

*Continuing her commitment to family and  
community*

## THE JOYCE WASHINGTON MEMORIAL SCHOLARSHIP

Joyce Washington was tireless in her devotion to children and building a better community.

The Portland Observer is continuing this loving legacy by awarding high school seniors from our community scholarships to help them achieve their dreams.

You can help by sending your contribution to the Joyce Washington Memorial Scholarship Fund in care of Bank of America.

Your support will be truly appreciated.

Call your local Bank of America for more information,  
thank you.

# WHAT IF MEN COULD GET PREGNANT?



We would discover that help, love and support are just as important during pregnancy as after the child is born.

Guys, we may not be able to get pregnant, but we can play an important role for the women in our lives during their pregnancies. Whether you're the dad, a loving partner, a friend or a relative, here are some ways you can help:

**Ask what she needs from you.**  
Accompany her to prenatal appointments.

**Be patient** with her changing moods.

**Keep your own stress and anger in check.**

**Help her stay away from cigarettes, drugs and alcohol.** Don't smoke around her.

**Give her a break.** Let her put her feet up while you help with chores.

**Bring her flowers** and tell her she's beautiful.

**Talk about your questions and fears** with other dads.



Healthy Birth Initiative

