#### **To Place Your Classified Advertisement**

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## Platinum Fade



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.

11a.m. - 6 p.m.Sun

### 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 AMDonation: \$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

# HEALTHMATTER

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 vour 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!

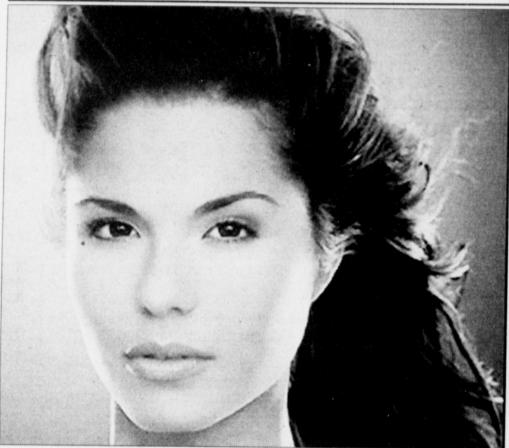
#### #2- Use Sunscreen

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 you skins natural ability to repair itself, you are scars, and scabs making your skin take longer to return to its natural state.





#### #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!

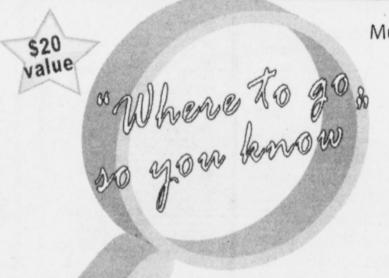
eliminate toxins from what we next week, live Fabulously!

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 leaving damage. Dark spots, Where there is life there is visiting our Facebook Page: water. That should include in- Fab Living w/Rebekah Star side of you! Water helps to and post your comments. Until

# Take Action. Get Tested!



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, I Portland, 97204

"Free with this coupon"

**Northeast Health Center** 

Just walk in Tuesdays | 5:30 - 7:15 pm

5329 NE MLK Jr. Blvd, 2nd Floor, Portland, 97211

Se habla español: other interpretation by appointment.