

Portland Observer Auto Review

News and reviews on new motor vehicles

2008 MINI Cooper Clubman

BY KATHLEEN CARR

The Clubman notion isn't a new idea, but it remains a good one. It's the third body style in the reborn Mini lineup, alongside the second-generation coupe, which came to market early this year, and the convertible, still on the carryover gen-one platform for another year or so.

Powering the standard MINI Cooper Clubman is an alloy 1.6-liter, transversely mounted, inline 4-cylinder engine. In this configuration, it is rated at 120 hp. The 1.6-liter engine on the MINI Cooper Clubman S uses forced induction, in the form of a twin-

scroll turbocharger, to boost horsepower to 175. It is still fun to drive.

The 2008 clubman is all about space and access to it, so besides the split rear-cargo doors, there's a rear-hinged, half-door-size access panel on the passenger side that makes back-seat entry and outlet a much easier proposition than in the coupe—all the better by which to enjoy the much-needed increased legroom. The Mini two-door's simple hatchback arrangement is far easier to operate and a good deal more practical in everyday use. The rear doors have added appeal to the mini.

Despite the clear emphasis on versatility from its larger footprint, the new Clubman manages to retain all the sporting fun of



Specifications: Dual overhead cam 1.5-liter inline 4-cylinder engine; 6-speed manual transmission; 28-City 37-Highway MPG; \$28,700, MSRP

the standard two-door. Our only real criticism involves the torque steer that's apparent while accel-

erating hard from low speeds. Part of the reason can be found in the additional weight at the back of the car. Second, the front wheels now carry a brake-regeneration system to produce electrical power for the battery, so the alternator is disengaged from the engine during acceleration. (This brake-regeneration system will not be available on U.S. models until later next year, however.)

The way the Clubman rides really got our attention. The longer wheelbase not only liberates more space inside, it also provides the Mini Clubman with a smoother and more controlled ride. There's less flutter in the suspension over rough pavement, and once ruffled by large bumps, the suspension tends to settle faster.

The standard audio system features six speakers, AM/FM radio, and a CD player. A "Hi-Fi" CD Audio System, with ten upgraded speakers, is available. The audio can also be upgraded further to satellite or high-definition radio. MINI offers an on-board trip computer as standard.

The 2008 Mini Cooper Clubman has been a hit. BMW has taken the standard mini and improved it. It has improved in the style, however it still lacks legroom in the rear. The clubman will draw more buyers than the standard Mini do the overlook, added length and ease of not having to bend over to get in the rear of the vehicle.

HEALTH



Summit Research Network, located in the Montgomery Park building at 2701 N.W. Vaughn St., is offering free blood pressure screenings as part of a medication research study.



Free Blood Pressure Screening

Tests offered at Montgomery Park building

High risks for high blood pressure happens at an earlier age, and is more severe for many African Americans. The good news is that high blood pressure can be controlled—and better yet, it can be prevented!

Blood pressure is the force of

blood pushing against your blood vessels. Your blood pressure is at its greatest when your heart contracts and is pumping blood. This is systolic blood pressure. When your heart rests between beats, your blood pressure falls. This is called diastolic blood pressure. Blood pressure is always given as these two numbers: the systolic and diastolic pressures. The numbers are usually written one above or before the other, with systolic first, for example, 120/80.

When your blood pressure is

high, your heart has to work harder than it should to pump blood to all parts of the body.

Over 72 million Americans have high blood pressure, that's one in three adults. High blood pressure is known as the "silent killer" because one third of those with high blood pressure don't even know they have it.

If you are overweight, stressed or get little exercise, you may be at risk for high blood pressure. High blood pressure increases your risk

of diabetes, stroke or heart attack.

That's why it is so important to find out if you have high blood pressure and to get help for it.

Summit Research Network is offering a free blood pressure screening on Wednesday, Aug. 6 from 11 a.m. to 2 p.m. at the Montgomery Park Building, 2701 N.W. Vaughn St., in the Mt Adams Room on the second floor.

For more information, call Summit Research Network at 503-228-CARE or visit SummitPortland.com.

Cancer Expert: Limit Cell Phone Use

Advice is to err on side of safety

(AP) -- The head of a prominent cancer research institute has issued an unprecedented warning to his faculty and staff: Limit cell phone use because of the possible risk of cancer.

The warning from Dr. Ronald B. Herberman, director of the University of Pittsburgh Cancer Institute, is contrary to numerous studies that don't find a link between cancer and cell phone use, and a public lack of worry by the U.S. Food and Drug Administration.

Herberman is basing his alarm on early unpublished data. He says it takes too long to get answers from science and he believes people

should take action now — especially when it comes to children.

"Really at the heart of my concern is that we shouldn't wait for a definitive study to come out, but err on the side of being safe rather than sorry later," Herberman said.

No other major academic cancer research institutions have sounded such an alarm about cell phone use. But Herberman's advice is sure to raise concern among many cell phone users and especially parents.

He says children should use cell phones only for emergencies because their brains are still developing.



Sara Loughran, a 24-year-old graduate student at the University of Pittsburgh, talks on her cell phone while waiting for a bus on campus. (AP photo)

Wellness Focus at Mt. Olivet

Health and wellness will be celebrated with educational talks, chair massages and health screenings during a Day of Wellness for Women of Color event, on Saturday, Aug. 2 from 8 a.m. to noon at Mt. Olivet Baptist Church, 8725 N. Chautauqua Blvd.

Topics will include breast health and cancer prevention, as well as screenings for heart health, stork risk factors and colorectal cancer.

The heart screening includes a personalized measurement and analysis of blood pressure, cholesterol levels, blood sugar, lean body

mass, fat weight and optimal weight measurements.

Registered nurse stroke care specialists will assist attendees in identifying their personal stroke risk factors and develop a plan to prevent a stroke.

The event is open to the public and free of charge. Call 503-335-3500 to pre-register for screenings.

HEALTH WATCH

Childbirth Preparation -- Thursdays, starting July 31, from 7 p.m. to 9 p.m., are the launch dates for a four-week series to help first-time parents prepare for a more comfortable labor and delivery with lectures, practice and discussions; \$85 per couple. To register, call 503-574-6595.

"Vegetarian Dessert Heaven" -- Thursday, Aug. 7, from 6 p.m. to 8:30 p.m., Mt. Hood Community College will offer a course teaching the art of cooking low fat and cholesterol-free nutritious and delicious dessert; \$34 fee, to register call 503-491-7572.

Infant CPR -- Monday, Aug. 11, from 6 p.m. to 8 p.m.,

this class will teach families how to perform rescue breathing, CPR and choking maneuvers for infants 1 to 12 months old; \$34 fee. For more information and to register, call 503-574-6595.

Welcome to Medicare -- Thursday, Aug. 14, from 7 p.m. to 9 p.m. and Saturday, Aug. 16, from 10 a.m. to noon, Mt. Hood Community College will provide the free classes explaining the fundamentals of Medicare allowing new recipients to make informed decisions regarding various options available; to register call 503-491-7572.

Newborn Care -- Saturday, Aug. 16 from noon to 5 p.m., expectant parents get a complete look at preparing for the new arrival, topics include bathing, diapering, safety and answers to common questions; \$45 fee per couple. To register, call 503-574-6595



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An ongoing series of questions and answers about America's natural healing profession.

Part 27. Chiropractic VS Migraines: Saying goodbye to the most menacing of headaches

Q: Can anything be done for migraines? I've had them for the last 20 years and I sincerely can't take it much longer.

A: I had a patient once ask the same question. Her concern, however, was that Chiropractic might hurt. After becoming a patient, she began to make progress. Slowly but surely the nauseating effects of the migraine were leaving her. One day, relaxed and without pain, she said to me "I can't believe that I waited 20 years for this!"

That's one comment I'll never forget! The story had a happy, but isn't it sad that it had such an unfortunate beginning. So many suffer for so long with their pain. They literally waste years of their lives, waiting, thinking that it is just a temporary condition. Life itself is a temporary condition. We are all

here for only a while. Why waste one precious moment, let alone years suffering needlessly? Find your freedom through good health NOW... naturally. Find your freedom through Chiropractic...and make each day count. Isn't it time you stepped up to safe, effective Chiropractic?

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