

HEALTH MATTERS

Accepting all CLASSIFIEDS, BIDS, SUB-BIDS and LEGAL NOTICES

To Place Your Classified Advertisement

Contact:
 Phone: 503-288-0033
 Fax: 503-288-0015
 e-mail: classifieds@portlandobserver.com



FAB LIVING
 W/ REBEKAH STAR

Mother Knows Best

In a recent conversation with one of my girls we began to talk about a conversation she and her mother recently had about what she should do with her life. Needless to say, my 34 year old friend was aggravated. You understand.... You get that feeling like Mom is trying to run your life- even at 30, 40, or 50 years old. We all know how it can make the relationship quite contentious at times. The funny thing is; our relationships with our daughter will very likely be the same. Giving advice that sometimes falls on deaf ears. How much of what she's telling you is true? It may take years and years that go by before you realize "Mom may have been right about that", and the 'Aha' moment hits us. Here's a quick look at some of the common sayings that have been passed down from generation to generation. A couple of these hit home for me, How about you?

a huge number of disparities to our mind & body. Some of those conditions include weight gain, acne, diabetes, stress and low energy levels -- the list goes on and on. It is extremely unhealthy to miss out on sleep. It allows your body time to repair itself from all of the damage and pollution our body endures during the day. Interrupting that process will slow down cell turn over. In short, it interferes with the proper function and flow of our body. Say Goodbye to problems and Hello to 8 hours of sleep!

"Stop Picking at your skin"

Going around with a huge pimple is just asking for the self-consciousness to creep in. I know it's hard to do, but you must keep your hands off! Squeezing and picking can cause more irritation, redness, swelling, and as we discussed in a previous article, scarring (dark spots). Another drawback is that in most cases it will take longer to heal than if you would have just left it alone. So, it doesn't take much to figure this one out. Mom wins!

"Sit Like a Lady"

This one is pretty old fashioned. It reminds me of the days back as a Debutante- Shoulders back, head up. That kind of thing. I have to admit though, getting in the habit while your younger certainly makes it second nature. Studies show that crossing your legs at your ankles, rather than knees, can help prevent spider veins. Sitting tall also gives a really lovely, confident appearance.

Did any of these hit home for you? Let me know what your favorite sayings from your mother are by visiting our Facebook page "FaB Living w/ Rebekah Star" Until next week, Live FaBulously!

"Stop Biting Your Nails"

Chewing on your nails is not only unattractive, but also makes your nails weak and prone to peeling and splitting. It can also provide an easy way for bacteria to enter the body and create infection. Biting your nails can also lead to last damage and can be very painful. For many women with this problem, getting a manicure with bright colored polish can provide enough incentive to stop the chomping. Some dermatologists say that excessive biting can be a sign of high stress levels or chronic anxiety.



"When are you going to bed, It's getting late"

I guess the 'Early bird get's the worm' is kind of another way of saying this one: Early to bed, early to rise is certainly a wise choice. Sleep deprivation will cause

BUSINESS Directory

State Farm®
 Providing Insurance and Financial Services
 Home Office, Bloomington, Illinois 61710

Ernest J. Hill, Jr.
 Agent
 4946 N. Vancouver Avenue, Portland, OR 97217
 503 286 1103 Fax 503 286 1146
 ernie.hill.h5mb@statefarm.com
 24 Hour Good Neighbor Service®

INTERSTATE DENTAL CLINIC

5835 N Interstate Ave,
 Portland, OR 97217

watch video at <http://www.yellowpages.com/info-2668891/Interstate-Dental-Clinic>

(503)946-6273
 edwardward2@aol.com



website:
www.cosmeticedentalportland.com/Default.htm

Horace S. Simpson
 Barber



For an appointment, call:
 (503)734-5312

222 N. Killingsworth Ave.
 Portland, Or 97211

upscalebarberspa@yahoo.com

ABEL
 Textured Hair Specialist/Designer
Beautyfirst & Salon
 Clackamas Promenade
 8946 SE Sunnyside Road
 Clackamas, OR 97015-7778
 503.654.4656
 or 503.654.5357
 Relaxer • Cut-Style • Color

Availability:
 Thurs. 9-3 (after 3 by Appt.)
 Saturday 9-3

Stop by or call for Appointment

Mizani Professional Hair care products used and sold at this salon

Double J Tires
 New & Used Tires
Overstock & Used Tires
 \$15 & up PRICED TO SELL
 All tires mounted & blanded on the car, out the door - no additives.
 Free stock wheels w/ purchase of any new or used tire- limited to stock on hand 30 years in business

2 locations to Serve You
 6841 NE MLK, Portland
 503-283-9437
 4510 SE 52nd & Holgate
 503-771-1834

State Farm®
 Providing Insurance and Financial Services
 Home Office, Bloomington, Illinois 61710

Michael E Harper
 Agent




We moved to our new location:
 9713 S.W. Capitol, Portland, OR
 503-221-3050
 Fax 503-227-8757

TERRY FAMILY FUNERAL HOME

2337 N. Williams Ave.
 Portland, Or 97227
 503-249-1788

We make the service personal,
 You make the tribute personal.

Every time we arrange a personalized funeral service, we take special pride going the extra mile. With our online Memorial Obituary, now we can do even more. Friends and family can find out service information, view photos, read obituary, order flowers and leave personal messages of condolences from anywhere, anytime.

Simply go to our website.
www.terryfamilyfuneralhome.com

"Dedicated to providing excellent service and superior care of your loved one"



Dwight A. Terry
 Oregon License CO-3644
 Amy S. Terry
 Oregon License FS-0395