPR AND First aid trained! Talk to me about "pricing."

Pricing: 0 lets per hour

**Experienced childcare** – I'm a mama of two and I'd be happy to bring another baby bird or 2 into my nest! I have a 2 yr. old boy and a little girl in kindergarden. I have a childfriendly home and my kids love new playmates. Time and place are flexible.

Pricing: 5 lets per hour

**Fun and Energetic Child Care** – I have four years of experience working with kids of all ages. Great references. I am taking a class in early childhood education.

Pricing: 5 lets per hour

**Mamas and Papas- need a break?** – I am a mother of an 11 yr old boy, have worked in several preschool centers, nannied and babysat for over 15 years. I have worked with newborns through teens, and special needs children as well. I have excellent references :)

Pricing: 10 lets per hour

**Organic microgreens** – oceangrown microgreens in 11"x21" trays Pea shoots, sunflower greens, daikon radish and yellow mustard, adzuki, blue corn, wheatgrass and more. Plastic trays are returned to be reused (honor system).

Pricing: 17 total lets

**Two students with babysitting experience** – Pretty self-explanatory, we live right off Merrimon avenue, and would prefer to babysit at your house, but could have folks drop kids off over here as well!

Pricing: 0 lets per hour

#### Education

**Advocate for Kids with Exceptional/Special Needs** – I have a Special Education degree and have worked as a K-5 Special Education Teacher. I can share my understanding and knowledge of the IEP process and Special Education Law, help you evaluate the effectiveness of your child's IEP/504 plan, and attend IEP meetings as an advocate and support person!

Pricing: 5 lets per hour

**Babywearing instruction** – I can teach you how to wear a baby on your front, back, and hip using traditional cloth baby carriers from around the world. This is a great skill for moms, dads, grandparents, babysitters, daycare workers, or anybody who spends time with babies and small children.

Pricing: 5 lets per hour

#### Miscellaneous

**Elder care** – I have experience and enjoy visiting with elders. I have a baby with me.

Pricing: TBD

**Enrollment in Redfern Children's Garden** – Enrollment in Redfern Children's Garden.

Pricing: TBD

**Math Tutoring** – Math tutoring for middle school students

Pricing: 4 lets per hour

**End of life companionship** – Caring companionship for person aware of nearing the end of this lifetime. Can assist with daily needs.

Pricing: 11 lets per hour

## Clothing

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### Accessories

**Knitting** – I can knit made to order hats and scarves, and am open to other project requests. I am also happy to teach basic knitting. I generally work with pure wools and mohairs.

Pricing: TBD

**Recirculation: Sole protection for dancers** – Brand new pair of Foot Thong sole protection by Bloch. Ladies' medium. Light skin color, leather and elastic.

Pricing: 12 total lets

**used fashionable purses and costume jewelry** – Stylish hand bags and jewelry

Pricing: 3 total lets

### Boots & Shoes

**Women;s 8 Sneakers** – I have a pair of womens size 8 sneakers in good shape. Ecco's are white and lite blue

Pricing: 4 total lets

### Children's Clothing

**Recirculation: boys clothes** – Lots of little boy clothes, corduroy pants, shorts and t's of all kinds... Mostly 3&4T right now. 5's will be coming up soon! I have two laundry baskets full at the moment. I expect to have more every 2-3 months for the next 15 years or so! : )

Pricing: TBD

### Education

**Sewing lessons** – I can teach beginning sewers.

Pricing: TBD

### Miscellaneous

**Use of laundry room** – Bring your own detergent, etc.

Pricing: TBD

### Tailoring

**Basic Hemming and Clothing Repair** – If you need any hemming or general repair of clothing, blankets, pillows, ect. I can help!

Pricing: 5 lets per hour

**Darning / mending** – I can darn socks, sew on patches for jeans, repair ripped seams or holes.

Pricing: TBD

### Wedding & Formal

**Recirculation: Wedding Dress** – Size four formal wedding dress with see through flower lace back, hanging white roses. Comes with a matching white rose tierra veil and slip. Picture will be posted soon. Ask us about other wedding extras.

Pricing: 25 total lets

### Women's Clothing

**Handmade clothes for the whole family.** – Fun, funky, comfy, original clothing made from scratch using limited quantities of never used vintage fabrics and modern closeouts. From my stock or special order. [www.lushlifeoriginals.com](http://www.lushlifeoriginals.com)

Pricing: 0 lets per hour

## Computer & Office

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### Administrative

**Administrative / Computer skills tutoring** – Just tell me what types of tasks you are trying to do and I will see if I can help you learn some new administrative and/or computer (excel, word, organizing files, QuickBooks/Quicken, Publisher) skills.

Pricing: 5 lets per hour

**Copy Editing** – I'll go over any text and search for errors in spelling, punctuation, and grammar. I'm happy to offer suggestions to improve the impact of your presentation, if you so desire.

Pricing: 10 lets per hour

**PC Repair** – Email me with what is wrong with your PC and I will let you know if I can help - Hardware and software repair, data recovery, deleting personal information off of old computers prior to recycling.

Pricing: TBD

**Resume editing** – I have become very knowledgeable about resumes and what makes them stand out. I have had several experts tweak mine over the years so I can now help you!

Pricing: 5 lets per hour

## Comp. Hardware

**Buying a new computer? I can help** – If you are buying a new computer and aren't sure what you need or how much to pay, I can assist you. I routinely help individuals find discounted desktops and laptops matching their needs and budgets (desktops and laptops as low as \$300 to \$400). I also recirculate used hardware.

Pricing: 5 lets per hour

**Help in building your own computer** – I have a lot of experience building computers from ordered parts. You can get a better computer for less, and exactly the way you want it. I can also show you how to do it too...its just like putting together leggos if you have the right parts.

Pricing: 5 lets per hour

## Comp. Software

**Computer Maintenance** – I'll assess your Windows computer, install freeware to search and destroy spyware and viruses, and maximize your systems performance. One-time or regular maintenance available per your needs.

Pricing: 10 lets per hour

**Laptop computer with wireless card to loan** – LapTop Computer: 5 Lets per day, 25 Lets per week Great for Internet. Batteries last 1 1/2 hours per charge.

Pricing: TBD

**Computer Programming** – I'm a professional programmer and can offer my services for programming projects. Professional experience in Java, Perl, others. Unlikely to take on large projects, as I'm employed full-time, but might be willing to provide some guidance and support for a larger project.

Pricing: 10 lets per hour

## Education

**Digital Image Help** – You've recently gotten a digital camera and you're not sure what to do with it after you shoot the pictures. Long term digital photographer will help you understand and organize your digital images.

Pricing: 5 lets per hour

**Photoshop Training** – Jump start your photoshop skills with a one-on-one session in Photoshop working with your images. See my work at <http://brotherhug.com>

Pricing: 5 lets per hour

**Writing help** – I am trained in proofreading, writing development and concept organization.

Pricing: 7 lets per hour

## Graphic Design

**Adobe InDesign Tutorial and Phone Help** – Get a basic introduction to this powerful Adobe layout program, or call me for help on specific projects

Pricing: 5 lets per hour

**Flyer and Poster Design** – Poster and Flyer layout for your business or event. Can also arrange for production.

Pricing: TBD

## Internet

**Web Design / Development / Marketing** – Provide professional services as a web developer/designer/marketer. Limited amount of LETS hours available per week.

Pricing: 10 lets per hour

**Webdesign and teaching Front Page web program** – Virato will create your website, get it online, and train you how to update, using Front Page 2003. Cost or domain registration and server storage extra paid directly to those companies. Add 50 cents per mile gas/auto expense from Michigan & Haywood in West Asheville

Pricing: 5 lets per hour

## Lending

**Digital projector and screen** – i can rent these to you or help you set up a film screening with my projector, screen and audio system.

Pricing: TBD

## Miscellaneous

**Computer maintenance / repair** – Virus removal, spyware removal, speeding up computer, adding memory / equipment.

Pricing: 5 lets per hour

**Computer software/hardware repair** – i will repair your

**Tax / Accounting, Speak to Groups** – Coping with income tax system; getting tax breaks you deserve; freelancing vs. employment

Pricing: 10 lets per hour

computer's hardware/software if it's not running as well as it used to, or plain not running at all. this is primarily aimed towards spyware/malware removal and protection, but i can pretty much do it all. price to be negotiated.

Pricing: 0 lets per hour

## Organizing

**Financial mgt/organizing** – I can help you create systems and organization in your financial life. Can also help you figure where you might be able to simplify your financial accounts. I worked in the personal financial planning field for 6 years.

Pricing: 7 lets per hour

## Video

**Copying DVDs** – i have the equipment and know how to copy DVDs.

Pricing: 5 lets per hour

**Transfer VHS films to DVD media** – i can transfer VHS movie/tapes to DVD discs. Or you can rent this equipment.

Pricing: 5 lets per hour

**Video file conversions** – Can convert various video files to DVD format or vice versa. Can also burn onto DVD or CD as data files. I can not convert VHS to DVD see David Clovers Listing for that....thanks

Pricing: TBD

## Writing

**Editing** – Help expressing the essence of your ideas in clear and powerful language. Books, zines, articles, letters, etc.

Pricing: 4 lets per hour

**Editing and proofing** – Editing and proofing

Pricing: 5 lets per hour

**I will write for your blog** – I will write a 200 - 300 word essay on any topic you'd like for your blog.

Pricing: 5 total lets

**Translation Spanish/English** – Will translate written materials (digital preferred) between Spanish and English. Pricing is by word count, complexity and turn-around time.

Pricing: TBD

## Craft & Art

### Digital Art

**Photo restoration** – Save precious family images and have copies on disk for future reproduction. Restore faded or damaged photos.

Pricing: TBD

**Visionary Portraits** – What if your favorite angel, goddess or hero had your face? Using "cyberalchemy" and with your participation, I create a visual affirmation of your unique beauty from your photographs, personal symbols, animals, flowers, etc. See samples of portraits for children and adults at:

<http://www.ArtWanted.com/Saraphael>

Pricing: TBD

### Drawing & Painting

**Mural Painting** – i do all interior painting, but specialize in murals for children's rooms and infant nurseries. \*\*\*depending on how big the job is, i may prefer to accept partial payment in cash (in addition to LETS).

Pricing: 12 lets per hour

**Mural painting** – I'll cater to your vision, but I'm mostly inclined to improvise abstract designs playing with space and color. Classy or funky, I'll follow either whim.

Pricing: TBD

**Painted Wood Furniture** – you supply the furniture, and i will paint it. step stools, rocking chairs, shelves, and so on. they make great gifts for kids. \*\*\*depending on how big the job is, i may prefer to accept partial payment in cash (in addition to LETS).

Pricing: 12 lets per hour

**Portraits** – Charcoal (black & white) possibly oil (color) on canvas.

Pricing: TBD

### Education

**Art Parties & workshops** – Custom birthday, holiday or family parties where children (adults too) create art together. Some offerings: aliens, angels and animals - soft sculptures from your imagination; making puppets come alive!; fireflowers and mountains with eyes-creating collage worlds; improvisational music, etc. arts in education and UNCA super Saturdays teacher with 20 years of experience.

Pricing: TBD

**Jewelry making instruction/assistance** – I would love to help you make your own jewelry. Beadwork, trinkets (painted bottle-caps, shells, tiny peace cranes) etc. I am a patient, experimental, and delightful instructor! (materials TBD)

Pricing: 5 lets per hour

**Photography tutoring** – Tutoring on use of camera and basic imaging techniques.

## Fiber Arts

**Felters & Spinners: Drum carder for loan** – Have lots of wool to card or blend? Borrow drum carder for a week or so.

Pricing: 8 total lets

**Learn to knit or crochet** – I can teach you to knit or crochet. I have lots of yarn you can learn with, or provide your own. 3 Lets/hr, negotiable

Pricing: 3 lets per hour

**Learn to spin cotton like Gandhi** – --or better than Gandhi! I provide the cotton & the charkha. 15 LETS \$5 per person; bring a friend. Besides producing cotton yarn, this is a great way to practice your daily meditation.

Pricing: 15 total lets

**Recirculation: Yarn/fiber art materials** – I am a weaver with a huge stash of cotton yarns. Some in natural off-white and some hand-dyed. Some smooth, some textured. These could be used in knitting, crocheting or weaving for socks, baby blankets, throws, linens....See photo below!!

Pricing: TBD

## Metal Work

**Jewelry** – Sterling silver / gemstones. Jewellery can be viewed at the Artist Co-op at the Farmers Market on Brevard Rd or Pura Vida Gallery

Pricing: TBD

## Miscellaneous

**Artist digital portfolio creation** – Artist portfolio and submission images on disk or slides.

Pricing: TBD

**Bamboo cups** – I carve sweet bamboo cups of different sizes and styles from bamboo that I harvest locally, cure myself, roast, and oil with organically grown vegetable oils. They're very satisfying in the hand and great travel mugs since they're durable and just insulating enough to keep yer hand comfy.

Pricing: 3 total lets

**Braintan buckskin** – beautiful brain tanned deer hides

Pricing: 5 lets per hour

**Handcrafted Soap for Sensitive Skin** – Handcrafted soap made from glycerine, aloe and vit E. You choose from 50 flavors plus unscented soaps available.

Pricing: 3 lets per hour

**Henna Tattoos** – i have studied traditional indian henna and specialize in hands, feet and pregnant bellies. i love doing henna for showers, blessingways, and other women's gatherings. \*\*\*depending on the job, i may prefer to accept partial payment in cash (as well as LETS).

Pricing: 15 lets per hour

**Interactive Fantasy Portraits for Children** – Ride a tiger, fly with Pegasus, become an angel, warrior or alien! I manifest your child's vision with photography and digital art. A unique gift and boost to confidence. See Children's Portraits Gallery at <http://www.artwanted.com/Saraphael> for more examples.

Pricing: 15 lets per hour

Pricing: TBD

**Recirculation: learn to knit, crochet, spin, sew, weave** – Come hang out and learn almost anything about fibers. Your supplies or mine-we can use recycled fibers

Pricing: 5 lets per hour

**See My First LETS Quilt!** – Quilts made to order. I will work with you to design just what you want. 5 LETS an hour plus dollars for materials. Portfolio available.

Pricing: 5 lets per hour

**Spinning lessons / borrow spinning wheel** – Learn to card and spin yarn (2 lessons), borrow wheel and equipment for a week or two, includes fiber/wool

Pricing: 20 total lets

**Personalized jewelry, alter boxes and collages** – Tell me what you like and I will create a specialized piece just for you :) I make beaded jewelry (mostly wood, glass, and stone pieces) Also alter boxes, gift collages and vision boards specific to your set intentions (excellent motivation art!)

Pricing: TBD

**Recirculation: 100 (or more!) buttons** – 100 plus Buttons. These are metal, metalized, wooden, ceramic, glass and shell Buttons. Choose your own or let me sort out a bag of buttons for you. Good for clothing, decorations on craft items, etc. Many of these are expensive in stores....but yours for LETS!

Pricing: 5 total lets

**Sewing/ Quilting** – Make memory quilts from fav. T shirts, baby clothes, etc. Mending as well. Hand work as well as machine

Pricing: TBD

## Mixed Media

**Hand-made jewelry** – I love making jewelry, and am happy to customize or incorporate your beads/trinkets. Shells, peace cranes, dream catchers... My style ranges from funky to elegant.

Pricing: 5 lets per hour

**Recirculation: learn paper making and book arts** – come hang out and learn almost anything about paper and book making. We can use recycled materials

Pricing: 5 lets per hour

## Photography

**Photography** – I want to do more photography. Many of my photos have been in the Mountain Xpress. I helped build up their stock photos for several years.

Pricing: 10 lets per hour

**Photography** – Photographic services; family/pr/portrait/band/artist/realestate.  
www.rebeccadangelo.com

Pricing: TBD

**Photography!** – Photographic services; PR/portrait/band/artist/realestate.  
www.rebeccadangelophotography.com 5 lets per hour, each shoot takes about 3 hours; shooting and post production.

Pricing: 5 lets per hour

**Portraiture** – Location portraiture of groups and individuals.

Pricing: TBD

**Professional Photographer Accepts LETS** – Professional photographer offering portraits, product photographs and event photography. Shooting fee and digital download payable via LETS. Freelance photographer for USA Today, CNN, UpSurge Magazine, Earthwalkers and others. Quality work guaranteed. You can see some of my work on my website, www.JourneyAmerica.org. Contact me today.

Pricing: TBD

**Whimsical 3-D art** – Handmade mobiles, dream catchers, hanging shrines. Re-decorated clocks, lamps, whatever begs spice! Also available to instruct/assist.

Pricing: 5 lets per hour

**Your product photos for your webstore, or...** – I can make your pictures for your online store. I'm photographing since years my products. jewelry, body care and everything what is not tooooo big to go in my light box (its about 1 meter x 50 centimeters) can have the pic as RAW or JPG [ view ] [ edit

Pricing: 4 lets per hour

## Food

### Baked Goods

**Homemade muffins** – local fresh ingredients, whole grain. traded by the dozen.

Pricing: 4 total lets

**Sourdough Baking** – Various wonderful naturally leavened breads, flat breads, crackers, not-so-sweet desserts. We fresh grind organic grains and often use local (non-grain) ingredients. Contact by phone is best. 4LETS and \$.50 for a basic loaf. 3LETS when pre ground flour is used. \$.75-\$1 for fancy loaves with special ingredients

Pricing: TBD

**Vegan baking** – Vegan Baking!!! Willing to try anything. Beginner.

Pricing: 5 lets per hour

**Yummy waffles and crepes** – I will come to your non-profit event and cook yummy waffles or crepes. I'm Belgian - we are genetically pre-dispositioned to making great waffles. So you can advertise "Belgian waffles made by a REAL Belgian." I even have an old-timey waffle iron!

Pricing: 10 lets per hour

### Catering & Prep

**Cooking** – Cooking

Pricing: 5 lets per hour

### Dairy

**Fresh Eggs** – Fresh eggs.

Pricing: TBD

## Dry Goods

**Raw Dulse seaweed** – fresh, soft dulse from the San Juan Islands of Cascadia. Sun-dried in a greenhouse. High mineral and protein content.

Pricing: 24 total lets

## Education

**learn how to make kraut, kimchi, and mead** – I'll teach you how to make delicious, healthy ferments: krauts, kimchis, meads, and more

Pricing: 10 lets per hour

## Equipment

**Recirculation: canning jars** – have used canning jars to give away 1 let per 2 jars

Pricing: TBD

**Solar dehydrator use** – I am offering the use of a large capacity solar dehydrator for drying foods, herbs, etc. Temperatures are usually 120-130 on a sunny day, and food is not exposed to sunlight. 5 LETS/day, either drop off food to be dried, or have picked up for additional LETS + Gas money.

Pricing: TBD

**To Lend Homebrewing Supplies** – I am not a master brewer by any means, but have been brewing for about a year with awesome ales! I have all the supplies for basic brewing. You can use it and I can give you tips if needed, 1 month lend.

Pricing: 8 total lets

## Miscellaneous

**Herbal medicinal vinegars** – Raw, organic, medicinal apple cider vinegar and other varieties. Plain or infused with honey, garlic, ginger & other herbs. By quart or pint.

Pricing: TBD

**Homemade salad dressing** – local herbs and fresh raw ingredients. lots of flavors.

Pricing: 1 total lets

**Recirculation: Great Restaurant Coupons** – Restaurant coupons for \$25 off of \$35 or \$10 off of \$15. They work great and are good for places like MoDaddy's, Ophelia's, Zambras, Bier Garden, Yacht Club, Vincenzos, Neo Cantina, Sante, thai, bavarian, cuban. (3 lets for \$10 off or 7 lets for \$25 off) Can mail to you!

Pricing: 7 total lets

**Vegan Meatloaf** – A delicious vegan meatloaf that even carnivores will get excited about.

Pricing: 5 total lets

**Vegetarian cooking** – I am a pretty good vegetarian cook - I will cook for you and some friends or whatever you need. My specialty is a scratch-made seitan stir-fry, but I can do whatever. Just pay for the ingredients and I'll do the rest.

Pricing: 0 lets per hour

## Produce

**Veggies** – Extra veggies in season.

Pricing: TBD

## Garden & Yard

### Construction

**Flat Stone & Brick Work** – Walk ways, steps, flat stone work... etc.

Pricing: TBD

**Houseplants** – Various houseplants, kolanchula, swedish ivy, wandering jew, cactus, 1 to 5 lets each.

Pricing: 1 lets per hour

**Trees, oak and tulip poplar, Lilac** – Trees are seedlings to 4-5' tall, you dig from my yard W. Asheville. 1 to 5 LETS per tree, depends on size.

Pricing: 1 total lets

### Critters

**Composting worms & info** – A handfull of composting worms (redworms, Eisenia foetida) for a vermicomposting system. These worms are healthy, fed on organic vegetable scraps, and will breed prolifically with proper care and feeding. I can also provide a printed guide, advice, and help in setting up a vermicomposting system.

Pricing: 10 total lets

## Education

**Gardening design and labor** – I can help you design a garden to meet your needs and fit your site. I will also work with you in this garden

Pricing: TBD

## Landscaping

**Eco Landscape Design** – Horticulture consultation & environmental pond & landscape design. Botanical ID - permaculture design.

Pricing: TBD

**Garden consultation** – Gardening and urban homesteading consultations.

Pricing: TBD

**Landscape Design** – Offering professional landscape design for commercial or residential projects. I have over 25 years of experience and a degree in horticulture/landscape design. You will love your new plantings!

Pricing: 12 lets per hour

**Pruning of shrubs and small trees** – Expert artistic pruning of shrubs and small trees by landscape designer

Pricing: 12 lets per hour

## Lending

**Have-A-Heart animal trap** – This is the size for medium to fairly large animals....possums, groundhogs, rabbits....it will catch them and allow you to take them to a more appropriate environment. Deposit required.

Pricing: TBD

## Miscellaneous

**Horse Manure** – I have several truckloads of composted horse manure and more being produced each day :) We do not use any antibiotics, vaccinations, or pesticides on our horses. You must come load yourself. 15 lets per truckload.

Pricing: 5 total lets

## Tools & Supplies

**5 gallon plastic buckets with lids** – I have a continuous supply of 5 gallon plastic buckets with lids. They have only had horse vitamins in them. Can be used for rainwater storage, animal water buckets or anything else you can think of. 2 LETS per bucket & lid

Pricing: 2 total lets

## Health & Beauty

### Body Work

**CranioSacral Therapy** – I am a licensed massage therapist with special training in CranioSacral Therapy. This is a gentle modality which works with the fluid surrounding the brain and spinal cord, and is very soothing to the nervous system. It can also address old injuries or pain in a non-invasive way.

Pricing: 15 lets per hour

**Healing Touch** – Healing Touch is done on an energetic level, with some light physical touching.

Pricing: 0 lets per hour

**Massage** – LMBT and RN practicing swedish, lomi lomi and deep tissue massage.

Pricing: 15 lets per hour

**Massage** – My approach consists mainly of a combination of Swedish massage, deep tissue, and neuromuscular therapy, depending on the needs of the individual. Very effective for injuries or chronic pain, or simply for relaxation. Can be combined with craniosacral therapy.

Pricing: 15 lets per hour

**Therapeutic Massage/Sports Massage** – 10 years experience. Massage for health, wellness, and pain relief.

Pricing: 10 lets per hour

**Touch for health** – I am a certified Touch for health Practitioner. Touch for health is a system that uses Kinesiology to balance the energy in the meridians. When you are out of balance you can be in pain, have depression, or just seem out of sorts.

Pricing: 7 total lets

## Dietary Nutrition

**Kombucha Mother and directions** – Kombucha Mother and directions for culturing this detoxifying and immune-enhancing, delicious daily tonic. Kombucha culture has a wide range of organic acids, vitamins and enzymes for energy, fat and protein processing, and functioning of the nervous system.

Pricing: 6 total lets

**Nutrition Counseling** – I have an MS in Nutrition and currently work as a nutritionist for the Health Department. I am happy to provide nutrition counseling. I specialize in prenatal nutrition, infant and child nutrition.

Pricing: 5 lets per hour

## Hair Care

**Hair Cutting** – Trims, cuts and layered styles. Please contact me by phone.

Pricing: 5 lets per hour

## Health Care

**Addiction Counseling** – High percentage cure rate for any addiction. World class published expert. Treatment by telephone and book.

Pricing: TBD

**Birth Doula Care** – I am a trained doula. Please contact me for more information and references. Also, check out my other listing for postpartum doula care. Check out <http://en.wikipedia.org/wiki/Doula> for information about doulas.

Pricing: TBD

**Clinical Aromatherapy** – I am a clinical aromatherapist and studied under Cynthia Loving for three years. Aromatherapy is a powerful healing modality for many physical, mental and emotional issues. Pricing is for consultation. Any product will have to be paid for in cash at a wholesale price plus LETS

Pricing: 7 total lets

**Health/wellness consulting from RN** – 33 yr RN will help you to stay away from the doctor or ER. Asthma, allergies, flu, chronic or acute condition? Begin your return to Wellness with grounded traditional therapeutics.

Pricing: 25 total lets

## Miscellaneous

**Acupuncture** – Acupuncture treatments by licensed acupuncturist. Nat'l. board certified. 12 lets for first treatment, 10 for follow up treatments. [www.livingpoints.net](http://www.livingpoints.net)

Pricing: TBD

**Birth Doula Services** – Includes at least two prenatal & one postpartum visit, as well as the duration of the birth. Price negotiable.

Pricing: TBD

**Healing prayer** – Prayer by phone or email.

Pricing: TBD

**Intuitive Life Coach** – I have been an intuitive life coach for 2 years. If you need someone to talk to or have an issue that you can't resolve please come and see me. I am here to help!

Pricing: 5 lets per hour

**Modern Day Muse** – Combining my Life Coach Training with

**Nutrition, Speak to Groups** – Eat to cut risk of cancer, heart disease, diabetes, etc.; dangers of animal products and junk food. 23 years' experience. MS, Ed M, RD

Pricing: 10 lets per hour

**Nutritional Counseling** – Vegetarian eating, eating right for your blood type, losing weight

Pricing: 5 lets per hour

**Nutritional counseling** – Nutritional counseling.

Pricing: TBD

**Revolutionize Your Style...** – From trims to transformations..let's cut that hair!!!! Professionally trained

Pricing: 6 lets per hour

**Holistic preparation for surgery** – 2-hour session

Pricing: 6 lets per hour

**Integrative HealthCare** – Integrative consultations with a healthcare professional with 11 years experience in alternative family practice. Specializing in blending prescriptives with supplements for a variety of chronic and acute conditions.

Pricing: TBD

**Ionic foot baths** – Detoxifying foot baths.

Pricing: TBD

**Marshmallow root tincture** – I made alot of marshmallow root tincture. anyone want a small bottle? it's really strong and really sweet.

Pricing: 8 total lets

**Postpartum doula care** – Postpartum doula services including: help with newborn care, cloth diapering and EC (? , ask me!), breastfeeding support, babywearing, light house-cleaning, laundry, food preparation, childcare, etc. Contact me for more info.

Pricing: 5 lets per hour

**Reiki** – Energy healing treatment for body, mind, emotions, and spirit.

Pricing: 15 total lets

**Spiritual teacher Eckhart Tolle media files!!** – I have a huge assortment of Eckhart Tolle videos, and recorded talks. He is the Author of "The Power of Now" and "A New Earth" It is really amazing stuff :)

Pricing: TBD

**Tattoo Art** – Tattoo artist w 20 years experience. Licensed, professional, custom, currently practicing at Liquid Dragon on Lexington. The Studio will require some payment.

Pricing: 20 lets per hour

**Well-Woman care** – Well-Woman care

Pricing: TBD

**Yoga classes** – Personalized, for one or more, all levels.

Asheville Yoga Center graduate.

Pricing: TBD

## Natural Therapies

### **Breathwork from RN for Asthma, HTN & more –**

Regenerate, repair, renew, Re-Inspire yourself using Buteyko Breathing techniques developed 50+ years ago in Russia and used with international success to recover from chronic conditions. Easy to learn; ages 5-105+.

Pricing: 25 total lets

**Chinese Herbal Medicine** – Individualized chinese herbal formulas (powders, tablets or raw herbs for tea) based on your constitution. NC License 271. Nationally Board Certified. 15 Lets for consult plus wholesale cost of herbs. Follow up consults vary. [www.livingpoints.net](http://www.livingpoints.net)

Pricing: 0 total lets

**Dream Work** – Learn to make friends with / make sense of your dreams

Pricing: 5 lets per hour

**Present Moment Awareness Experiments** – High quality, short term counseling. Personal, trustworthy and confidential. Assistance in listening to your own heart.

Pricing: 12 lets per hour

## Skin Care

**Handcrafted Soap by the Slice** – Handcrafted soap made from glycerine, aloe and vit E. You choose from 50 flavors plus unscented soaps available.

Pricing: 3 total lets

**Healing Salve** – This is made from olive oil, beeswax, calendula, comfrey, plantain and sometimes chickweed. Good for all cuts, scrapes, itchy spots, dry skin....2oz containers

Pricing: 6 total lets

**Pack with Soaps bars** – Some end pieces, some underweight pieces, some left overs, some... great mix of all natural soaps with essential oils and natural colors (herbs, plants, clays...) made from scratch and food grade oils and butters. great selection

Pricing: 10 total lets

## Household

### Appliances

**Housesit** – I can watch over your home/animals/etc. in zipcode 28806, my 'neighborhood', while you are gone on a weekend or vacation (Thanksgiving, Christmas, etc).

Pricing: TBD

**electronic repair** – I have a healing touch for electronics. I have tamper resistant drivers and I know how to use them

Pricing: 10 lets per hour

### Cleaning

**Cleaning queen** – Will clean your house pet dander sweeping, vaccuuming, washing your sink filled with dishes, bathrooms etc.

Pricing: TBD

**Experienced housekeeper** – Experience as a personal housekeeper and also bed & breakfast detailed cleaner. Excellent references.

Pricing: 15 lets per hour

### Education

**Real estate consultation** – non-brokerage real estate consultation

Pricing: 5 lets per hour

### Lending

**Potluck dishes - avoid disposables** – Having a party, BBQ, group potluck, etc? Don't use disposable dishes. I have a set of 35 plates, bowls, cups, and silverware to loan. All dishwasher safe (residential, not commercial). \$100 cash deposit required -- returned when items are returned. Must return clean.

Pricing: 8 total lets

### Maintenance

**Carpentry and more** – I have 18 years experience. I am offering remodeling, deck work, and small projects. You

**Construction / carpentry** – Construction, light carpentry.

Pricing: TBD

supply material & Gas money and I supply the know how.

Pricing: TBD

## Miscellaneous

**Classical Feng Shui Consultation** – What if changing just one thing in your home attracted what you need most? Find out with classical feng shui. This is feng shui that goes back to the ancients.

Pricing: 20 total lets

**Housesitter** – will watch your house while you are out of town  
4 lets/night

Pricing: 4 total lets

**Loft** – 4' by 7' loft 5'6" high stable . god for storage . Can trim legs to be work table. rough wood can be sanded and finished

Pricing: 30 total lets

## Pets

**Cat Sitting** – I'm willing to go to your home and feed, water, cuddle with your cat(s) and scoop / change litter box if you're absent or recovering. 5 LETS per day. If outside Barnardsville, I'll need gas \$. I can come once/day in the EVENING.

Pricing: 5 total lets

**Dog Walking** – I will walk and play and in the end your pooch should feel real good and calm. Experienced with my own dogs and others out of pure enjoyment.

Pricing: 0 lets per hour

**Dog sitting** – Dog sitting

Pricing: 5 lets per hour

**Organizing** – Are you wanting help with getting organized, and need some extra energy to plow through all the stuff..... Simplify and Clear out .....

Pricing: 30 lets per hour

**Dog walking** – Dog walking

Pricing: 5 lets per hour

**Dog walking or pet sitting** – will walk your dog or pet sit

Pricing: 5 lets per hour

**Help You Housebreak and Train YOur Dog!** – I am not a professional dog trainer, but I have had my own dogs, successfully housebroken a puppy, crate trained a puppy and trained my dogs in basic obedience. I would love to share my knowledge and resources! I have the best collection of training books to share too!

Pricing: 5 lets per hour

**Pet sitting** – Your house or mine. 3 LETS per day. Possibly more depending on distance.

Pricing: 3 total lets

## Sustainability

**Earthen Painting** – Professional Earthen Interior Painting, a homemade, non-toxic paint using clay, mica, straw, sand, and mineral pigments. A beautiful, textural alternative to latex paint, it ends up looking similar to homemade paper. Am happy to teach this skill also. Prices vary depending on project.

Pricing: TBD

**Greening your home** – By phone, email and in person suggestions for your health and the planet's health.

Pricing: 5 lets per hour

**Professional organizer here to help w/your clutter** – Clutter driving you crazy? I can help! Experienced in organizing-everything from kid's playrooms to kitchens to overloaded basements. 15-20 lets per hour depending on intensity ;) + money for any needed supplies

Pricing: 15 lets per hour

**Weatherization & energy conservation consulting** – I can find where your home is losing energy, and help you fix it. I can teach you techniques, help you aquire the right materials, and help with some of the work. Save money, increase your comfort, and reduce your carbon footprint. find out more at [www.helpmeweatherize.com](http://www.helpmeweatherize.com)

Pricing: 10 lets per hour

**Wind Power Consultations** – Interested in powering your home off wind power? I can help you through the process, from determining weather wind power is right for you to installing your turbine.

Pricing: 5 lets per hour

## Miscellaneous

### Education

**Any info about Egypt, ancient or moder n** – Have been going to and studying Egypt for 30 years, lived there 6 years, speak Arabic, have lead spiritual tours there for 20 years. Wrote the best selling Arabic phrase book in Luxor.

Pricing: 5 lets per hour

**Marketing Advise** – Want to make more money? Advice to small (Mom-Pop) businesses from my book "101 Ways to Increase Your bottom Line."

Pricing: Free

**Personal Yearly Readings** – Ancient science of the cards.

Combines astrology, numerology, and the 4 suits. An aid to conscious decision making. Full written report, consultation and questions by phone all year. 5 Lets +\$2 materials

Pricing: 5 total lets

**Secret Dakini Oracle Reading** – Look into the mirror of your mind with guidance of powerful Eastern tantric wisdom. Facilitator has 25 years of experience and is a teacher and psychotherapist.

Pricing: 15 lets per hour

**Sign Language Instruction** – I'll teach you beginner/intermediate Sign Language.

Pricing: 5 lets per hour

**Sound advice/mediation from Wise Woman** – Good listener, much life experience, certified Mediator. Relationships, career, major changes, feeling stuck, etc.

Pricing: 5 lets per hour

**Spanish Tutor** – I am not a native speaker, but I have studied Spanish for four years in high school, one semester in college and two semesters at Universidad Nacional Autónoma de México in San Antonio, Texas. I work well with kids through adult!

Pricing: 5 lets per hour

**Study Skills and Whole Brain Learning** – College teacher with 26 years of teaching experience offers whole-brain writing, concentration, memory, problem solving, listening, organizational, and creative thinking techniques that are effective for children and adults, especially those with ADD and learning challenges. You will be amazed at how much you can accomplish in 5 minutes!

Pricing: 15 lets per hour

**Swimming Lessons** – Infant-adult swim lessons offered. Prefer your pool or gym, or you can come to YWCA and pay the membership fee as my guest. Learn to be a better swimmer, get your child personal swim lessons or become comfortable in the water w/your infant.

Pricing: 5 lets per hour

**Teaching primitive skills** – Braintanning, buckskin sewing, firemaking, bark shelter making, basket making and more! 5 lets/hr plus materials, gas and travel time

Pricing: 5 lets per hour

**The Magic of Mind Mapping** – Overcome writing blocks and develop concentration, memory, problem solving, listening and organizational skills. Facilitate brainstorming and generate creative solutions to problems in 5 minute sessions.

Pricing: 15 lets per hour

**Tutoring** – Tutoring in math and science, up to a college level.

Pricing: TBD

Pricing: 5 lets per hour

## Lending

**Cell Phone to loan** – Cell phone (activated for the whole US). 1st 20min per day + weekends FREE. 4 Lets per day. Good to have while traveling out of town.

Pricing: 4 total lets

## Other

**30 and 45 a month no contract cellphone** – page plus cellular uses CDMA (verizon) network, most any phone without a sim card will work. for 29.95 every thirty days you get 1200 text messages and 1200 min.s for 44.95 you get unlimited phone usage. you will only pay the base price of service, activation normally costs 10-60 dollars

Pricing: 5 lets per hour

**Activist Organizing and Planning** – Naomi is offering consulting and planning advice for activists and cause oriented people engaged in struggles for peace and justice. She has 13 years of experience working and organizing for social change and has provided consulting to organizations in the past. Please contact Naomi at 828-230-1404 or tzorihou[at]gmail.com

Pricing: 5 lets per hour

**Astrology** – Individual Astrological consulting from Benjamin Bernstein of It's All Good Astrology. 20 LETS/hour, or 10 LETS + \$40/hour. See [www.ItsAllGoodAstrology.com](http://www.ItsAllGoodAstrology.com) for other available astrology services.

Pricing: 20 lets per hour

**Available for Art Modeling** – I am a young female available for art modeling in whatever medium, clothed or unclothed. I am professional and have a year and a half experience posing for a figure drawing class at Auburn University.

Pricing: TBD

**Dog Handling and Behavior Rehabilitation** – I teach dog handling skills and behavior rehabilitation techniques. Email for details.

Pricing: TBD

**Dog/Owner Training, Problem Assessment/Solutions** – Hello. I'm very attuned to dogs, good at assessing problems in the dog-person relationship/home environment and finding solutions to make life better for all. 20+ years dog experience, possibly a dog in a previous life. :O) 828 333 2312

Pricing: 5 lets per hour

**Long distance to Europe or US for lets** – Can connect you to any number in US or Europe for 1 let per 5 minutes (20 min=5 lets) Minimum:2 lets.

Pricing: 12 lets per hour

**Recirculation:** – 100s of misc items, many new in packages, to trade for an agreed upon # of LETS. Snacks too. Normally sell at flea mkt, downsizing due to leaky heart valve. 828-333-2312 No item info over phone, 10c/min!! Come to my storage unit (Leicester Hwy), and take what you want!!

Pricing: TBD

**Recirculation:** – Hello I salvage various New/Used items (store closeouts, overstock, recently expired, etc) and recirculate them back to public use. Items vary, but currently include personal care items, greeting cards, tools, LOTS of snack foods (cookies, crackers, etc), lots more. Earth's resources conserved/reused=landfill volume reduced=fewer toxic byproducts from manufacturing.

Pricing: TBD

**Recirculation: 300-500 Brand New Greeting Cards, Hu** – Hello-haven't counted but estimate 300-500 cards. Envelopes NOT included, but must be \$1000 worth of cards. Most same size, so you can prob get a good deal buying bulk envelopes on eBay. Or just buy small boxes of envelopes as needed, and save a fortune on cards. Good variety, many

Pricing: 20 total lets

**Tarot Card Readings** – Do you have questions that you would like answers to?

Pricing: 5 lets per hour

**Translations** – Spanish to English: high quality and meticulous. English to Spanish: quick and dirty.

Pricing: TBD

## Music

### Education

**Basic Drum Lessons** – Basic drum lessons on a kit, not hand drums.

Pricing: TBD

**Cultural Anthropology/Transformative Studies** – I am a diversity coach offering workshops/community conferencing for assistance with stability while working to relocate to the Asheville area. (i.e. wash clothes, rental listings, income)

Pricing: 5 lets per hour

**Didgeridoo lessons** – Learn the way of the didgeridoo, from basic tone to circular breathing. I've been teaching for many

**Mandolin & Music Theory** – Experienced Mandolinist willing to teach how to play the instrument and/or beginner to upper-intermediate music theory.

Pricing: 5 lets per hour

**Mountain (lap) dulcimer lessons** – Want help learning to play the mountain dulcimer?

Pricing: 6 lets per hour

**Music lessons** – Private or small groups, in your home (Asheville & Buncombe County) voice and all instruments, all ages and styles, 20+ years Prof. teaching exp., Fun and Rewarding! (Referrals)

available.)

Pricing: TBD

**Music lessons** – Lessons in piano, flute or guitar by long time professionals

Pricing: 5 lets per hour

**Tuvan throat singing lessons** – I can teach you technique for Tuvan kargyraa, and sygyt and chylandyk style throat singing

Pricing: 5 lets per hour

**electric bass lessons** – beginning, intermediate, advanced, music theory, ear training, improvisation, technique. I have a performance background and +/-10 years teaching experience. Half hour to 1 hour sessions.

Pricing: 10 total lets

## Instruments

**few jazz cds** – few cds

Pricing: 3 lets per hour

## Performance

**Music performance** – Singing for weddings or special occasions.

Pricing: 10 lets per hour

**Native American flute playing** – Flute playing for special occasions, as a serenade or a lullaby or simply for your own pleasure.

Pricing: 7 lets per hour

## Recreation

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### Books & Media

**Recirculation: Book - The Circle of Healing** – New condition

Pricing: 2 total lets

**Recirculation: Books** – a collection of books on varying topics including literature, feminism, and others. Loans available and encouraged.

Pricing: TBD

**contact improv instruction/facilitationC** – i've been doing contact for about a decade, as well as teach and facilitate. i can work one on one or with large or small groups, teaching intro level or working with more advanced dancers.

Pricing: 5 lets per hour

### Education

**Learn to salsa dance!** – I can teach all levels, no partner necessary. 10 yrs Dance Education experience. Professional.

Pricing: 5 lets per hour

**Learn to swing dance!** – I can teach all levels, no partner necessary. 10 yrs Dance Education experience. Professional.

Pricing: 5 lets per hour

**Tour of Asheville** – 1.5 hour tour of Asheville

Pricing: TBD

**Yoga Classes** – Yoga for meditation/relaxation/devotion. Class Tuesday nights, 6:30-8 contact for details. Also, private consult for therapeutic benefit/personal practice. From ancient Yogic practices. Excellent for: insomnia, anxiety, depression, addiction, lack of focus, fears, stress, digestive issues, detox, etc.

Pricing: 9 lets per hour

### Outdoors

**Backpacking/Camping info, planning, gear advice** – New to backpacking? Planning a trip? Need help buying quality gear? I offer Info, advice, & assistance, especially: Planning, preparation, health & safety, food & nutrition, clothing/layering

**Rock Climbing Lessons** – Available to take 1-2 people rock climbing. Great if you're interested in trying it out or learning more. I have all of the gear-all you need are shoes and harness, which can be rented. All skill levels welcome. Call for more info.

Pricing: 5 lets per hour

**Walking, hiking, biking or tennis volleying buddy** – recreational  
Pricing: TBD

## Social

**"Kind communication" coaching** – Professional.

Pricing: 5 lets per hour

**Consent workshops** – Let's talk about consent! I can offer workshops & discussions to any person or group.

Pricing: TBD

**Rollerblading session** – I'll teach you how to roller-blade. You'll have to provide your own skates, but I promise not to snicker when if/when you fall.

Pricing: 10 total lets

**Social dancing/ballroom dancing** – Private lessons available for those who want to learn the cha cha, rumba, waltz, tango, swing, etc.

Pricing: 6 lets per hour

## Events

**Bartender/server** – bartending & service for private parties, circus style

Pricing: 5 lets per hour

**Funerals, memorials, celebrations of life!** – Uplift your spirits and celebrate the life of a loved one with a white dove release {4-8 dove} presentation. Professional, healing, and helpful for those who wish to commemorate a loved one.

Pricing: 18 lets per hour

**Weddings, birthdays, any milestone events** – Celebrate love and life as white winged doves (approx.12) ascend in joy and love of flight. Professional presentations using Rock Doves who are trained to return home.

Pricing: 20 lets per hour

## Language

**English/Spanish interpreting** – non profit. intermediate level.

Pricing: TBD

**French & Spanish tutor** – French & Spanish tutor

Pricing: 10 lets per hour

## Spaces

### Living

**House sitting** – House sitting

Pricing: 5 lets per hour

### Meeting

**Showspace** – Huge basement with a stage.

Pricing: 5 lets per hour

## Tool Share

### Lending

**20 ft extension ladder** – Werner aluminum extension ladder, 20 ft. You're welcome to borrow it for 1 LET per day. Deposit required. Thanks!

Pricing: 1 total lets

**Belt Sander** – 3" x 24" Black and Decker belt sander to rent. Belts not provided. \$.50/hour charge in addition to LETS. Per day option. Negotiable.

Pricing: 1 lets per hour

**Carpentry tools for Lending** – Planer, Table Saw, Circular Saw, 10in. Miter Saw, Compressor, Brad nailer, Palm Sander, Router, Cordless Drill and Drill Acc. All items that use blades or bits will require \$1 for wear and tear.

Pricing: TBD

**Generator Loan** – Generator Loan.

Pricing: TBD

**Kitchen tools** – I have some kitchen equipment that I would be willing to lend you: Kitchen Aid stand mixer, Kitchen Aid food processor, blender, immersion blender, pressure cooker, breadmaker, pestle and mortar, ricemaker, digital scale, etc.

Pricing: TBD

**Post hole digger use** – Sometimes you really need a post-hole digger, but you just can't bear to spend \$50 for something you'll only use once. Good news, you can borrow mine! 5 lets/day. I may be able to drop it off for additional LETS and/or gas money, depending on your location.

Pricing: 5 total lets

**Rototiller Loan** – Rototiller loan.

Pricing: TBD

**Sewing Machines in studio** – 1 Pfaff straight stitch/zig zag for loaning out. Several industrial sewing machines available(in shop), walking foot, heavy duty Singer, and a heavy duty serger for someone who is familiar with sewing, only.

Pricing: TBD

**Tile saw** – We have a well loved tile saw to loan out

Pricing: 4 lets per hour

**Tools to lend** – I have a lot of tools. I can loan them to you as needed with prompt return and a promise to replace anything that breaks. Please get in touch to see if I have what you need.

Pricing: 0 lets per hour

**Woodworking tools** – I have lots of portable woodworking tools and a woodworking shop.

Pricing: TBD

**Miscellaneous**

**Woodworking studio available.** – I own a woodworking studio downtown, I offer consultations, advice, and/or use of my shop for your projects. What do you need done ?

Pricing: TBD

**Transportation****Education**

**Big truck** – The community at Steve Arpin's now owns a big big truck that you can rent to haul big big loads of heavy stuff when you need to. Rent is a mixture of dollars and LETS.

Pricing: TBD

**Straight Vegetable Oil Consultation** – If you are considering using vegetable oil as an alternative fuel, I can help you understand what this choice entails and your options. If you have a problemsome conversion, I can troubleshoot. Former employee of Frybrid.[1] Prefer phone but in-person possible. Pricing per session. [1]<http://frybrid.com>

Pricing: 10 total lets

**Hauling**

**Van + driver** – Can help you transport furniture/etc. in my van, but can not help you load. 5 LETS/hr, but can be less if you feed me good vegan treats...

Pricing: 5 lets per hour

**Lending**

**Ford Van to loan (7 passenger)** – 5 lets per Hour, 14 per day, 45 per week, 7 passenger

Pricing: 14 total lets

**Maintenance**

**Bike Maintenance** – Tube-ups and replacement work. Free consultation.

Pricing: 5 lets per hour

**Fix Bikes** – Clean/Tune Up/Overhaul

Pricing: TBD

**Oil Change** – I'll change your car's oil 10 Lets plus costs.

Pricing: 10 total lets

**Vehicle check over.** – Visual inspection of vehicle components. Will make you a prioritized list of things you may need to repair.

Pricing: 5 total lets

## Parts & Supplies

**Old motorcycle for pick-up** – For taking apart, fixing, putting back together.

Pricing: 0 total lets

## Rides

**A Ride to the Airport** – I will give you and your luggage a lift to the airport. Can also arrange to pick you up and get you home. LETS cost determined based on mileage.

Pricing: TBD

**Hiker shuttle** – Willing to drop off/retrieve up to 4 hikers at a time + their gear to or from various area trailheads. LETS + cost of fuel.

Pricing: TBD

**Ride Offered** – I'm offering transportation when I'm available, which is fairly often. I have a large sedan(Grand Marquis), so I can transport 4-5 people and/or any items that I can fit in my car or trunk. I charge for gas money in addition to LETS(based on current gas prices).

Pricing: 4 lets per hour

**Ride offer** – Need a ride to or from....

Pricing: TBD

**Rides to & from Airport** – Avoid paying for long-term parking by taking up this offer for a ride to or from the Asheville airport! Gas + 5 LETS/hour. Also, if someone you know needs to be picked up/dropped off because you can't take them, this would be a good deal!

Pricing: 5 lets per hour

**Rides to Airport or appointments** – or where ever. we can talk about it.

Pricing: TBD

## Current Wants

### Child & Elder Care

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#### Babysitting

**Babysitting** – I have a 1 year old and a 5 year old - would like a babysitter to come to my home.

**local red meat and liver** – I am interested in locally grown red meat and organ meats. contact me by phone only

### Clothing

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#### Accessories

**Want: digital watch** – Hi. I am looking for a digital watch to buy. I would like one that is small, looks like it might come from a sports store, and easy to wear and read. It might look like this:  
<http://www.polyvore.com/cgi/img-thing?.out=jpg&size=l&tid=16814375> Trade LETS or an item I have - whatcha lookin for? Thanks

#### Women's Clothing

**Handmade clothing** – handmade clothing

### Computer & Office

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#### Comp. Hardware

**In seek for kitchen stuff** – Stainless steel pots, big ones 1 gallon size and bigger, kitchen machine, noodle machine etc. just tell me what you have and i see if i have a use for

#### Education

**Computer tutoring / coaching** – Computer tutoring / coaching

#### Miscellaneous

**Paper Folding Machine for 60-150 lb paper** – I'm looking for a paper folder that will fold heavy cardstock.

### Craft & Art

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#### Education

**Furniture making, Woodworking, Woodcarving** – Help me recover a childhood dream! I wanted to be a carpenter when I was in sixth grade. My mom and dad bought me a kiddie carpentry set with wood and a tiny hammer and saw, but never helped me use it!

**Jewelry making** – Jewelry making

#### Photography

**Photo emulsion** – Photo emulsion screen printing.

### Food

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#### Dairy

**Eggs** – i want cage free eggs.

**Eggs** – local eggs

**Fresh free range eggs** – From chickens fed naturally, no chemicals.

**Goat cheese** – Looking for local, organic goat cheese.

**Local eggs** – i would like local, free range eggs. it doesn't have to be a dozen at a time.

#### Equipment

**Knife sharpener** – Knife sharpener

#### Miscellaneous

**Organic vegetables** – I would love to trade for some of the vegetables you're growing in your backyard. I'm not picky, so whatever you've got extra of!

#### Processing

**Local canned or preserved goods** – sauerkraut, jams, jellies, etc.

## Produce

**Extra veggies** – Extra veggies

**Fermented Vegetables** – My family goes through 2 to 3 quarts of fermented veggies every week. If you can help with the supply, let me know.

**Fresh local produce** – chemical free veggies and fruit.

**Local produce** – local, seasonal vegetables and fruits.

**Organic produce** – Organic produce.

**Seeking regular veggies, delivered or pick-up** – We've love to source some locally grown veggies for our family, LETs/CSA style. If you're producing a regular surplus of veggies and would like to exchange, we'd love to know about it!

**local produce** – any kind

## Garden & Yard

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### Landscaping

**Large landscaping stones** – Large Stones suitable to plant around in Rock Garden or to use as stones in Fire Pit. We have a van to haul them but could use help in loading and unloading them if possible.

**Top Soil/ Fill Dirt Delivered** – Looking for unpolluted soil to be delivered to East Asheville. Might need some fill and potentially top soil

**Yard Work** – I could really use a hard worker out in my yard. You don't have to know what you're doing (though that would help). You just need to be strong and be willing to learn. Actually, this could be a good learning opportunity! I also have extra plants to share!

### Lending

**Tiller** – tiller loan

### Maintenance

**Lawnmowing** – I need someone with a lawnmower to mow my pretty large yard.

**Weed whacking, hedge cutting & misc.** – I have equipment

### Miscellaneous

**Compost or Pick up compost for me** – Wood like some good compost, mushroom ect or if you have a truck and can pick up for me that would be great!

**Firewood** – I would like some firewood that is already split. 18" or less. 258-9386

### Plants & Seeds

**Looking for Privacy Screen Bamboo Plants** – Do you have some extra bamboos to spare? Looking for a fast growing - winter hardy fairly tall bamboo. Edible shoots and lumber qualities a plus.

**Native plants** – Edible, medicinal, habitat

**REAL Aloe Vera Plants** – I would love to get some. I love them. if you have one you dont need anymore, please, i would like to get it.

### Tools & Supplies

**Fresh cut logs for mushroom cultivation** – I'm looking for freshly cut logs, cut within 2-3 weeks at the most, to grow mushrooms on. I can use Oak, maple, poplar, beech, and many other types. I have a van and a chainsaw, and can pick them up in the Asheville area.

**Garden tools** – Looking for shovels, hoes, etc...

**Good compost & digging fork** – Good compost & digging fork

## Health & Beauty

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### Body Work

**Dentistry: My grill is busted** – So my grill is busted. It's not really that bad but it does need some work. If you happen to read this and your not a dentist and you know a good one...Maybe you should recommend LETS to them :).

**Massage therapy** – Massage therapy

**need dental braces tightened for 8yr. old** – In process of relocating from New Orleans. My son, currently, has braces and need to have them tightened

## Household

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### Appliances

**good vacumm cleaner with a hose.** – I need a vacuum cleaner with hose to clean dog hair off my couch.

**Furniture**

**Futon Mattress** – Full size futon mattress mattress - still looking

**Maintenance**

**Building Skills** – Brick & mortar, adobe, conventional, framing & stone. If it involves coming to a jobsite, so be it.

**Carpenter, plumber and mechanic** – Seeking someone to assist with carpentry, plumbing and mechanics work.

**Clean gutters** – Clean out gutters on 1,000 sqft house and 600 sqft garage. I have a ladder.

**Electricity Know-how** – Installing lights, troubleshooting, electronics repair, etc.

**Primitive housing** – How to build basic structures

**Miscellaneous**

**Jars, Barrels** – Looking for mason jars with lids, large flour jars - really large - more like barrels. No plastic.

**Pets**

**Basic Dog Grooming for fluffy pooch** – I will assist with maybe a good moisturizing wash and brushing. I just don't have the room for it in my apartment and lack experience.

**Dog sitting** – Dog sitting

**Miscellaneous****Education**

**Building supplies.** – Concrete blocks, bricks, boards, tin roofing windows, nails, bags of unused concrete, tile, electrical hardware etc. I am collecting these supplies for a potential greenhouse in my backyard.

**Other**

**Animal skins** – If you butcher your animals for meat but don't use the hides, I'd love them! Rabbits, sheep, goats, or others.

**COPPER sheets from roofing works** – Do you have copper pieces in sheets? I'm always looking for larger amounts of sheets. would be best if still flat and not too much folded. does not to be super clean but how cleaner how better! I don't have a car, so asheville would be fine, OR would trade for delivering in bath/body care products

**Help me for half a day at a craft show** – I sell pottery at local craft shows about once a month. I often need someone to help me set up and help with sales. I'm happy to pay for your gas and lunch, and then pay you in pottery and/or LETS for your time.

**Shop help** – Help keeping my woodworking shop orderly in exchange for LETS and/or help making your own Native American Flute

**Music****Education**

**Beatboxing lessons** – I want to learn the way of the beatbox. The unwritten dictionary of the drum.

**Music theory** – Piano, accordion playing, singing lessons.

**Piano lessons** – I would piano lessons. I am a beginner-haven't played for 4 years. I own a piano.

**Teach me the way of the Sitar!** – I have just bought a sitar recently and I really want to learn how to play it from a real human and not from online sources.

**Instruments**

**Music lessons on piano or accordion** – Beginner! I have an accordion but not a piano.

**Supplies**

**Broken, junk, unused instruments and parts** – Want instruments any condition. Guitar parts - electronics, old mandos, fiddles, flutes, basses, ANYTHING!!! I am learning instrument repair. Put your junk to good use

**acoustic guitar** – ISO acoustic or Spanish guitar.

**Recreation****Education**

**Teach me to fish!** – Eleven years ago I used to go salt water fishing down at the coast with my friend's family. I have a fishing rod, but I don't remember how to thread it, and I never learned to gut and scale a fish. All I remember is how to cast a line!

## **Social**

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### **Language**

**Arabic conversation partner** – I want to practice my arabic speaking skills with another arabic speaker.

### **Miscellaneous**

**letters to jail** – Kevin Innes (the Liberty Dollar guy), who was arrested 6-3-09 is in the Caldwell County Jail in Lenoir and would love communications, letters, and visits. Please contact me for details. Letters are like lightbulbs when you are in a dark place!

## **Spaces**

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### **Living**

**Cabin or Cottage for a weekend retreat** – I'm looking for a cabin or cottage in or around WNC for a weekend stay. I'd want it for 2 nights. A Friday and Saturday and be gone on Sunday. Thank you in advance! I will treat it w/ respect and care as if it were my own.

### **Professional**

**Single or Two Car Garage** – I need a space to work on my and friends cars. Require flexible access and ability to store tools.

## **Transportation**

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### **Education**

**Desire to learn Basic Car Repair and Maintenance** – I'd like to be more knowledgeable about my car. I basically know nothing about cars and would like to become more empowered and maybe learn to do some basic repairs & maintenance!

### **Maintenance**

**Auto body repair** – I need someone to repair some rust on my truck doors.

### **Rides**

**Car ride** – need car ride to or from work at 8:15a and 6p