



Shea Steel  
Realtor  
503-282-4000 Ext 112  
sheasteel@remax.net

Dawnie Grubstein  
Mortgage Broker  
503-557-9100  
dawniegrubstein@comcast.net



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## Touchstone Coffee House WE ARE BACK!



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[www.touchstonecoffeehouse.com](http://www.touchstonecoffeehouse.com)

## northwest

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people get about being around children, there's an organization that would encourage gay people to sign up to be part of it," said Douglas. "I thought: 'That is so great. I'm going to sign up for it.'"

The waiting list for a child to find a "big" is about two years. "It just seems like a really long time to wait," said Douglas.

The organization's fund-raiser, Little Moments Big Magic Breakfast, is from 7:30 to 8:30 a.m. Nov. 7 at the Portland Marriott Downtown Waterfront, 1401 S.W. Naito Parkway. The breakfast is free, but donations are welcome.

Douglas said that coming out in response to questions from his 13-year-old "little," Kevin, was a bit uncomfortable but that it helps break down stereotypes between gays and straights, liberals and conservatives and vice versa.

"I said: 'I don't have a wife or a girlfriend. I have a boyfriend.' He was quiet for about one minute, and for about six months he referred to David as my wife," said Douglas.

For Douglas, being a "big" has allowed him to be a kid himself by taking trips to the park, the Oregon State Fair and the arcade and going on long bike rides.

"If you don't have any children of your own, which a lot of gay people don't, it really makes you appreciate how much work it is to raise a child, how much work it was to raise you and it makes you really appreciate the concept that, yes, it really does take a village to raise a child," said Douglas. "It also gives the parents a break, which I think is really important."

For more information visit [www.bbbsnorthwest.org](http://www.bbbsnorthwest.org).

### Going Fishing?

Daniel Jones Cooper moved to Portland last month and is looking to make some friends.

He grew up scouting in Dallas and has always fished, "from a boat, from a pier, from an inner tube."

Cooper, who arrived from Texas, had visited Portland once for a dog show and thought, "This is as close to heaven as I can get."

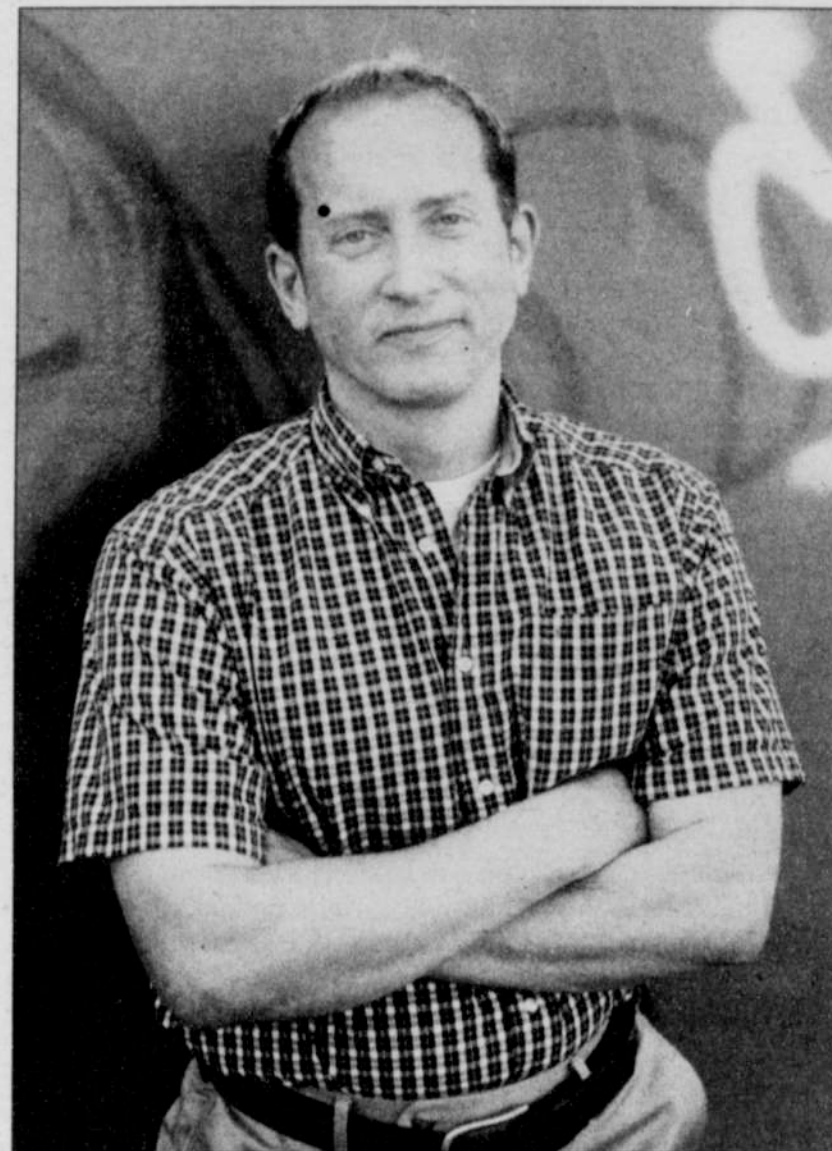
He says that fishing is a "common interest activity" and that most guys who have an interest in fishing also enjoy camping, hiking and other outdoor activities. He would like to learn about fishing opportunities in the city and state and possibly create an outdoor recreational group centered around fishing for gay men.

To get involved e-mail [alavour@aol.com](mailto:alavour@aol.com).

### Manage Holiday Stress

The holiday season can be especially challenging for members of the sexual minorities community.

"LGBTQ people sometimes struggle with stress during the holidays while trying to juggle birth and chosen families, work and the ghosts of holidays past," said Kendall Clawson, executive director of Q Center.



Filmmaker Aaron Kirk Douglas believes being part of Big Brothers Big Sisters helps kids, guardians and the community.

A network of health providers and nonprofit organizations, including YWCA Counseling Center and Q-LAND/MenSpirit, are sponsoring a Holiday Stress Management Fair for the queer community from 10 a.m. to 5 p.m. Nov. 17 at Q Center, 69 S.E. Taylor St.

The fair will feature interactive demonstrations of practical ways to manage stress, including massage, yoga, time and money management, addiction recovery and communication and conflict resolution. Mini-massages, yoga classes and acupuncture treatments will occur throughout the fair.

A raffle with healthy prizes will benefit the co-sponsors.

Health providers, including trans therapist Reid Vanderburgh, will supply information and free samples from a variety of stress management experts.

A sliding-scale donation is requested at the door, and proceeds will benefit the nonprofit organizations hosting the fair. This event will be wheelchair accessible.

For more information or to request American Sign Language interpretation, e-mail [pdxstressmgmt@yahoo.com](mailto:pdxstressmgmt@yahoo.com) or visit [www.qland.org](http://www.qland.org).

### Planning Smart Is a Human Right

The Human Rights Campaign's Equality Circle and the HRC Portland Steering Committee are holding a free seminar titled "Smart Estate and Financial Planning for Individuals and Families" from 6:30 to 8:30 p.m. Nov. 7 at QCenter, 69 S.E. Taylor St.

The event will be presented by Timothy L. Mahoney, HRC's director for estate planning. Local financial and estate planning professionals will also be available for questions and answers.

Space is limited, and reservations are required. Visit [www.hrc.org/estateplanning](http://www.hrc.org/estateplanning) or e-mail [estateplanning@hrc.org](mailto:estateplanning@hrc.org).

### Magazine Honors Women

NW Women's Journal, a monthly magazine for professional women in the Portland and Vancouver