

**COMMUNITY
DENTISTRY**

BY Dr. Edward Ward

**Improving Your Smile
Part 1**

Do you hate to smile because of embarrassment about your teeth? There are now many options for correcting the defects, each with advantages and disadvantages. In this article, and next week's, I will explain the choices you can make that will help you regain self-confidence and make you want to smile — all the time.

Dentists can now correct the color and shape of teeth by the use of tooth colored dental plastics. Their application (called bonding) helps restore stained or damaged teeth. It closes gaps between teeth and builds up old, eroded teeth. The composite resins are "painted" onto the front surfaces and then hardened under a special light. Bonding can last three to five years.

Sometimes we apply a warm peroxide solution in order to brighten those teeth that have been stained by coffee, tea and tobacco. "Bleaching" may not remove all stains, but it will certainly help.

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**Elections
Newsbriefs
November 11, 1987**

Compiled by Nyewusi Askari

Mississippi

By a slim margin, voters in the State of Mississippi passed a repeal of an 1890 constitutional ban on interracial marriages.

Philadelphia

W. Wilson Goode, the city's first Black mayor, beat ex-mayor Frank Rizzo by an official 14,000 votes.

Hartford, Conn.

Carrie Saxon-Perry, became the first Black woman mayor of a major city in the Northeast.

Baltimore, Maryland

States Attorney Kurt Schmoke became Baltimore's first elected Black mayor.

Charlotte, N.C.

Charlotte's first elected Black mayor, Harvey Gantt, was defeated in his bid for a third term by Sue Myrick. Mayor-elect Myrick, who is White, will be the first female mayor or North Carolina's largest city. Gantt lost by 1,000 votes.

ANC Leader Freed From Prison

77-year-old African National Congress leader Govan Mbeki was freed November 5, 1987, after spending 23 years in prison. Mbeki, Nelson Mandela and six other senior ANC members were sentenced to life in prison in 1964 following convictions on charges of sabotage. The only White defendant, Dennis Goldberg, was freed in 1985 and is reported to be living in London, England.

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- N. Lombard at Oswego
- 23rd & West Burnside
- Calleigh Hills Plaza
- Lake Oswego 90 S.A.
- 102nd at S.E. Division
- King City
- Oak Grove

NUMBER OF UNITED CO-OPERS

Prime Rate Decreased

First Interstate Bank of Oregon has changed its prime rate from 9.00 to 8.75 percent effective at the opening of business on Thursday, Nov. 5, 1987.

First Interstate Bank of Oregon's prime rate refers to the bank's publicly announced prime rate which is a base rate used to price some loans. It may not be the lowest rate at which the bank makes any loan.

First Interstate Bank of Oregon is an affiliate of First Interstate Bancorp, the nation's ninth largest banking company with more than 1,100 domestic offices and over 30 offices specializing in international banking.

Drug (Crack) Counseling

Drug (Crack) counseling for abusers is available starting November 30 at 7:00 p.m. There will be films and group discussions. For information, call 289-4915.

Black Affairs Monthly Meeting

The Oregon Commission on Black Affairs will hold its regular monthly meeting, Wednesday, November 18, 1987 from 3 to 5 p.m. in Room 354 of the State Capitol Building in Salem, Oregon. The meeting is open to the public and all interested persons are welcome. Please note change of date from usual second Wednesday, due to holiday.

For more information, contact Faye Burch, Oregon Commission on Black Affairs, 378-2969.



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L. Ron Hubbard

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Hey Mom!

Turtles give their young no care at all. The mother sea turtle digs a hole on a beach and lays her eggs, covers them with sand and then returns to the sea. The sun hatches the eggs.



With a Latino mural on Central America as the backdrop, participants in Sunday's rally heard compassionate pleas by Natasha Lopez, a senior at Roosevelt High School and member of it Peace Club, for student to get involved and find out the effect U.S. policy has on other countries.



Kamau Anderson, of Portlanders Organized for Southern African Freedom, discusses the flaws in the U.S. foreign policy in Central America and South Africa to the 500-600 people who gathered in Pioneer Courthouse Square for a rally, "A Call For Peace in Central America."

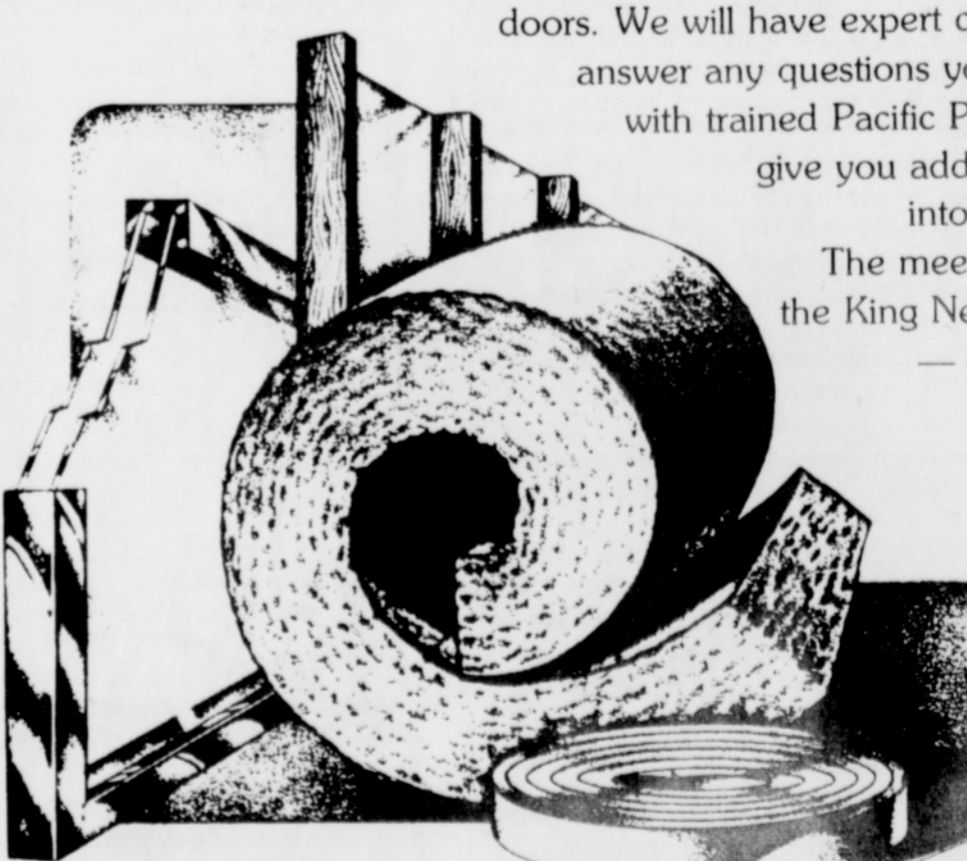
Photo by Richard J. Brown

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

On Thursday, November 19th, Pacific Power and Light is conducting a free Weatherization Seminar and workshop. The workshop will contain information and ideas for our customers to make their home more energy efficient, e.g. ceiling insulation, floor insulation, storm windows and storm doors. We will have expert contractors to answer any questions you have, along with trained Pacific Power employees to give you additional information into our programs.

The meeting will be held at the King Neighborhood Facility — 4815 NE 7th, in the cafeteria from 6:30 p.m. to 8:00 p.m. P.S. There will be free giveaways.

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



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