



The Whitebird Clinic at 341 E. 12th Ave., in Eugene, provides medical, legal counseling, and crisis intervention services.

1983 at White Bird Clinic

I'm beginning to realize that there are many unsung heroes in our community. Especially if a "hero" is one who selflessly confronts and overcomes the problems of others, I can think of no better recipient of that title than the community clinic, White Bird. This group of dedicated people engages in confronting problems that literally span the gamut of human experience, doing it occasionally for an extremely low rate and very often for free.

There is, for example, **White Bird Legal Services**. This unit of the building located at 341 E. 12th Ave. helps those with "social" difficulties. Paralegal volunteers (law students and ex-lawyers) interview and counsel people needing legal aid, all for free. If greater assistance is required, thirty community attorneys connected with the program are willing to take cases on a sliding scale, with payment based on ability to pay. There are also night clinics where specific legal problems are addressed (for \$10 an hour) as well as a special program to help people unjustly denied unemployment benefits. These persons are represented at an appeals' hearing and, if any benefits are subsequently received, one week's worth goes to finance the legal help. The Legal Clinic (ph. 342-8255) is open 1-6, Monday through Friday.

Medical problems are the province of White Bird Medical Clinic. White Bird has a particularly comprehensive approach to medicine with a doctor of

naturopathy and an acupuncturist on the staff in addition to an MD and a registered nurse. Also available are nutritional counseling, a medical lab, a low-cost pharmacy, and chiropractic help. Medical services rendered run approximately one-half the cost of other sources (with "programs" for payment if needed) and the lab work is one-third to one-half the norm. The clinic is open 1-5 Monday-Friday and 10-12 Tuesday-Thursday. (Ph. 484-4800.)

When a community member is having problems with psychological orientation or just needs a sensitive ear, **White Bird Counseling Services** are available by appointment. Each client (couples can also receive counseling) meets with two counselors at a time, most of whom have degrees in psychology and are White Bird-trained. The first visit is free and thereafter a sliding scale of \$3-\$20 an hour is employed. White Bird also has a drug/substance abuse program called **Rising Sun**. To make an appointment, the number is 342-8255.

Lastly, there is **White Bird's 24-Hour Crisis Intervention** program. Open 24 hours a day, seven days a week, it has not closed down in over twelve years. Responding to phone calls (342-8255) and walk-ins, this program deals with crises ranging from suicidal depression and overdose to family problems. Each worker in the program undergoes many months of training before being allowed to

participate and, of the 53 persons actively involved with the program, 50 are *unpaid* volunteers, many working 30-40 hours a week. Their services are utilized by local hospitals, the Eugene Police, Rape Crisis Network and others, adding up to over 5000 crises a year. As you might expect from White Bird, all such services are free.

In total, of a staff of over 100 for all four programs, just twelve get paid. Only a few government grants from the state and county are given (for example, in exchange for White Bird being the full-time mobile intervention crisis unit in Lane County) and some money is made by providing crisis and medical coverage to fairs and festivals. Nevertheless, the yearly budget for all programs (\$125,000) insures only marginal survival. Should you wish to contribute, donations of money (which are tax-deductible), goods (for example, furniture), or energy are gratefully accepted.

For those of us who are feeling the pinch of "hard times" or for anyone with need of compassionate and competent service, White Bird Clinic is an invaluable community resource. Given their willingness to tackle problems of every sort for little or no pay, I repeat my earlier contention: within the building located at 341 E. 12th Ave., heroism abounds.

—Larry Deckman

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Classes

Rajneesh quiet meditation and bio-energetics class, 3072 Willakenzie Rd, 343-8516.

WISTEC classes and workshops for children and adults in science and computers. After school and weekends. Register today, noon-5 pm. 2300 Centennial Blvd. 484-9027.

Equinox Celebration with Mitzi Linn. Find the Goddess within you and her rebirth at springtime through ritual, guided self discovery, a project, studying myths and historical perspective. \$25, 10 am-5 pm, 8 pm-10 pm. 345-0233.

Sports

Semi-Pro Soccer Tourney (OR, WA, CA teams participating). Willamette High School, 1901 Echo Hollow Rd, 484-5307.

St. Patrick's Spring Fling, Salem Bicycle Club ride. Meet 10 am, State Capitol Bldg, 30 min. ride to Dallas. 364-9066.

Children's Events

Storytelling: Northwest Indian myths and tales told by acclaimed artist Dave Barrett. A matinee performance will be held at 2 pm for children of all ages. Cost is \$4/family, \$2/adult, \$1/senior citizens and students grade 12 and under. Community Center for the Performing Arts, 8th and Lincoln. Tickets can be purchased at Valentine's (next to UO bookstore), Paideia School (Lincoln School). 683-8269 or 342-3458.

Concert Music

Mason Williams/Of Time and Rivers Flowing, (Sold Out) Another performance added Monday, 3/21.

Film

Wizard of Oz, 1 pm, Amazon Community Center, \$1.

Spring Equinox Celebration, meditation and service features Oslund and Co. dancers, juggling, music by Michael Harrison, service by Norma Cordell and Nancy Clark. 7 pm at the Unitarian Church, 477 E 40th. \$3 donation. Phone 344-0178 for information.

Monday 21

Children

Mug Making and T-Shirt Design Classes. For 4-6 year-olds: Mug Making, M & T, 9-10:30; T-Shirt Design W & Th, 9-10:30. For 7-12 year-olds: Mug Making M & T, 2-3:30; T-Shirt W & Th, 2-3:30. \$2.50 each. Pre-registration required. 746-1669. Willamalane Park & Recreation District.

Video/TV

Cable 11 (Community Access) TV presents: News Briefs, "The Great Rock Debate," 6:00; The Monocettes' Show, Spring Fever Street Chic Special, Avant Garde Girls variety talk show a la 1983, "Film at 11" and "Bush Tetras," 6:30; Nuclear Questions, Lois Wadsworth interviews Aaron Novick on the early development and testing of the atomic bomb, 7:00; Dave on the Fly, everything of interest to the fly fisherman, 7:30; Music Notes, 8:00; Friday Night in Ducktown, 8:30; Paul Burnett Show, 9:30.