

### Workers' Support Group Forming!

A Support Group for Workers is forming to initiate projects that empower workers, discuss workplace problems, explore common issues, and share ideas towards creation of specific solutions. The first meeting of the Workers' Support Group will be held in downtown Portland on Tuesday, February 10, at 7:30 p.m., in Meeting Room E of the Main Public Library, on the corner of S.W. 10th and Taylor Streets. For more details, call WRAP, Workers' Rights Action Project, at 231-8550, or 238-9854.

### Eating For A Healthy Heart

February is National Heart Month. Emanuel Hospital & Health Center is sponsoring two classes to help you help your heart. "Eating for a Healthy Heart" emphasizes the importance of low cholesterol meals and food preparation. The classes will be held from 7 to 8:30 p.m. at Emanuel in Room 1075. Course fee is \$6. "Cooking for a Healthy Heart" provides the students with a meal cooked to perfection that follows the American Heart Association's guidelines for proper nutrition—balancing high fiber with low cholesterol. This class will be held from 7 to 9 p.m. at Emanuel in Room 1077. Course fee is \$15. Register early for these classes by calling 280-4284.

### Black Womens Movement

Black feminist, union organizer and civil rights activist since age 14, Julie Hicks will be a guest speaker on the key role of "Black Women in the U.S. Labor Movement." Radical Women meeting on Thursday, February 26, 6:30 p.m., Multnomah County Central Library, 801 S.W. 10th Avenue. Everyone is welcome. For more information call 249-8067. Wheelchair accessible.

### Black History Observance At Portland Federal Building

Black history will be featured in a two-day observance on February 10th and 11th at the Green-Wyatt Federal Building, 1220 S.W. Third Avenue. Sponsored by the Black Employment Program Committee, the agenda will include a number of speakers, singers and other entertainment from the Black community. The theme for this year will be "Blacks and the United States Constitution: Colonial Times to Present."

The celebration, to be held in the Federal Building lobby, is part of the national observance of February as Black History Month. All activities will begin at 11:45 a.m. and end at 12:45 p.m.

On February 10th and 11th, a "Soul Food Luncheon" will be prepared by the federal building cafeteria staff, available to the public at modest prices.

For more information, contact Sharon Nickelberry, 221-3240.

### Head Injury Support Group

The Family Head Injury Support Group will next meet Tuesday, February 10, 7:00 p.m., in the Easter Seals Building (5757 S.W. Macadam) in Portland.

Speech therapist Kathy Ware will discuss "Communication and Problem-solving After Traumatic Brain Injury". Ware will review common types of communication problems associated with head injury, and will present strategies for improving communication, recall, and problem-solving skills.

There is no cost to attend, and the public is welcome. For more information, please call 229-7707.

### Need for Adoptive Homes

This Valentine's Day, consider opening your heart to a child. Adoptive parents are needed for Oregon's older and "special needs" children. These include siblings, children over age six, minority children, as well as children with handicaps. Older, experienced parents and single adults are welcome to apply. No fees are charged for the adoption study. For more information, contact Claudia Hutchinson at the Special Needs Adoption Coalition office 222-9661. The address is 2301 NW Glisan St., Portland, OR 97210. A child is waiting to share your love.

### Stop—Look—Read

Parents Anonymous is Helping Parents Succeed. Put your parenting experience or problem solving skills to good use by volunteering to be a Child Care Specialist. Training provided. Call our 24-hour Parent Help Line 238-8818.

YOU CAN MAKE A DIFFERENCE!

### Suspect Charged With Killing

Carl Lee Rucker, a student at the Tongue Point Job Corps Center in Astoria, Oregon, has been arrested and charged with the November 29, 1986, murder of Wilbert T. Menefee, Jr. Menefee was found shot to death in an alleyway near N. Mason St. Henry Groepper, Portland Police Bureau spokesman, said Rucker



was charged with Menefee's death after he was arrested on an outstanding warrant from the state of California and from Multnomah County. Rucker is currently lodged in the Multnomah County Justice Center without bail.

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