



**Your Carpet  
Best Cleaning  
Choice**

## 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



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FOR ADDITIONAL  
PRICES & SERVICES  
Call for Appointment  
(503) 281-3949**

# OPINION

## New Congress Threatens Birth Control Access

May want to get  
an IUD while  
you can

BY OLIVIA ALPERSTEIN

As soon as the presidential election results were announced, alarm bells went off for anyone who cares about reproductive rights.

Lawmakers around the country have been moving for years to restrict abortion rights. But for millions of women who've taken proactive steps to prevent unplanned pregnancy, there's a much more direct threat: the next administration coming after their birth control.

As organizations like Planned Parenthood put out urgent calls for resources and support, ordinary women are asking: What do we do if we no longer have access to affordable birth control next year?

For many, the answer could be to get an intrauterine device, or IUD.

These tiny devices last either three or five years, depending on the model. Shaped like a small "T" with a thin string attached,

they feature a variety of combinations of hormones and come with a near-perfect guarantee to prevent pregnancy.

After a short procedure, the IUD stays put for years without any muss or fuss. No hustling to take a pill at the same precise time each day, no anxiety about missing a dose, and no worries about getting a full peri-

od each month.

In short, the IUD is a great option for many women — and particularly attractive in the face of a possible near future without birth control access.

Thanks to the Affordable Care Act, most insurance plans are required to cover the cost of prescription birth control, including IUDs. That means no co-pays, deductibles, or out-of-pocket costs. Unfortunately, Republicans have repeatedly tried to gut the Affordable Care Act, and they'll have an ally in the next president.

If Congress dumps Obamacare, some 20 million people — including over 250,000 people who have signed up since the election — could be left without the means to

access proper healthcare, including reproductive healthcare.

Meanwhile, other lawmakers are attempting to deny women the right to birth control point-blank. Laws like the proposed Russell Amendment would let doctors, pharmaceutical employees, and other health care providers claim a religious right to refuse to provide birth control. Employers could even fire workers for using birth control on their own dime.

With their reproductive rights at stake, it's no wonder many women are hedging their bets right now and looking for a long-term birth control option.

Ninety-nine percent of women of reproductive age have used some form of birth control.

That includes women of all religious, ethnic, and cultural backgrounds, from all walks of life, and with all sorts of life experiences. From young women with medical conditions that affect their hormones to teenagers to mothers of multiple children, we run the gamut.

It's not just cis-gender women — transgender, agender, and intersex people use birth control, too.

And we aren't about to let any-

one take our access to affordable birth control away.

"The pill" has been around since the 1960s — and so, I was surprised to learn, has the IUD. We are the many, the proud, and we're not willing to go back to the time when back-alley abortions, coat hangers, and turpentine were acceptable methods of reproductive healthcare in the United States.

We're not willing to go back to a time when women didn't have control over their own bodies.

If you're considering using a long-term birth control method and have any questions, ask me — or anyone else in your community who may know the answers. Or check out [bedsider.org](http://bedsider.org), an online resource recommended by women's healthcare providers. There are millions of us out there happy to reach out.

If, on the other hand, you seek to deny us the right to choose what to do with our bodies, remember: We have a voice, and we will not be silent. History is on our side.

*Olivia Alperstein is the Communications and Policy Associate at Progressive Congress. Most recently she worked as an editorial assistant for OtherWords.*

## Seeking Reconciliation Post-Election

Democracy  
is not  
demonization

BY SAADIA AHMAD

I am a Muslim-American and a peacebuilder. In the aftermath of a polarizing election season, the victory of President-elect Donald Trump, and an onslaught of violent hate crimes and proposed policies threatening

human rights, I am struggling to simultaneously maintain my commitment to both roles and identities.

I am deeply troubled by the racist, sexist, xenophobic, homophobic, ableist, anti-Semitic, and Islamophobic rhetoric and violence that is on the rise. In my hometown of South Brunswick,

New Jersey, the school board election signs of a respected, Muslim woman leader were defaced with the phrases "ISIS," "Rag Head," "Oppressor," and "anti-American." This trend threatens the human dignity that America and Islam seek to protect and preserve.

But ignoring what led us to this point today will not serve any of us well. Through this election season and its results, half of our country is communicating something to the other half. Unless every person who voted for Trump is racist, sexist, or xenophobic (which I do not believe is statistically plausible), there must have been something else deeply compelling that motivated their votes for him.

Likewise, those who are experiencing immense fear, pain, and trauma from Trump winning the presidency need to be heard and recognized by those who voted for him. Continuing to shut our eyes, ears, and hearts to one another will continue the polarization that brought us to where we are today.

The dehumanization of Republicans by Democrats and of Democrats by Republicans undermines the pluralism that constitutes both America and Islam. As divided, fearful, and hurt as many of us are,

we all still share in the responsibility of what happens to ourselves and one another in the months and years ahead.

A college mentor of mine commented recently that the price of being an American is tolerance and protection of people we have disagreements with on the issues that matter most. This is a choice each of us faces when we encounter someone whose background, belief, or ideology differs from our own.

In no way is this choice meant to ignore, excuse, or normalize the hate speech, violence, and proposed policies that threaten the human rights of our minority and vulnerable populations. Rather, the point I hope to get across is that at the interpersonal level, each of us has the choice to engage with one another at a level beyond hostility and tolerance, and with curiosity and compassion in its wake. This is where our empowerment and potential can be most impactful.

I am finding many of my progressive, liberal, and Democratic friends unwilling to speak to or even recognize the other side, as if having any connection or com-

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### The Law Offices of Patrick John Sweeney, P.C.

Patrick John Sweeney

Attorney at Law

1549 SE Ladd, Portland, Oregon

Portland: (503) 244-2080

Hillsboro: (503) 244-2081

Facsimile: (503) 244-2084

Email: [Sweeney@PDXLawyer.com](mailto:Sweeney@PDXLawyer.com)