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Platinum Fade S A L O N



*We have the best barber & hair stylists
We do razor line cuts, weaves, relaxers and cuts*

Barbers & Hairstylist Wanted - 1 month free

5010 N.E. 9th Ave., Unit A, Portland
503-284-2989

Hours of operation:

M-F 9 a.m. – 6 p.m.
Sat 8 a.m. – 9 p.m.
Sun 11 a.m. – 6 p.m.

The African American Men's Club, Inc. (AAMC)

Presents an OLD SCHOOL PARTY

60's & 70's – Oldies but Goodies
Saturday, June 26, 2010
Billy Webb Elk's Lodge
6 North Tillamook St., Portland, Oregon

9 PM – 1 AM

Donation: \$15.00 per person
Music by: DJ Papa Chuck
Best Dressed from the 60's & 70's Wins: \$50.00

Raffle & 50/50 Split: Tickets - \$1.00 each
Menu: Roast Beef, Chicken, Green Beans,
Salad & Dinner Rolls

Tickets Available at:
AAMC Club Members
Cynthia Livingston (503) 504-0640
Cannon's Rib Express (503) 288-3836
One Stop Records (503) 285-1159
Geneva's Shear Perfection (503) 285-1159
James & Johnnie Mayfield – Vancouver (360) 576-8519

*Proceeds to benefit the AAMC Scholarship Program
The African American Men's Club is a non-profit organization*

HEALTH MATTERS

5 Essentials for a Flawless Complexion {for men & women}

We often wonder what our skincare regimen should consist of. Some are not sure if we need protection from the sun or not, what's needed to clear up those dark spots, or to prevent them. Here is my advice on how to achieve the skin of your dreams!

#1- Exfoliate

Your skin is constantly producing new cells (every 28 days) and shedding old ones. As we age, this process slows down causing dull, lifeless complexions. Exfoliating not only increases circulation, which helps firm your skin, but renews your skin, helping to fade dark spots and reveal radiant skin!

#2- Use Sunscreen

You may think if you have color, you don't need as much protection from the sun. But be aware- We all do! The rays from the sun are extremely powerful and has been the leading cause for the skin cancer Melanoma. Protect yourself with an SPF 15 or greater EVERY SINGLE DAY.

#3- Don't Pick at Your Skin

This is one of the biggest causes of marks on your skin. As you interfere with your skin's natural ability to repair itself, you are leaving damage. Dark spots, scars, and scabs making your skin take longer to return to its natural state.



FAB LIVING

W/ REBEKAH STAR



#4- Wash Your Face Before Going to Bed

Because your skin is renewing itself while you sleep, it is essential to remove anything that will interfere with that process. This is not only limited to make-up, but you are also removing oil, dirt and any environmental elements that have attached themselves to your skin throughout the day.

#5- Drink Water- Lots of It!

Where there is life there is water. That should include inside of you! Water helps to eliminate toxins from what we

eat, stress, environmental damage, etc. I know it's really hard sometimes, but by you can jazz it up a bit by adding cucumbers, lemon wedges, or strawberries which are all also great for your skin. Go ahead, flush your system with at least 60oz. of water daily!

Make it a habit!

Please let us know your thoughts on our articles by visiting our Facebook Page: Fab Living w/Rebekah Star and post your comments. Until next week, live Fabulously!

Take Action. Get Tested!

\$20
value

*"Where to go,
so you know"*

Multnomah County Health Department's HIV Community Test Site offers **confidential** HIV testing with or without your name at these locations:

Downtown Community Test Site
Call 503.988.3775 for an appt.
Mon | Thurs | Fri
426 SW Stark St., 6th Floor,
Portland, 97204

Northeast Health Center

Just walk in
Tuesdays | 5:30 - 7:15 pm
5329 NE MLK Jr. Blvd, 2nd Floor,
Portland, 97211

"Free with this coupon"



Se habla español: other interpretation by appointment.