



New Prices Effective May 1, 2010

Martin Cleaning Service

Carpet & Upholstery Cleaning Residential & Commercial Services
Minimum Service CHG. \$45.00

A small distance/travel charge may be applied

CARPET CLEANING
2 Cleaning Areas or more \$30.00 Each Area
Pre-Spray Traffic Areas (Includes: 1 small Hallway)

1 Cleaning Area (only) \$40.00
 Includes Pre-Spray Traffic Area (Hallway Extra)

Stairs (12-16 stairs - With Other Services): \$25.00

Area/Oriental Rugs: \$25.00 Minimum
Area/Oriental Rugs (Wool): \$40.00 Minimum

Heavily Soiled Area: Additional \$10.00 each area (Requiring Extensive Pre-Spraying)

UPHOLSTERY CLEANING

Sofa: \$69.00
 Loveseat: \$49.00
 Sectional: \$109 - \$139
 Chair or Recliner: \$25 - \$49
 Throw Pillows (With Other Services): \$5.00

ADDITIONAL SERVICES

- Area & Oriental Rug Cleaning
- Auto/Boat/RV Cleaning
- Deodorizing & Pet Odor Treatment
- Spot & Stain Removal Service
- Scotchguard Protection
- Minor Water Damage Services

SEE CURRENT FLYER FOR ADDITIONAL PRICES & SERVICES
Call for Appointment (503) 281-3949

OPINION

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Stereotypes Stifle the Human Spirit

Making room for what needs to come

BY LOEY POWELL

It is often while doing the most mundane tasks that we remember things learned

from loved ones who are no longer with us. Like the other day when I was "deadheading" our neighbors potted flowers as part of taking care of their house and cats while they were on vacation. All of a sudden, my father was close by. Dad was an avid gardener and he was the one who taught me that snipping off the dead and drooping blooms made it possible for fresh new blooms to burst forth.

"Deadheading" (no, this has nothing to do with the Grateful Dead!) clears out what is past to make room for what needs to

come.

I was thinking about this along with the recent death of Sally Ride, the first U.S. woman astronaut to go into outer space. Her death touched me for many reasons. We are the same age, and I know her sister, the Rev. Bear Ride, a Presbyterian minister who lives around the corner from my mother.

Sally Ride's place in history and her dedication to inspiring young people, especially girls, to consider the sciences as a career through the Sally Ride Science Academy (sallyridescience.com), is a tremendous legacy.

I recently read a report of research conducted by Boston University journalism professor, Caryl Rivers and Rosalind C. Barnett, senior scientist at the Brandeis Women's Studies Research Center, that shows definitively that girls are no less "hardwired" to excel in math and science than boys. In their

co-authored book, "The Truth About Girls and Boys: Challenging Toxic Stereotypes About Our Children," Rivers and Barnett show that it is the early messages girls receive about not being able to do math or science well that contributes to many girls scoring lower than boys in these areas.

In other words, if young girls did not get messages from parents, teachers and peers that they are inherently not suited for achieving success in math and the sciences, they would likely be entering into the fields of science, technology, engineering and math in equal numbers as their male counterparts.

"Stereotype threat" can be a confidence-killing anxiety, which can set in at very early ages. It is not good for either girls or boys.

Sally Ride and her sister Bear, were both encouraged by their parents to follow their dreams and pursue whatever interests they had. God bless their parents, and

all parents, who give their children ample room to discover who they are meant to be.

A lot of old stereotypes need to be deadheaded. Girls should only wear pink. Boys should learn how to rough-and-tumble early on and never should cry. Girls can't do math. Boys are best at building things. Men should not show emotions. Women are not suited for top leadership positions — unless they act like men.

Stereotypes kill creativity. They stifle the human spirit. Sally Ride reached for the stars and got closer to them than most of the rest of us ever will. Every child should have the same opportunity to dream, to reach, and to succeed.

We adults need to deadhead old ideas so our kids can soar into their own heavens of wonder and possibility.

Loey Powell serves as executive for administration and women's justice for the United Church of Christ.

