

Business Service Directory

STATE FARM INSURANCE COMPANIES
HOME OFFICES: BLOOMINGTON, ILLINOIS

MICHAEL E. HARPER, SR.
Agent
CYNTHIA S. WASHINGTON
Customer Service Representative

4004 SW Barbur Boulevard
Portland, OR 97201

Off.: (503) 221-3050
Fax: (503) 423-7144

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CANNON'S RIB EXPRESS

Chicken • Pork Ribs • Beef Ribs
Catering & Take-out
Wayne & Juanita Cannon
(Proprietors)

Our Specialty: Real Hickory Smoked Bar-B-Q

Mon-Thur 11:30 - 9:00 • Fri-Sat 1:30 - 11:00 • Sun 1:00 - 7:00

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Licensed, Bonded & Insured

GRAFFITTI REMOVAL SPECIALIST
&
PRESSURE WASH SERVICE

Pressure wash houses, driveways, decks & concrete, sandblasting walls, moss removal & gutter cleaning commercial property

8244 N.E. Snowberry Ln.
Vancouver, WA 98664
(503) 516-5884 Cell. Contact Lester L. Parker

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Dean's Barber & Beauty Shop

Horace Simpson
A.D. Williams
282-2920

213 N.E. Hancock
Portland, OR 97211

FAST TRACK MARKETING

Northwest Cooking Woods

100% Mesquite Charcoal, Mesquite Wood, Hickory, Pecan, Wild Cherry, Oak, Sugar Maple, Plus Other Woods & Supplies

Call for appointment - Ask for Paul
P.O. Box 20741, Portland, OR 97294-0741
(503) 254-0774

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Music Galore & Galore Paging

Website
www.galorepaging.com
503.288.9180 "Call 903-BEEP For NE Portland Store
503.287.1983 A Location Near 3213 NE MLK Blvd.
(fax) You" Portland, OR 97211

8/23

Lovely Nails

Professional Nail Service
Highest Quality Products, Best Nail Design
Waxing, and Facials,
Special Full Set \$18, Fill \$12
From 10:00 a.m.-2:00 p.m.

1465 N.E. Prescott Unit A Portland, OR 97212
Business Hours
Mon-Sat 10:00 am - 7:30 p.m. Sun By Appt. Only

NORTHSIDE FAMILY YMCA

The Grace & Evelyn Collins Memorial Community Center
128 NE Russell Street - Portland OR 97212
PO Box 11930 Portland OR 97222-0930
Phone 288.3355 fax 288.4155
We build strong kids, strong families, strong communities

YMCA Mission: To put Christian principles into practice through programs that Build healthy spirit, mind, and body for all through love, respect, honesty, responsibility and service.

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LAQUISHA'S
BEAUTY & BATH SUPPLY
ANTHONY HUFF

309 N.E. Wygant St
Portland, OR 97211
TEL: (503) 249-7329

Open
Mon-Sat 9:00am-9:00pm
Sunday 10am-5pm

MILLENNIUM M PROPERTIES **MLS.**

FULL SERVICE REALTY

Office/Paging (503) 282-2551
VM Pager (503) 237-6777
Fax (503) 282-6827
4929 N.E. Fremont St.
Portland, Oregon 97213
CG11165@aol.com
www.chrisguinnll.com

Chris Guinn III
Sales Associate

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BILLY REED'S RESTAURANT & BAR

AT THE STANDARD DAIRY

2808 NE M.L.K. Jr. Blvd.
Portland, OR 97212
503-493-8127
Cell 503-422-8110

Mark Nelson
General Manager
www.stdairy.com

Need an attorney?
Most people do

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Free initial consultations
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24 hours a day!

7/19

Big A Construction

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* Basic Demolition

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- Sheetwork Installed
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- Plumbing \$25.00/hour
- Window Or Door Frames \$15.00/wind/door \$16.00/door
- Janitorial Services \$17.00/hour
- Free Estimates
- Remember The Name: O..

Chase and Weil
Attorneys at Law

Gerald M. Chase **Richard L. Weil**

722 SW 2nd Ave. Suite 240
Portland, Oregon 97204
503.294.1414

PCRII Portland Community Reinvestment Initiatives, Inc.

We are a non-profit affordable housing provider.
We work with qualified residents whose income level is at or below 80% of median family income.

Hours: 8:30-5:00 pm., M-F
4829 NE Martin Luther King, Jr. Blvd.
Portland, OR 97211-3351
(503) 288-2923
Fax: (503) 288-2891
E-mail: Charlene@pcrhome.org

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Place your business here for just \$50.00 a month

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

