

School Exchange Brings Delegates From Nicaragua to Portland

Two Nicaraguan high school students and their high school principal arrived in Portland Saturday, November 7, for the first Portland-Corinto Sister City School Exchange.

The Sister City School Exchange brings Mayra Gallo Aguirre, principal of Corinto High School, and two students, Jose Martin Altamirano Chevez and Sara Maria Oviedo Ortiz, to Portland for three weeks to observe and participate in the U.S. educational system and make presentations about education and youth in Nicaragua.

According to Millie Thayer of the Sister City Association, the purpose of the exchange is to "build ties of friendship between the youth and educators of Portland and our sister city in Nicaragua. We hope to give Portland students a chance to hear first-hand the perspective of young people in a developing country which has been the focus of so much attention, and often misinformation, in the United States." Thayer said she hopes an exchange can be organized to send Portland students and teachers to Corinto for a similar experience.

The students will divide their time between Lincoln and Jefferson high schools, where they will attend classes, give presentations, and participate in student activities. They will be housed with families from these two schools, where students, staff and parents have helped make the visit possible through fundraising projects. Students at Lincoln earlier produced and sent a "video letter" to students at the high school in Corinto.

Principal and mathematics teacher Maya Gallo will visit and address teachers at several schools and colleges in the area. All three guests have been invited to meet with the Portland City Council, Multnomah County Commission, Portland School Board, Portland Association of Teachers, and several churches.

Students at Jefferson High School plan a special welcome on November 9, and the public is invited to "Conzca Corinto — Get to Know Our Sister City," a special presentation to be held at Portland State's Campus Ministries, 633 S.W. Montgomery, at 7:30 p.m., November 13. A reception precedes this event at 5:30 p.m.

Mayra Gallo Aguirre was born in Chinandega, Nicaragua, in 1952. She began her teaching career at the age of 18 and then attended the National University in Leon in the mid-seventies. A founding member of the Nicaraguan teachers union, ANDEN, she organized teachers in her hometown from 1977-79.



Millie Thayer and about twenty Portlanders greeted three visitors from Portland's Sister City in Nicaragua, Corinto, as they arrived in Portland Saturday evening. Two students and their high school

principal will be in Portland for three weeks. (L-R) Sara Maria Oviedo Ortiz, Mayra Gallo Aguirre, Thayer, and Jose Martin Altamirano Chevez. Photo by Richard J. Brown

In 1980, during Nicaragua's award-winning literacy campaign, Gallo was a Zonal Delegate in charge of the program in two municipalities. Today she is director of Corinto's only high school, Azarias Henry Pallas Institute, where she also teaches fourth year mathematics. She is the mother of three children, aged 15, 10, and 4 years.

Jcse Martin Altamirano Chevez was born in Corinto in 1966. He completed two years of military service in his late teens and then returned to his studies at the Corinto high school, where he will graduate in November. This year he was elected President of the Secondary Students' Federation at the school. Altamirano also volunteers in Nicaragua's Adult Education

Program, teaching reading and writing skills to illiterate Corinto residents.

Sara Maria Oviedo Ortiz is 16 years old and also a native of Corinto. She is in her second year of high school at the Institute and is an elected representative to the Students' Federation. Like Altamirano, she was chosen by her fellow students to represent them as part of this first Sister City School Exchange.

For more information, contact Millie Thayer, 236-7916; Debbie Carnall, 239-4872; Helen Lawrence (Lincoln High), 280-5200; or Bill Bigelow (Jefferson High), 280-5180.

Communities of Women Art Show

Art Down the Alley, located at 3764 S.E. Hawthorne, will hold "Communities of Women Art Show" from November 17 through December 31, 1987. The hours are 11-2 Wednesday, Friday, Saturday and Sunday; and 6:30 to 10 p.m. on Thursdays.

The opening reception will be held on November 17 from 7 p.m. to 9 p.m.

On November 27, from 7 p.m. to 9 p.m. Carolyn Gage will present an excerpt from her original work "Joan of Arc" and Mary Rose will sing about women's realities. Hear "Substitution Teachers Blues".

On December 11, beginning at 7 p.m. women will speak out on the topic of "Women in the Arts — What it's Really Like."

For more information, call Art Down the Alley, at 235-0654.

Urban League Hosts Free Health Screenings

The Urban League of Portland, at 10 N. Russell, will host FREE HEALTH SCREENINGS, Saturday, November 14, from 10 a.m. to 1 p.m., in cooperation with the American Red Cross and the Oregon Health Sciences University Lung Health Study department.

For individuals over 18 years of age and who have not had their blood pressure checked within the last six months, the American Red Cross will provide free blood pressure and cholesterol testing and information. Candidates for cholesterol screening must fast for 16 hours prior to the screening. The Red Cross will be doing follow-up and necessary referrals after the screening.

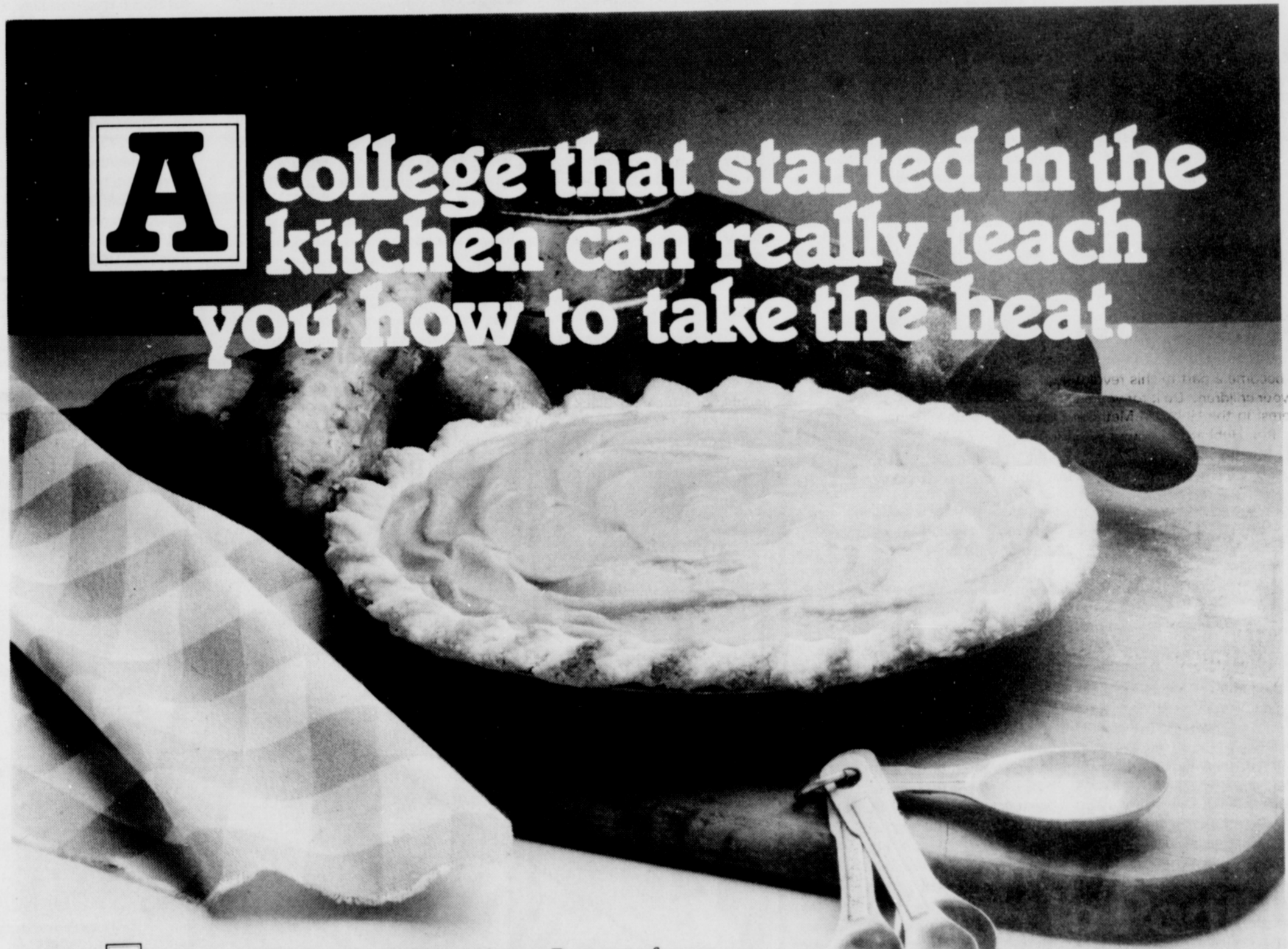
Oregon Health Sciences University Lung Health Study department will provide free lung spirometer testing for respiratory lung damage. Cigarette and/or pipe smokers are encouraged to participate. Candidates for lung screening will be asked to participate in a study of the affect of smoking on lung capacity.

Testing supplies and materials are being provided as a public service by Eastman Kodak Product Division and Emanuel Hospital and Health Center, Department of Laboratory Service.

An appointment is not necessary. For more information contact Aleem Shabazz, American Red Cross, 284-1234 x 191 or Regina Warren, Urban League, 280-2600.



An easy way to ice cupcakes is to place a small piece of chocolate on the top when the cupcake is still hot, and spread the chocolate as it melts.



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