




Another Northeast Portland home was damaged by a late night fire. Passer-bys found the occupants to be awake but unaware that the

roof was on fire. The two-alarm fire happened on N.E. Mallory and is believed to have been started by smoker's carelessness.



**COMMUNITY
DENTISTRY**

BY Dr. Edward Ward

**Preventing Gum Disease
Part 2**

In the last issue, I talked about gum disease, indicating that 70% of all tooth loss in adults can be attributed to it. How to protect yourself? That is the question I want to attempt to answer in this column.

As I said before, the formation of plaque and the bacteria it contains is again the culprit here. One must develop health, consistent oral hygiene habits, removing that plaque each day by thorough cleaning of the teeth and gum line. The problem is, however, that your toothbrush cannot clean between the teeth, so flossing is essential. It helps remove the plaque. Wrap the floss around one of your middle fingers and slide the floss between each tooth in a gently back and forth motion. Put it around each tooth, scraping as you go. You may also want to try a mouthwash that contains a chemical that will inhibit bacterial growth.

Here are some symptoms to watch for. If any occur, see your dentist, because gum disease is progressive, and the earlier you take action, the better.

1. Are your gums painful, swollen, or red?
2. Do your gums bleed when you brush or floss?
3. Do you detect persistent bad breath or taste?
4. Are your gums separating from your teeth?
5. Has there been a change in the way your dentures fit?
6. Have you noticed pus that appears when you press your gums?

Remember, good daily oral hygiene is the best prevention — that, and regular checkups by your dentist. Good luck!

Dr. Ward's office is located in downtown Portland: 610 SW Alder, Suite 1008, Portland, OR.

**N/NE Community
Mental Health Center
Gets \$613,700 Loan**

The U.S. Department of Housing and Urban Development has authorized a \$613,700 loan to N/NE Community Mental Health Center for construction of a sixteen unit apartment complex in North or Northeast Portland. It will provide independent living accommodations for chronic mentally ill persons from that area of Portland. The proposed project will provide long term, low income housing for clients from the N/NE Agency. It is a much needed resource for the community.

Housing for the mentally ill is a critical need, says Dr. Liam Callen, N/NE Agency Director. Such individuals often end up homeless or in sub-standard housing due to their poverty and inability to arrange independent living. Many individuals can regain health and well-being if appropriate housing can be found.

The proposed apartment complex will consist of fifteen one-bedroom apartments and one two-bedroom apartment for the resident manager. The building will be wood frame construction with a two-story walk-up design. The site has not yet been chosen.

The project was initiated under the leadership of Dr. Ozodi Osuji, Associate Director of the Agency. A new, non-profit corporation and community Board of Directors has been formed under the name N/NE Alternative Mental Health Housing, Inc. The Rev. James Faulkner is President of the Board. Additional Board members are being solicited at this time.

Weatherization Options

Renters and homeowners can learn economical ways to reduce heat bills. Discuss government assistance, product and tool selection, home energy survey. Markham Community School, 10625 S.W. 35th, Tuesday, October 27, 1:30-3:30 p.m.

**Parents Staying
Active at Emanuel**

An Active Parenting class is offered at Emanuel Hospital & Health Center for parents of children ages 2 through 18. It is sponsored by the Child Development Department.

Active Parenting is an innovative, video-based program designed to enhance child/parent relationships. In this six-part series of two-hour sessions, emphasis is focused on understanding child behavior, developing the child's sense of responsibility and winning cooperation. The program helps parents make sense out of their child's behavior and gives concrete guidelines to put parenting plans into action. Family enrichment activities are stressed.

Classes begin in September at Emanuel. To register, call the Community Health Education Department at Emanuel, 280-4284.

**"When I'm In
Charge" Offered
at Red Cross**

This award winning two-hour class for children in grades 3-5 prepares them for situations that may occur when they are home alone. Class includes role playing, safe responses to phone calls, visitors at the door, selecting positive after-school time activities and much more. Fee: \$6. Call Red Cross at 284-1234, x176 for dates, times, and to register.

**New Camp Fire
Clubs Forming**

Camp Fire, Inc., a national youth organization for 77 years, provides enjoyable, educational and exciting activities for boys and girls from kindergarten through high school.

New friends, camping, crafts, trips and helping others are all a part of the fun and adventure awaiting the Camp Fire boy or girl.

New clubs are forming now. To join, return the survey distributed in your school or contact the Portland Area Council of Camp Fire, 718 W. Burnside, Portland, (224-7800).



Pastor Glandion W. Carney of Maranatha Church. Photo by Richard J. Brown

New Pastor at Maranatha

On Sunday, October 25, 1987, Glandion W. Carney will be installed as the pastor of Maranatha Church. Carney assumed the pastorate of the church in July.

Dr. George McKinney, Pastor of the St. Stephen's Church of God in Christ, San Diego, California; and Bishop of the Second Ecclesiastical Jurisdiction of Southern California for the Church of God in Christ will be the guest speaker.

Carney comes from a rich and varied background of urban work and evangelism. Previously, he was Director of Christian Leadership Development for World Vision. He has directed inner-city ministries for a variety of organizations including Youth for Christ International and served as pastor of 2nd Baptist Church of Wheaton, Illinois. He is also currently serving as Chairperson for Leadership '88, a conference to be held in June 1988. This conference is a significant one with the purpose of spotlighting emerging Christian leaders across the United States. His personal experiences have formed the basis for his book, "Creative Urban Youth Ministry" and he is at work on a devotional book focusing on the inner life of the Christian leader.

Installation services will begin at 3:00 p.m. at Maranatha Church, 4222 N.E. 12th Avenue. The public is invited.

Halloween Carnival

WHAT: Montessori and Emily Schools Halloween Carnival.


WHEN: October 31, 10:30 a.m. to 4:30 p.m.

WHERE: Providence Child Center, 830 N.E. 47th Avenue.

Family fun includes haunted house, face painting, fish pond, raffles, snack bar all day.

Proceeds go to purchase equipment for schools.

ALLEN TEMPLE CME CHURCH



Corner of 8th and Skidmore
 Sunday School 9:15 a.m.
 Sunday Worship 1:00 a.m.
 Christian Youth Fellowship 6:00 p.m.
 (second and fourth Sundays)
 Phillip S. Nelson (Pastor)

YOU ARE WELCOME TO WORSHIP AT
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 "A warm spirit of fellowship always"

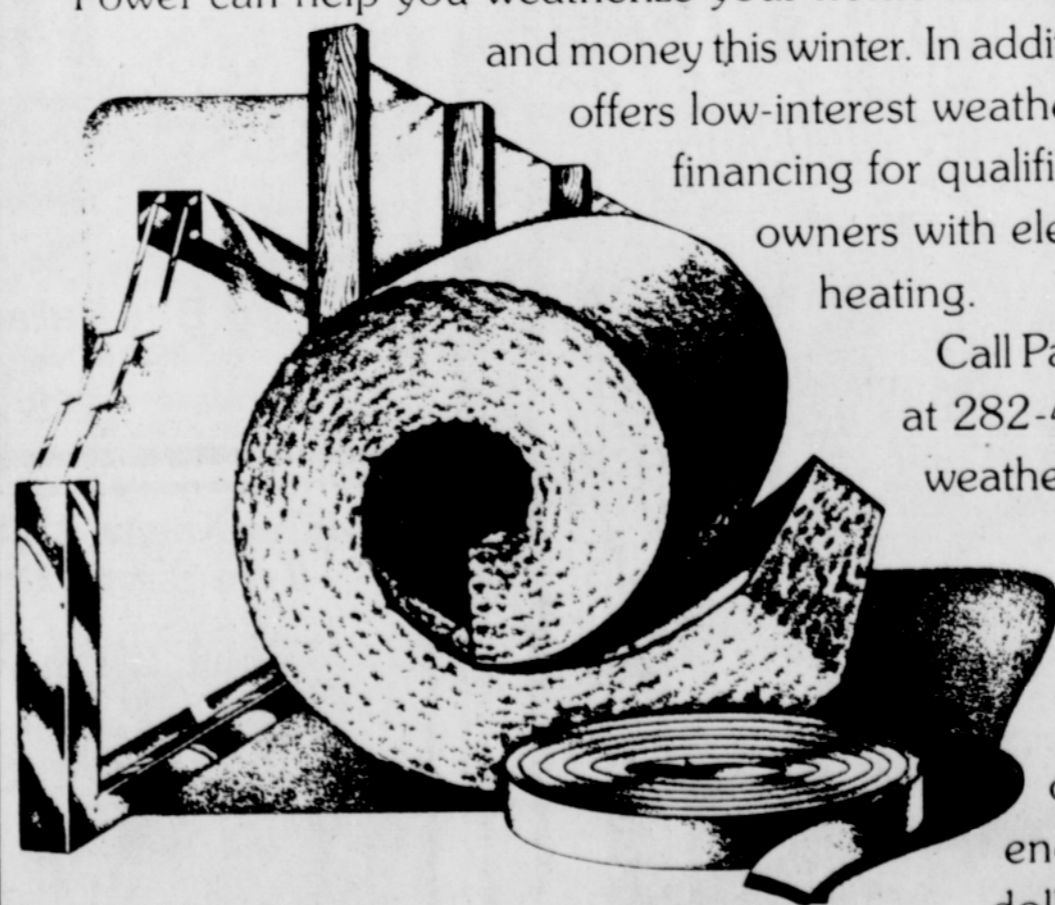
To the Glory of God
The Ark of Safety
Church of God in Christ

the Bible says:
 Follow peace with
 all men's holiness
 without which no
 man shall see the
 Lord

Tuesday	Bible Band	7:30 p.m.
Thursday	Choir Rehearsal	7:00 p.m.
Sunday	Sunday School	9:15 a.m.
Morning	Worship	11:15 a.m.
Y.P.W.W.	Worship	6:30 p.m.
Evangelistic	Worship	8:00 p.m.
Tuesday Friday	Noon Day Prayer	
Friday	"The Pastor Speaks"	7:30 p.m.
Saturday	Morning Prayer	9:00 a.m.
<small>"Showers of Blessings" broadcast Sunday morning, 10:00 A.M. Station KAAR 1360AM One</small>		

**Keep Old Man Winter
Where He Belongs . . .
Out In The Cold**

Now is the time to get serious about saving energy. Don't let "old man winter" catch you unprepared. Pacific Power can help you weatherize your home to save energy and money this winter. In addition, Pacific offers low-interest weatherization financing for qualified homeowners with electric heating.



Call Pacific Power at 282-4323 for weatherization tips that will help you get the most out of your energy dollar.

