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# northwest

## Delivering Options

Jacqueline Zapp-Garcia, certified professional midwife, learned early on that using a midwife for a home birth is quite normal.

"A lot of people don't know midwifery exists or anybody who has had a home birth, but my mom did, and when I was 7 I got to see my sister being born. I could see that it was hard work, but not scary," she said.

After studying at Birthingway College of Midwifery in Portland and spending years attending births and apprenticing at Andaluz Waterbirth Center, Zapp-Garcia started Rushbrook Midwifery in late 2006. She provides childbearing care from preconception through postpartum and attends births in homes and birth centers.

For questions and information on a free consultation to discuss your family's needs, visit [www.rushbrookmidwifery.com](http://www.rushbrookmidwifery.com).

## business watch

### Offering Treasures Today

You know you've come to the intersection of Portland Highway and Albina Avenue when you see the whimsical, colorful old house with the sign Yesterday and Tomorrow. From the outside, it looks as if you might be entering a magic shop or a through-the-looking-glass garden store.

Once through the gate, patrons are surrounded by vintage garden art by local artists—often 20 at one time—as well as unusual and sacred plants like white sage. Somewhere between a nursery and an

art gallery, the gardens and main floor of the house built in 1912 showcases the full gamut of garden sculpture, including metal, clay, wood, ceramic and stained glass.

In October 2005, lesbian owner Helen Kubon opened Yesterday and Tomorrow to get out of the 9-to-5 drill, and because it had been a dream of hers from 20 years of "doing the hunt." According to Kubon, the shop's name refers to the treasures of the past and future. "We have vintage finds from pre-1940s through the 1970s. And new items we offer will be treasures from the past in the future!" she said.

After closing for the month of February, Yesterday and Tomorrow is open for business and the joys of spring. Classes and lectures in the



Jacqueline Zapp-Garcia helps plan families from preconception to postpartum.

Zapp-Garcia said her queer reality gives her a broader sense of what makes a family. "We queers don't have very many unplanned pregnancies and we put so much thought and heart and soul into it that we really think a lot about the best ways to go about it—to promote conception, healthy pregnancy, a health baby and family. I don't take a lot for granted and really honor how many different approaches there are to all these steps," she said.

The Rushbrook Midwifery motto is "Midwifery care for your kind of family." And Zapp-Garcia means it. "I can bring my queer awareness to other types of families, too—families that have more or less than two parents, families in the B/D/S/M community, genderqueer families that might include a guy with another guy, which the hospital would see as a straight couple."

In addition to attending the birth, Zapp-Garcia offers preconception care and provides full insemination services in the privacy of your home. "My preconception care is pretty extensive and can help people who want to get ready. This is uniquely valuable in the queer community—it's a norm for us, whereas hetero care begins with pregnancy," she explained. "The next generation of queer women are more comfortable with the idea and have seen what our older sisters and mothers have accomplished. Now we can take a breath and look around at our choices. People are finding midwifery care is more supportive."

back garden will resume as well as the monthly plant exchange, which usually begins the third weekend in April. Patrons will return to a new season of plants as well as favorite yard art, including the mischievous 14-inch garden hobgoblins and hand-blown glass birdbaths.

A contributor to the Hot Flash New Year's Eve dances and other community auctions, Kubon is



Yesterday and Tomorrow, a garden art wonderland, features many Portland artists' work, including twisted glass cones on stake finials.