

# NEWS AROUND TOWN



## "America's Black Forum"

BCTV - Sun., 11:00 A.M. and Friday, 6:00 P.M.  
**TOPIC: "Blacks in the '80s"**  
 "Blacks in the '80s," a panel discussion with reflections on the past decade. Host Julian Bond and National Correspondent Kim McCullough, with guest journalists Dorothy Gilliam (columnist for the Washington Post), Kenneth Walker (former ABC News White House Correspondent) and Emmy-award winner Jim Vance (news anchor at WRC-TV in Washington).  
 Topics of discussion will include the impact of Crack cocaine, politics "The Reagan Years" and racial attitudes.

## Young Men Turning 26 In 1990

Young men who will turn 26 in 1990 will be reaching an important milestone, according to the Selective Service System. Beginning on Jan. 1, 1990, men who were required to register with Selective Service in 1982 will be turning 26 and will no longer be eligible for induction should a draft be reinstated. Selective Service does not have the authority to accept late registrations after a man reaches his 26th birthday.

Selective Service State Representative Jerry R. Matthews warned that with few exceptions, a man who fails to register before turning 26 will permanently forfeit his eligibility for certain benefits, such as federal student aid, job training and most federal employment in addition to facing possible prosecution as a felon.

Some states also require registration for state student aid, entrance to state supported colleges and universities, state employment and permission to practice law.

Matthews also points out that men age 18 through 25 who have not yet registered can avoid the risk of prosecution and loss of benefits by registering promptly at any local post office. Failure to register is a felon punishable by a fine of up to \$250,000, up to five years in prison, or both.

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## Learn And Perform Basic Yoga Techniques

Yoga is an excellent way to achieve total body conditioning. Learn and perform the basic yoga techniques of stretching, breathing awareness and deep relaxation with Meridian Park Hospital's six-week yoga course.

The course is taught by a qualified yoga instructor to give you expert instruction to help increase your strength, flexibility, stamina and balance.

This Meridian Park eight-week yoga program begins January 17th through March 7th. The class meets on Wednesdays from 7 to 8:30 p.m. at Heritage at Meridian Park, 19200 S.W. 65th, Tualatin. Cost of the class is \$40.

For registration and information call the hospital's Community Education Department, 692-2656.

## US Bank Offers Free Home Weatherization Seminar For North Portland Residents

North Portland homeowners can still beat the winter chill by attending U.S. Bank's free seminar on home weatherization, on Wed., Jan. 24 from 7:00 - 8:30 p.m. at the Salvation Army Moore Street Community Center, 5430 N. Moore Street.

Sponsored by U.S. Bank, the seminar is designed for home owners who heat primarily with fuel oil and who may not be aware of special weatherization programs now available. The seminar also features a step-by-step explanation of how to go about weatherizing a home.

For more information about the seminar, call 1-800-422-8762. Seating is limited.

## Counselor Needed For Child Abuse Hotline

The Child Abuse Hotline helps prevent child abuse and provides our community with after-hours access for reporting child abuse. Volunteer to become a child abuse hotline counselor. No experience necessary. We train. Training begins in late January. Call 234-7532 for an interview by January 22.

## Educational Offering: Youth-At-Risk - Gang Awareness and Intervention

Hear experts such as Dan Leedom, Portland Public Schools Police, Loren Christiansen, Portland Police Bureau and members of the Northwest Coalition Against Harassment discuss gang behavior and issues. Discuss alternatives to joining gangs and review curricula materials from around the country dealing with gang awareness, prevention and intervention. Find out what teachers, counselors and other school personnel can do to help stop this phenomenon. Gail Maron has thirteen years teaching experience and is the Child Development Specialist at Maplewood School. She is a member of the Portland Public Schools Gang Curriculum Committee.

**Date:** Fridays, Feb. 9th through Feb. 23rd, 1990; Saturdays, Jan. 24th, 1990.

**Time:** Fridays - 5:00 p.m.-8:00 p.m., Saturday - 8:30 a.m.-4:00 p.m.

**Location:** Portland State University, School of Education, Room 408.

**FEE:** Two credits - \$202.

For Registration Information call Portland State University, (503) 725-4832.

## NAACP Launches Mentorship Program In Elementary School

On Friday, Jan. 12th, the Portland Branch of the National Association for the Advancement of Colored People (NAACP) launched a mentorship program for fourth and fifth grades at Woodlawn Elementary school.

Mentors will be community volunteers and board members of the NAACP who will share with students the contributions of local and national African-Americans. This program is being planned as part of human relations month.

## Free Workshop for Chemically Addicted

A free workshop for the chemically addicted will be offered on Monday evenings, Jan. 22nd through Feb. 19th at Project for Community Recover, 3924 N. Williams St. The series will provide information about chemical addiction, means for intervention and community resources.

## Living With Hypertension

Many people live with hypertension, the effects can be deadly.

Meridian Park Hospital is sponsoring a talk by Dr. Lloyd Morita, Internist at the Tualatin hospital. Learn about some of the causes and what you can do to lower blood pressure and in turn live a longer and healthier life.

This session is offered Thursday, January 18, 1990, from 12:30 to 1:00 p.m. at the Tualatin Durham Senior Center. There is no charge and a free blood pressure screening is also scheduled from 1:30 to 3 p.m.

Persons aged 50 and older are eligible to participate in the program. Seating is limited.

For more information, and to register call the Community Education Department at the Tualatin hospital, 692-2656.

## How To Manage Your Financial Resources Throughout Your Retirement Years

Make the most of your financial resources during your retirement years. Meridian Park Hospital is offering a class entitled "How to Manage Your Financial Resources Throughout Your Retirement Years." The three-session class will be offered from 9:30 to 11:30 a.m. on three consecutive Wednesdays, Jan. 17, 24, and 31 on the Meridian Park campus. The class is free.

Participants will learn the importance of financial goal setting, "hidden" assets which may be available and could be put to work to provide income, the impact of inflation and taxation on your investments, and more.

To register, contact the Community Education Department at the Tualatin hospital, 692-2656.

## Public Blood Pressure Screening Scheduled

A public Blood Pressure Screening clinic is scheduled Thursday, Jan. 18th, from 1:30-3:00 p.m. at Meridian Park Hospital, 19300 S.W. 6th Ave., Tualatin.

The clinic will be staffed by registered nurses from MPH. Appointments are not necessary and there is not charge. For more information contact the Community Education Department at the hospital, 692-2656.

## EXPANDING YOUR HORIZONS



## Expanding Your Horizons Conference Set For February 24th

PORTLAND, OREGON—On February 24, 1990, 7th through 12th grade females in the Portland area can attend a conference geared to increasing their interest in variety of career options. The Expanding Your Horizons Conference will held from 8:45 A.M. to 1:15 P.M. at Portland State University.

State Representative Margaret Carter will be able to attend three workshops from among fifteen choices. Dentistry, entrepreneurship, legal work, engineering, interior and landscape designing, veterinary medicine, and news casting are just a few of the careers represented at the Expanding Your Horizons Conference. Students can also attend workshops on making a choice between two and four year college, personal growth and image, and life after high school as viewed by three young women who made varied choices. For Details Contact - June Tremain, (503) 280-5858.

**A CAREER CONFERENCE FOR YOUNG WOMEN IN GRADES 7-12**  
 FEBRUARY 24, 1990 - 8:45 A.M. to 1:15 P.M.  
 PORTLAND STATE UNIVERSITY  
 Special Guest Appearance by Linda Hornbuckle and Mark Bosnian from "Body and Soul"

## The Cry of Freedom

We lived for it,  
 We died for it.  
 The pain, the anguish, the fear.

The fear lives.  
 It is strong, so very strong.  
 The sounds pierce our minds.  
 They never go away,  
 But we try to forget.

Freedom-it lives in our hearts.  
 Stronger than life itself.  
 Death for freedom-  
 Pain, frustration, anguish,  
 The cry is real.

Freedom! Why?  
 To fight, to always fight.  
 To never forget.  
 Head held high!  
 Thank God for the cry of freedom.

"Glory" M. PARRIS

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BEFORE JAN. 20th	AFTER JAN. 20th
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Weekly Fee 7	Weekly Fee 8
Total \$22	Total \$25

JOIN ANY CLASS ANYTIME

For Information Call (collect) weekdays

8:30 a.m. to 5:00 p.m.  
 (503) 297-1021

Maranatha Center  
 4222 N.E. 12th  
 (Enter on Skidmore)  
 Sat. 9:30 a.m.  
 Tillamook Park Bldg.  
 2108 N.E. 41st Ave.  
 Mon. 7:00 p.m.  
 Tues. 7:00 p.m.  
 Wed. 9:30 a.m. & 5:00 p.m.  
 Thurs. 7:00 p.m.  
 Fri. 9:30 a.m.

Temple Baptist Church  
 1319 N.E. 7th, Fireside Room  
 Tuesday 12:00 Noon  
 (Brown Bag Lunch Class)

NORTH PORTLAND  
 Rivergate Community  
 4737 N. Lombard St.  
 Tues. 7:00 p.m.  
 University of Portland  
 5000 N. Willamette Blvd.  
 Columbia Hall (Enter from Portsmouth)  
 Wed. 5:00 p.m.

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