



Children of the Black Education Center were taken to Guatemala by way of song, dance and story by a Guatemalan family traveling the Uni-

ted States telling their story. Following their presentation, the B. E. C. children entertained the family. Photo by Richard J. Brown



Harriet Tubman Middle School will have a week of festivities celebrating International Week. Tubman students representing their heritage with the hat they are wearing are (L-R) Kim Hsu,

Tiawan; Amy Rose; Yugoslavia; Dalebert Acelar; Philippines; Desmond Criner; Africa; and Rachel Anderson, Scotland. The festivities will end on Friday, April 18 with a visit by Congressman Ron Wyden. Photo by Richard J. Brown

### Let's Shape Up

Women of all shapes, sizes and ages are invited to a special fitness workshop "Let's Shape Up", Tuesday, May 19, 7-9:30 p.m., at Meridian Park Hospital, Tualatin.

Regardless of the shape you're in, you'll learn how to begin (or improve) your personal fitness plan and to tailor a whole-body program to meet your needs. Testing will be done for body composition analysis, flexibility and muscular endurance, and exercise equipment will be available for demonstrations. Clothing should be comfortable.

The workshop will be led by exercise physiologists Patti Finke. There is a \$12 fee, and pre-registration is required.

For additional information or to register, contact the Community Education Department, 692-2656.

### PCC Interpreter Training Program Schedules Orientation Sessions

The Interpreter Training Program at Portland Community College has scheduled six orientation sessions for prospective students at Cascade Campus, 705 N. Killingsworth.

The sessions will supply information about the program and other fields related to deafness, help the prospective student decide whether or not to apply for the sign language interpretation program, provide counseling and answer questions.

Sessions will be held the evenings of April 6 and May 21, and both days and evenings August 17 and September 8.

Those who wish to attend the orientations are advised to call Chris Cady, ITP secretary, at 283-2541, Ext. 5288, to book an appointment.

### Teach-In

Organizing for South African liberation. 11:00 A.M. to 4:00 P.M. Saturday, April 18, 1987 at the Black Educational Center, 4919 N.E. 17th (17th & Alberta). Sponsored by AFSC, POSAF, PSU Black Cultural Affairs Board and PSU Women's Union.

Keynote Speaker: Rev. Colin Jones.

Schedule: 11:00 a.m., Introduction; 11:30 a.m., Video "South Africa Unedited"; 12:00 p.m., Brown Bag Luncheon & Discussion; 1:00 p.m., Rev. Colin Jones (from Cape Town, So. Africa); 2:00 p.m., Witness to Apartheid; 2:30 p.m., Comments on Witness & Student Organize by Bill Bigelow; 2:00 to 4:00 p.m., Workshop on Organizing Strategies for Students, Teachers, and Community Activists.

### You Are Cordially Invited

The Portland N.A.A.C.P. Federal Credit Union's 30th Anniversary Banquet will be held Friday, April 17, 1987, at the Ramada Inn, 10 N.E. Weidler, Portland, at 6:00 p.m. Tickets cost \$15 per person.

For more information or tickets, call 281-7744.

### One Day Workshop

Meridian Park Hospital, Tualatin, will offer a one-day workshop "Dealing With Difficult People" on Saturday, May 23, from 9 a.m. to 4 p.m. at the hospital.

Participants will learn how to deal positively with the anger and frustration that difficult people can cause, whether they're co-workers, clients, family or friends. Also covered will be identifying the difficult person's motivations, reinforcing positive behavior, and how to be less of a target.

Cost of the workshop is \$25, which includes lunch. For more information or to register, call the Community Education Department at the hospital, 692-2656.



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Reception and Gallery Talk, 8 pm April 17  
Sponsored by the National Endowment for the Arts

Oregon Art Institute

The Black Educational Center  
cordially invites you to a  
Book Party  
in honor of  
Roy DeCarava

Saturday, April 18, 1987  
2-4 p.m.  
1640 NE Alberta St.

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in the summer. It keeps the  
house cool."  
Percy Baum,  
Pendleton, Oregon



"When it's hot out, the cooling  
is a bonus."  
Harvey Watt,  
Bend, Oregon



"All summer the heat pump  
cools the house...at an eco-  
nomical price."  
Robert Wheeler,  
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"In summer, the heat pump's  
great. I don't have to have my  
house opened up to keep it  
cool anymore, so everything  
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Kathy Jackson,  
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"It sure kept us cool and com-  
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Dave Forney,  
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Sam Suttle,  
Talent, Oregon



"We're real pleased with the  
winter heating. We find it  
economical."  
Harold Rempel,  
Dallas, Oregon



"I like the even heat the heat  
pump gives us all winter."  
Patrick Spencer,  
Walla Walla, Washington



"It's much more convenient  
than heating with wood all  
winter."  
Steve Pettit,  
Cottage Grove, Oregon

