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News In Brief

Arthritis needn't Put An End To Exercise

On the contrary, the right kind of exercise can help arthritis sufferers perform daily activities with greater ease and comfort.

A new class called "Exercise for the Arthritic" will be offered by St. Vincent Hospital and Medical Center on Tuesdays and Thursdays, April 21 through May 28, from 1 to 2 p.m.

Sessions will be held at St. Vincent's Mercantile Medical Plaza, 4015 SW Mercantile Drive, Lake Oswego.

Taught by fitness specialist Marilyn Frankel, the class will focus on freedom of movement, mobility and stamina, all practiced at participants' own pace. The exercises also can be done at home.

Frankel has expertise in adapting exercise to individual needs and limitations. She holds a master's degree in exercise physiology from the University of California, Davis.

Cost of the class is \$32. Preregistration is required and may be made by calling 635-3538 or 645-4864.

Officials Urge Early Removal Of Studded Tires

Mild spring weather has prompted the Oregon Department of Transportation to ask motorists to remove studded tires early this year.

Motorists can legally use studded tires on Oregon roads until the end of April. However, state transportation officials want drivers to take them off as soon as possible to avoid further damage to the state's highways.

Bill Quinn, materials and research engineer for the department, said when used on bare pavement, studded tires can wear out skid-resistant surfaces and cause wheel ruts in the roadway. A rapid wearing of pavement markings also is a concern, he said. Unnecessary use of studded tires causes between \$2.3 and \$2.9 million damage to Oregon roads each year.

Quinn said tires chains and all-weather radial tires are good alternatives for people traveling at high elevations.

Oregon law allows the use of studded tires from Nov. 1 to April 30.

Cultural Diversity Workshop to be held at Urban League

"Making Cultural Diversity an Asset" is the subject of a workshop scheduled for Friday, April 10, from 9 a.m. to 4 p.m. at the Urban League of Portland, 10 N. Russell Street. The workshop will be led by management consultant and author Darrell Simms.

Mr. Simms is a veteran of IBM and Westinghouse and the author of the book Black Experience Strategies and Tactics (BEST). His Beaverton company, Management Aspects Inc., specializes in helping corporations manage diversity and change.

Topics of the April workshop include Cross Cultural Communications; Learning to Value Differences; Managing Change; Assessing Business Practices; Team Building; Improving Relationships; and Dispelling Stereotypes.

The workshop is geared to management professionals and others interested in organizational change. Cost, including continental breakfast, lunch and materials, is \$100 per person.

To register, contact Darrell Simms at 591-7498.

Urban Talent Association To Offer Classes

The Urban Talent Association will be offering performing arts classes beginning Monday, April 6th, at Mallory Avenue Christian Church, located at 126 NE Alberta Street. Classes to be offered include, beginning and advanced acting, stand-up comedy and African dance. For registration information, call The Urban Talent Association at 286-3076.

The City of Portland Environmental Commission will meet April 2, 1992, from 4:00 p.m. to 6:00 p.m. in The Auditorium, Portland Building (1120 S.W. 5th) Second Floor

Job Corps Unit Moves Into New Oregon State Building



The Bureau of Labor & Industries Job Corps Unit has moved to a new location and a brand new building, the Oregon State Building. The new address is 800 N.E. Oregon Street, Suite 260, Portland, Oregon, 97232. Pictured from left to right are Job Corp staff members Marco Navarrete, Vincent Shorte, Poncho Gonzalez, Lana Barr, Kimberly Bridwell, Ollie Smith and Rafael Arellano.

Bogle Meets With NAMCO

by E.T. Otto

Claiming to be "The best hope on City Council for African-American contractors," City Commissioner Dick Bogle addressed members of the National Association of Minority Contractors of Oregon (NAMCO) last week.

During this two hour engagement, Bogle answered questions from the floor and voiced his opinions and positions on several issues including current efforts by the City to reinstate an enforceable program aimed at increasing city contracts with minority businesses.

Bogle oversees the Bureau of Purchasing and Stores which has come under fire for awarding contracts to general contractors who either failed to meet a ten percent minority business enterprise goal, or used questionable means in obtaining them.

During the last council meeting, Bogle cast a "symbolic vote" against the recommendations of the Purchasing Bureau, creating a major disruption amongst its members. A confused Mayor, Bud Clark, finally took his cue during a rare second vote. The council then approved by a three to two margin, the awarding of a \$307,000 contract with only \$600 minority participation. ANAMCO representative, Bill Harden, had spoke against awarding the contract.

Bogle indicated that the issue is a City Council issue and not just the responsibility of the Purchasing Bureau. Those in attendance, many outwardly frustrated, agreed with his assessment.

"The City cannot legally force a prime contractor to use minority firms because of a 1989 Supreme Court deci-

sion," Bogle said. To get more minority firms involved in City contracts, he has established a committee to come up with some short term solutions. "A report is scheduled for release this week," Bogle said.

Bogle pointed to other efforts now underway to increase minority participation. One plan is to fund a feasibility study to see if a disparity study can be undertaken. "This will involve a number of agencies such as Multnomah County, the School District and the Port of Portland," Bogle said.

Because of the Supreme Court's historic Croson v. City of Richmond ruling, which requires jurisdictions to provide direct evidence of past discrimination in order to justify remedial race-conscious programs, many cities across the nation has conducted disparity studies. The cost of such studies are wide ranging. For instance, the City of Atlanta paid \$527,000 for an eight volume, 1128-page study which was completed in July, 1990.

Many critics of the City's approach claim that both state and local officials have engaged in a form of foot dragging. Efforts now being made are viewed as late at best, while other jurisdictions have conducted studies and passed new set aside ordinances for MBEs, no state or local governmental entity in Oregon has seen fit to do so.

NAMCO has been the major critic of Bogle and the other members of the City Council, and has charged that they engage in a form of institutionalized racism. Bogle was presented with a list of questions to which his responses

were met with mixed reactions. Among them was the making of a distinction between the various categories of companies collectively referred to as minority.

One NAMCO member pointed out that African-Americans were under-represented in terms of receiving city contracts. The charge was made that prime contractors play favoritism to certain other racial groups and women at the African-American expense. "The programs were fought for by us, developed for us, but every other minority but us have benefitted... once again we're outside starting all over again," the member said.

Bogle promised to look into these allegations, saying that he is in favor of all minorities getting their fair share of work. He would provide statistical data based on race at a later meeting.

Another step is being taken to facilitate an increase in minority contracting is the creation of the position of a minority business advocate. According to Bogle, "The advocate will have duties and responsibilities governing city-wide purchasing and contracting activities." The advocate position was funded for \$40,000 and will be filled as early as July of this year.

Citing his major accomplishments over his two term tenure in office, the incumbent Bogle presented an impressive list of projects he either initiated or actively endorsed which benefitted North and Northeast Portland residents. But many in the audience seemed to be silently harmonizing the words from the popular tune, "What Have You Done For Me Lately?"

Women's Residential Center Accepts Children in Residence

Volunteers of America Oregon announces a new program element enabling young children to live in residence with their mothers who are in treatment at the Women's Residential Center (WRC). This new element is a result of the program's restructuring to provide a stronger focus on substance abuse issues, women's issues, and criminality. The WRC is a six month residential alcohol and drug treatment program for non-violent women offenders. The women are referred to the program through the corrections system.

Commissioner Gladys McCoy spoke at a press conference announcing the new element on March 23. "Volunteers of America's Women's Residential Center is noteworthy because it is able to serve women and their young children. The curriculum emphasizes family issues and parenting skills," said Commissioner McCoy. "This is important to me because it is consistent with my priority to assure public safety, at the same time we are working to meet the needs of families."

The family element is regarded as significant to the program directors because many of the women who enter the program face losing custody of their children while in treatment. The women who participate in the program receive parenting training and learn how to develop healthy bonds with their children.

"The program now addresses specific needs of women. We're combining what we know about substance abuse and criminality with a women's empowerment model. It is a holistic approach which addresses the women's behavior and gives them the resources they need to recover from alcohol and drug addictions," said Barb Sussex, Program Director.

Volunteers of America is a nationwide social service organization with branches in over 200 communities. Volunteers of America Oregon, Inc., serves the community through child care, family preservation programs, a shelter for homeless women with children, a senior center, senior health clinic, adult day care program, residential facilities for adult felons, a shelter for homeless adolescent girls, and a Christmas Assistance Program.

Worthy Wage Day Parade and Rally

At 11:00 a.m. on Thursday, April 9, child care workers, parents and children will gather at Pioneer Courthouse Square before parading through downtown Portland to call for "worthy wages for worthy work." The parade, and the noon hour rally in the Portland State Park Blocks that will follow, is part of the Worthy Wage Campaign, a national effort to improve child care by focusing attention on the dismal conditions under which child care providers work.

For more information about the Worthy Wage Campaign, contact Dr. Lynn Robertson at 236-0180.

Steps to Success

BY D. BELL

There is a program based in inner northeast Portland that is geared to assisting unemployed individuals prepare for the job market and help them find employment.

Steps to Success evolved out of legislation from both the federal and state level;

(1) The Family Support Act passed by Congress (2) and instituted by the State of Oregon in East Multnomah County in 1990.

The program is designed to reduce the number of clients in the welfare system. Participants are referred by Adult and Family Services.

The Steps to Success program is broken into two components

The first, Career & Life Planning is geared for those who may lack previous work experience.

The focus of this approach is both personal development and career assessment. It is designed to help participants look at their barriers and develop strategies to work through them.

Topics include assertiveness, problem solving, values clarification, stress management, parenting, and time management. The career assessment piece includes career testing, informational interviews, and usage of the computerized career information system.

The following phase to this curriculum is the ABE/GED which offers adult basic education, or general education services. From there the student

maybe placed in the work experience phase in which they would do volunteer work in preparation for the work force.

After completing the prescribed curriculum the student is placed in placement job club to seek employment with assistance of the Steps to Success facility.

The other Step to Success component is career focus. This is a fast track program designed for those who have prior work experience. Many of the services are similar to career planning, adult basic education, GED, and work experience. However, the duration is shorter between intake and job placement.

Since the Northeast Steps to Success has opened in October 1990, Director Connie Carley said that more than

500 students have been served by the agency. They have served 223 people, with 15% male and 85% female, since July of 1991. There is a 60% retention rate after 90 days for students placed in jobs. The average wage for those who find a job is \$6.41 per hour.

Carley states that volunteers are needed to help students, especially in the area of math.

Carley observed that under the current conditions those that live in poverty are threatened by government cutbacks that are results of Measure 5. Such actions curtail the ability of those who are motivated enough to pursue higher levels in their quality of life.

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