

# Advantage Real Estate & Development Services

Is Proud to Sponsor Another "Free"

Buyers Club Workshop, November 20, 1997, 6:30 PM Until 8:00 PM. Advantage Real Estate Development 1829 N.E. Alberta St. Ste. A (Space is limited so please RSVP at 287-7167 in advance)

Advantage Real Estate & Development Services have again teamed up with Albina Community Bank to bring you a comprehensive approach to home buying.

This one and one half hour workshop has been designed to provide you with information on credit management, home financing, finding the perfect home, understanding escrow and knowing who your real estate agent is actually working for.

It takes more than finding a good real estate agent to be successful. It takes a cooperative partnership be-

tween you, the lender, the real estate agent, the home inspector, etc.

The Buyers Workshops provide you an opportunity to sit down with industry professionals, right there on the spot. You leave knowing what you have to do to make owning your own home a reality.

On hand will be credit expert from Consumer Credit Counseling, a loan officer from Albina Community Bank, a home inspector from Accurate Home Inspections, Inc. and escrow officer from First American Title Company of Oregon and a real estate agent from Advantage Real Estate & Development Services.

These industry professionals are prepared to take away the fears and confusion of home buying.



Rose Marie Davis Owner/Broker of Advantage Real Estate

## Deadly dangers of drinking, driving

Season of holidays bring traffic safety message

The sobering holiday message that drinking and driving don't mix is being driven home in a traffic safety campaign co-sponsored by Precision Tune Auto Care and Mothers Against Drunk Driving.

"We have joined forces with MADD in their national holiday campaign focusing on sober and safe driving," it was announced by Jay Ripley, CEO of Precision Tune Auto Care. "We are honored to be a part of the 'Tie One For Safety' campaign and are committed to spreading the message through our centers. Putting a stop to drunk driving makes the roads safer for everyone."

Approximately 20 million MADD red ribbons will be distributed between Thanksgiving Day and New Year's Eve through Precision Tune Auto Care centers and by MADD volunteers. The MADD ribbon tied to a vehicle is a symbol of the motorist's commitment to drive sober and reminds other drivers to do the same. Beginning on November 28, motorists can stop by any Precision Tune Auto Care across the country to pick up a free MADD ribbon.

"The holiday season should be a time of joy and celebration, but all too often, this special time

becomes marred with tragedy when someone chooses to get behind the wheel after drinking," said Katherine Prescott, National President of MADD, in announcing Precision Tune Auto Care as MADD's newest partner.

"Our mission is to stop drunk driving. Until that is accomplished, we will continue to support the victims of this violent crime and work to educate motorists to the dangers.

Partners such as Precision Tune Auto Care help us make more people aware of what they can do to make the roads safe for all of us."

## Fewer Parents Choosing Circumcision

In the U.S., circumcision is a cultural and medical tradition, but many parents of newborn sons are now choosing not to have the procedure done.

"For Jewish and Muslim parents, circumcision is a religious choice and clearly a separate issue," said Dr. Mary L. Brandt, a pediatric surgeon at Houston's Baylor College of Medicine and Texas Children's Hospital.

And there are occasional cases when circumcision is a medical necessity, such as for phimosis (scarring that makes it impossible to retract the foreskin), paraphimosis (when the foreskin cannot be returned to its normal position) or balanitis (infection of the foreskin).

"But for other cases, it is a mat-

ter of choice, and many of my patients' parents are declining the procedure," she said.

"On either side of the routine circumcision issue, you can make an argument that has merit," said Brandt, who cites two reasons for not choosing the procedure:

\* There is no data to suggest a true medical advantage to the surgical removal of foreskin.

\* As with any surgical procedure, there is risk of complications and infection, even though they are very minor.

For parents who choose not to have their son circumcised, it is important that they be taught how to properly care for the infant. Contrary to information usually passed down in families, Brandt said, and infant's

foreskin should not be retracted.

Premature foreskin retraction can cause bleeding, infection and scarring, leading to phimosis and other problems.

As a boy gets older, gradual retraction of the foreskin during bath time will help it dilate, with full retraction usually possible by age 2 to 4. It is important that the retracted foreskin be returned to its original position after cleaning to avoid paraphimosis.

"Some of my patients' parents still prefer to have their sons circumcised, and I do perform the procedure," Brandt said. "But, as more information is available and the cultural pressure changes, more and more parents are electing not to have their sons circumcised."

## Researchers Find a Way to Ease Oral Feeding in Premature Infants

Researches have found a way to facilitate oral feeding in low-birth weight infants.

The study, being conducted at the USDAARS Children's Nutrition Research Center at Baylor College of Medicine in Houston, looked at 171 infants born 26 to 29 weeks after conception.

"We used a specially designed apparatus that measured how much pressure

the baby was applying to the nipple and how much breast milk or formula was flowing through it," said Dr. Robert Shulman, a Baylor professor of pediatrics and Director of the Nutrition Support Team at Texas Children's Hospital in Houston. "We found that it is easier for premature infants to ingest milk if they regulate the flow of milk out of the nipple themselves by squeezing off the nipple."

Premature infants cannot leave the

hospital until they can take all of their feedings independently either by breast or bottle. Generally, premature infants are not bottle-fed until 34 weeks after conception because they cannot coordinate sucking, swallowing, and breathing to eat. Traditionally, they are then fed through a bottle that is tilted so the milk pressure produces a continual drip in the infant's mouth.

## Health Policy Makers Are Listening

Oregon Health Decisions, is inviting you to tell health policy makers, at their request, your values about fairness and sharing the cost of expanded health care coverage in Oregon.

Oregon Health decisions has gathered citizen values in the past which have made a tremendous impact on health care access for Oregonians.

It is looking for interested natural leaders of community groups and organizations from every walk of life and every community, large and small, in Oregon.

Meeting conveners will use a

tool developed to gather and report on the values stated in their meeting to Oregon Health Decisions staff.

A preliminary report will be written, and this report will be taken to a "Parliament" made up of Oregon Health Council members, legislators, staff of the Oregon Health Plan Office of Policy and Research, and citizens who participated in the values gathering process.

This group will perform a quality check, assuring valuable information was not lost in making the preliminary report, and translate the values language into policy language, assuring the information is accessible to policy

makers when they refer to it.

Health policy makers want to know what you value about fairness and sharing the cost of expanded health care coverage in Oregon.

"We need participation from the greatest number and the greatest variety of people and perspectives in Oregon as possible" officials said.

You can get involved in this grassroots effort by calling us at (503) 241-0744 to volunteer, for more information, or to share comments or suggestions about how to ensure the success of this grassroots effort.

## Some loving care can help your houseplants this winter

Now that winter is on the way, there's more to pay attention to caring for house plants. The most important factor in the care of house plants is matching a plant's needs to its environment, according to Ross Penhallegon, horticultural agent with the Oregon State University Extension Service.

Consider light sources, light intensity, temperature and total room environment. Each plant has its own individual cultural requirements, but will tolerate some changes.

All plants will tolerate very low light conditions. On the whole, it is best to avoid hot direct sun rays for long periods of time.

A bleached out area on a plant's leaves indicates too much light. Thin, leggy growth in a plant means not enough light.

Avoid placing plants near direct sources of hot or cold drafts.

A sudden change of temperature from doors, windows, furnace ducts, wood stoves or television sets can be detrimental to a plant. Wilting foliage and brown tipped leaves may be symptoms of a temperature problem.

Fertilize lightly during the active growing season to keep house plants healthy. Use a water soluble fertilizer and apply monthly during the spring and summer. During the winter, fertilize lightly every other month to keep the foliage green.

Over-watering is the main problem in the care of house plants, said Penhallegon. Water each plant according to its needs, rather than by a regular schedule.

Plants in containers with drainage holes can be thoroughly watered, as the excess drains out. If there are no drainage holes, check the soil two inches beneath the surface to see if the soil is

still damp before adding water. Plants without drain holes will often have yellowing lower leaves and will gradually decline. Too much water encourages root rot. Move plants to better drained pots if you suspect inadequate drainage.

Insect pests can move in unexpectedly. Check the undersides of leaves regularly, especially on those plants brought in from outdoors.

Wash the foliage regularly with a mild soapy solution, making sure to rinse all the soap off completely.

A fine water spray or wiping the leaves with alcohol-soaked cotton will take care of most insects. Rinse off all the alcohol. Use any chemical insecticide with great care.

Obtain more complete information on individual types of house plants from your library, a bookstore, or favorite nursery.



Urban League of Portland

The Care Team of Metropolitan Community Church of Portland in cooperation with the Portland Area Business Association and the Urban League of Portland

presents the Portland Observance of

## World AIDS Day

Monday December 1, 1997

7:30-9:30 pm

Grand Ballroom of the Portland Art Museum  
1219 SW Park Avenue

Dr. Amos Brown

Keynote Speaker

Board of Supervisors, San Francisco, California  
Senior Pastor, Third Baptist Church  
Nationally Recognized Civil Rights Leader

Names Project

Dedication of Quilt Panels

Coalition for AIDS Education

1997 Red Ribbon Awards

"Blood Lines"

A Work in Progress

by Filmmakers

Jennifer Jako & Rebecca Guberman

Contributing Sponsors

Cascade AIDS Project

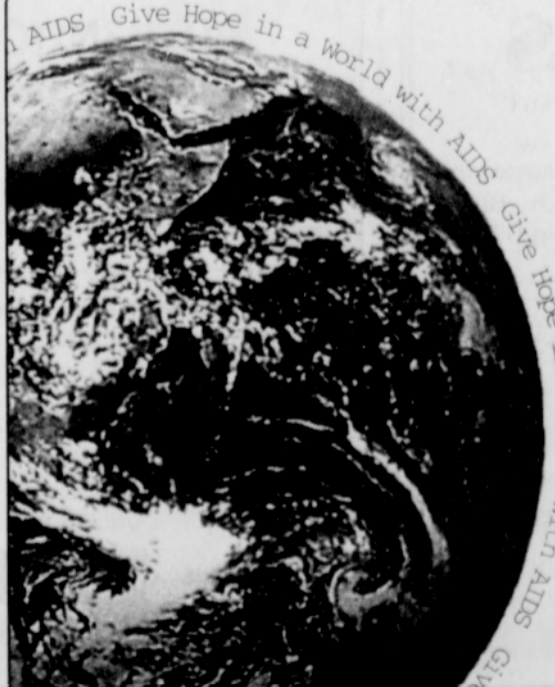
Coalition for AIDS Education

Community AIDS Network

HIV Advocacy Council OR-SWWA

Names Project

Contact the Metropolitan Community Church of Portland for more information 281-8868



## THANKSGIVING DINNER

FREE!



FREE!

- Welcome to A CALL TO ACTION 2nd Annual Thanksgiving Dinner
- Sponsored by Mothers Against Gang Violence
- For Members of MAGV & Others In The Community
- Dinner will be served Nov. 27th, between 12:30 - 3:30 pm
- EVERYONE IS WELCOME:
- WHERE: (Brooks Place) 3620 N. Williams/Portland, Oregon

For volunteering or more information, contact Helen S. or Tommy S. (503) 231-5067 or 240-6705