

Midwives Celebrate 20 Years at Emanuel

With good outcomes, fewer interventions

Have you ever thought about giving birth without an epidural? While the majority of women would never consider it, if you're a patient of a midwife, you probably have.

Nearly 40 percent of Legacy Midwifery Services patients chose not to receive this form of pain relief when giving birth and an impressive 83 percent chose vaginal births, a stark contrast with the rapidly-increasing popularity of cesarean sections for many women. These differences are just a few of the many that set the practice of midwifery apart from other labor and delivery options.

This week, Legacy Midwifery Services will celebrate these differences with two special occurrences — the program's 20th anniversary and National Midwifery Week, highlighting midwives' commitment to being "With Women, for a Lifetime."

Melissa Burtchaell is one of these women. Nothing will stop her — not even a three-hour drive from Bend — from delivering her fourth child with the unique support of a midwife. Burtchaell delivered her first three children with the help of Legacy Midwifery Services and was impressed with the personal-



The Midwifery staff at Legacy Clinic Emanuel, 280 N. Vancouver Ave., carries on a healthcare practice for expectant mothers that are apart from other labor and delivery options.

ized care she received. "They are just so personable," said Burtchaell. "I get a very homey feeling when I

am there." Terri Cohen, director of Legacy Midwifery Services, agrees.

"Women are attracted to midwifery care. We focus on the specific needs of women, offer a variety of options, minimize unnecessary inter-

ventions and work collaboratively with physicians."

Throughout history, women have relied on midwives to help them through pregnancy, childbirth and the postpartum period. Today's midwives, however, can help with a wider range of care, providing birth control counseling, prescriptions and follow-up examinations. In addition to women of childbearing age, midwives can also care for adolescents and menopausal women. Should a medical condition need more specialized treatment, they can help with referrals to a gynecologist or other specialist.

In fact, for a low-risk pregnancy, a midwife might be the best choice. A 1998 study determined that infant and newborn deaths were significantly lower following midwife-assisted births. Other research has consistently confirmed equal or better outcomes for midwife versus physician-assisted low-risk births, citing significantly lower rates of interventions such as induction of labor, rupture of membranes, episiotomies and cesareans.

Legacy's program has shown a strong commitment to women in the community, delivering more than 5,000 healthy babies in its 20 years.

Clinic hours are Monday through Friday from 8:30 a.m. to 5 p.m. For appointments, call 503-413-4500.

NW Natural Heating Help Tips

NW Natural refers low-income customers who cannot afford their heating bills to human service agencies throughout the company's service territory.

Each year, the natural gas utility and its customers donate about \$150,000 to the Gas Assistance Program, which passes the funds to local community action agencies. Funds are also available through the federal

Low Income Energy Assistance Program and Oregon Low Income Gas Assistance.

Customers can spread energy costs more evenly through the year by asking to be billed for an equal amount based on their annual usage history.

NW Natural will provide customers with information and advice on weatherization and other energy efficiency measures, and will assist customers

in learning how to participate in energy efficiency programs offered through the Energy Trust of Oregon.

As part of its service, NW Natural will send a technician at no additional charge to check the efficiency and safety of gas appliances and recommend improvements. Many area heating equipment companies also offer furnace tune-ups to increase home heating efficiency.

OAME Contracting Meeting

The Oregon Association of Minority Entrepreneurs (OAME) hosts the next A&E/Contractor's Meeting networking opportunity on Friday, Oct. 13 at 7:30 a.m. at the OAME Cascade Plaza at North Vancouver Avenue and Skidmore Street. The meeting is free and open to the public.

The purpose of the ses-

sion is to open up contracting opportunities for minorities, women, and emerging small businesses. This is an invaluable time for small businesses to build relationships with key contacts from private and public organizations including: the City of Portland, TriMet, Hoffman Construction, Stacy & Witbeck and many more.

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Power of the Word

'Tangoing With Tornadoes'

Attend a free sneak preview of "Tangoing With Tornadoes", a new choreoplay about violence written by S. Renee Mitchell, an award-winning columnist with The Oregonian, with a musical score by Janice Scroggins, 6 p.m. to 8 p.m. Friday, Oct. 13 at Talking Drum Café and Bookstore, also known as Reflections at 446 N.E. Killingsworth Ave.

The performance by three women of color dares to tell the story of women everywhere. The play is also scheduled to premiere from 6 p.m. to 9 p.m. Friday and Saturday, Oct. 20 and 21 at The Center for Self



S. Renee Mitchell

Enhancement, Inc., 3920 N. Kerby Ave.

Admission to all of the events is free and suitable for teenagers and adults. For more information, call 503-249-1721 extension 259 or email ChristyH@selfenhancement.org.

Lights On Open House at PAL

The Police Activities League will host a free Lights On Afterschool community-wide open house for families on Thursday, Oct. 12 from 5 p.m.-7 p.m. at the PAL Youth Center at 424 N.E. 172nd Ave.

PAL is a nonprofit organiza-

tion whose mission is to bring together youth, police, and the community through recreational, athletic, educational, and enrichment activities designed to encourage and develop good citizenship and improve the quality of life in the community.

Student Who Broke Color Barrier Cast in Bronze

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ment to the power of love to overcome hate."

After Gov. Ross Barnett tried to block Meredith's admission in 1962, President John F. Kennedy used National Guard troops to restore order.

The soldiers were bombarded with brickbats and Molotov cocktails by a mob of hundreds of whites — students and others — who

chanted, "Two, four, six, eight, we will never integrate."

Two people were killed in the riots.

The leafy Oxford campus, in the hills of north Mississippi, also contains a Confederate soldier statue as a tribute to students who fought in the Civil War. The statue of Meredith is about 100 yards away, separated from it by a building that still bears bullet scars from the integration fight.

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