

Business After Hours Networking

Mark Your calendar for these events:
Thursday: September 24, - 6:PM to ????

Location: "Club Max" - Red Lion - 310 SW Lincoln/Downtown
Occasion: Thomas Caddy's 49th Birthday & OBN Networking Party
Special All You Can Eat Buffet - Yes It's Free! (First 200 Only)
Tuesday: September 29, 1992 - 6:31 PM - 9:00 PM
Location: Travelodge Hotel - 1441 NE 2nd Avenue
Occasion: OBN Business "MIX & Mingle"
Still Only \$3. Members - \$5. Non-Members & Guests
Come to network with some of Portland's business owners and operators. Bring business cards, sales staff, brochures and your best sales pitch!

Also, we will be distributing forms for listings in the upcoming 1993 Oregon Film & Video Directory - A great resource for movie and commercial production companies that may be looking for a multitude of goods and services here in our own local area. If they don't know who you are... then they will probably buy from your competitor. Come and pick up your form on September 29. - Deadline for up to 3 free listings is Oct. 1, 1992.
This Invitation From Oregon Business Network - Portland "Partners In Progress" For membership or other "no pressure, no hassle info. call 244-2689, Ext.22

Kaiser Permanente Offers Health Education Classes In North Portland

Several classes open to the public are being offered in North Portland this fall through Kaiser Permanente. For registration or further information, call Kaiser Permanente's Health Education department at (503) 286-6816.
Cholesterol and fat in your diet may increase your risk of heart disease. "How to Lower Your Cholesterol" teaches how to plan meals and modify recipes to cut fat and cholesterol intake. Classes will be from 9 to 11 a.m. on Saturdays, Oct. 3 and Oct. 17, at Bess Kaiser Medical Center, 5055 N. Greeley Ave., Portland. Cost is \$15 for Kaiser Permanente members, \$32 for the gen-

eral public. A spouse or other support person is encouraged to attend at no extra charge. Please register at least 10 days before the class starts.
"Parenting Skills (Ages 5 to 12)" is for people wishing to improve their parenting abilities. The eight sessions are from 6:30 to 8:30 p.m. on Thursdays, Oct. 15 through Dec. 10, at Kaiser Permanente's Education & Conference Center (Town Hall), 3704 N. Interstate Ave., Portland. Cost is \$72 for individuals or couples who are Kaiser Permanente members, \$140 for the general public (fee includes textbook). Please register at least 10 days before the class starts.

Free Health Screening Offered

The hospitals and health care organizations of Legacy Health System invite area seniors (age 55+) to attend a Free Health Screening. The screening provides numerous important health tests and services, including: blood test (cholesterol, blood sugar, and other), general physical assessment by nurses, blood pressure, dental and oral cancer check, vision and glaucoma check, hearing test, lung health check, nutrition counselling, breast cancer self-examination instructions, and others.
For those desiring the full blood test, it is suggested you arrive in a fasting state - no food or drink (except water and medication) for the previous 12 hours. Known diabetics should follow their regular eating schedule.
Screenings are conducted weekly at different locations throughout the Portland Metropolitan area. Please call Carmen Lawson, R.N. at 241-3478 to obtain a schedule of screening dates and locations.

Portland Public Schools Celebrates National Hispanic Heritage Month

Portland Public Schools celebrates National Hispanic Heritage Month September 15 through October 15.
Students throughout the school district will learn about achievements of Hispanic Americans and their contributions to our country, state and city.
Understanding Hispanic contributions is part of the Portland School District's nationally recognized Multicultural/Multiethnic Education program. That program increases student understanding and appreciation of the history, culture and contributions to society of different ethnic groups and cultures.
African-american Baseline Essays, for example, provide teachers with a general framework from which they can lead students in an examination of the African/African-American experience from antiquity to the present. Hispanic Heritage lesson plans are being prepared for distribution throughout Portland Public Schools and American Indian Baseline Essays will be introduced this year.

Michael Lange Portrays Activist Malcolm X In Benefit Performance



Actor, director and playwright Michael Lange recreates militant civil rights activist Malcolm X delivering his electrifying speech "The Ballot or the Bullet." This one-man performance, entitled "The Legacy of Malcolm X Revisited: 'The Ballot or the Bullet'." takes place Saturday, Oct. 10, at 7:30 p.m. in the Smith Center Ballroom, Room 355 in 1825 S.W. Broadway, on the Portland State University campus. Advance tickets are \$6 for general admission and \$5 for students, senior adults and KBOO members. Tickets are \$7 at

the door.
"The Ballot or the Bullet," one of the few speeches which Malcolm X himself titled, addresses his philosophy of black nationalism, encouraging African Americans to back their personal political concerns with their economic resources. "His views should not be taken lightly," warns Lange. "He urged us to take political and economic control of our communities. We must finish the race he was running."
Malcolm X rose to national prominence as the leader of the Black Muslim movement. Once labeled "the angriest man in American," his revolutionary rhetoric branded him an advocate of violence, but he was deeply committed to freedom and self-actualization for blacks.
Michael Lange has written several plays and he is a documentary film producer. He is currently a drama instructor at Merrett College in Oakland, Calif. His brother, Ted Lange, appeared regularly on the television series "The Love Boat". His father performed at the Ebony Showcase Theatre in Los Angeles. But it was Alex Haley, author of "Roots" and "The Autobiography of Malcolm X," who first remarked that Lange's appearance and gestures resembled those of Malcolm X. Since then, Lange has recreated the civil

rights leader in more than 50 performances, including performances on Public Broadcasting Service stations.
Following Lange's one-man performance, special guest Kwame Somburu, who worked with Malcolm X in the Organization of Afro-American Unity (OAAU), will lead a discussion of Malcolm's life and work. Somburu has been active in local, national and international social and political issues since 1960. In 1963 he helped found the Freedom Now Party, an independent black political party; and he has been an active socialist since 1965. He attended nearly all of Malcolm X's lectures and he was present at the Audubon Ballroom in New York when Malcolm was assassinated in 1965. Somburu continues to work in many arenas against all forms of oppression.
Portland State University Students for Unity join with KBOO radio and the Black Educational Center in presenting Michael Lange in his re-creation of Malcolm X and presenting Kwame Somburu in his post-performance discussion. Proceeds from the event benefit KBOO, the Black Educational Center and the Somalia Relief Fund. For more information, contact Dan Shea at 725-5081 or, between 10 a.m. and 3 p.m., call Gary Bills at 233-1629.

\$10 REWARD

Paragon Cable is offering a \$10 reward for the return of all Paragon Zenith Cable Converter boxes on our "missing" list with service numbers ending in 1,000. Call Paragon or turn them in at your nearest Paragon service office.
Converters from accounts active within the last 30 days do not qualify. Other restrictions apply.



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Portland, Oregon 97232
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230-2000
CLACKAMAS
Damascus Square
19950 S.E. Hwy. 212
Clackamas, Oregon 97015
658-3052

Experimental Program May Provide Model for Troubled Schools

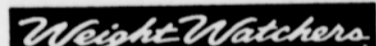
September 24--An experimental program that has succeeded in turning one troubled high school around could provide a model of change for troubled high schools across the country.
This Sunday's Parade magazine reports that the program, called "Security Dads," begun last year to maintain order in Arlington High School in Indianapolis, a school plagued for years by gangs, guns, knives and fear, has accomplished considerably more than its original goal.
"Security Dads" was started by Linda Wallace, a nurse whose daughter attends Arlington, when she asked her husband Antony to accompany her to a school event to see if his presence would bring some semblance of order.
"We had a football jamboree," Mrs. Wallace recalled, "and the students were yelling, throwing things from the stands, walking out on the field, and the parents were taking their kids and leaving. Then came a talent show and, again, the kids were so rowdy, it was unbelievable. They hollered and screamed. We couldn't handle it. We had to stop the show. The police had to come and get kids out of there."
In the spring of 1991 when a second talent show was scheduled, Wallace told

her husband, those are big kids, and no mother can yell at them and make them behave. But maybe a father could do something. She bought a T-shirt sporting the school colors with "Security Dad" printed on the back.
Her idea succeeded and since then, the number of Security Dads on call to appear at school events has grown to two dozen. Arlington is a school with 1650 students, a third of whom are being raised by single parents, mostly mothers.
Anthony Wallace talked to the kids "with respect, and they listened," Linda Wallace recalled. "He didn't yell or cuss. He treated them like they were his own kids. It was fantastic."
It was also clear that a void in the lives of many youngsters, created by an absence of fathers, was being filled.
"The kids respect us, and we respect them," explained Carl Black Sr., one of the Security Dads.
"What works is that father image," added Ron Cheney, "so we don't need to say very much. Just being there is what counts. With an officer, they think, 'Hey, I must be in trouble.' With us, they smile and say, 'hey, what's up?' And we love it."

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Tillamook Park Bldg.
2108 NE 41st Ave.
Mon. 7:00pm
Tues. 7:00pm
Wed. 9:30am 5:00pm
Thurs. 7:00pm
Fri. 9:30am

Temple Baptist Church
1319 NE 7th
Fireside Room
Tuesday
12:15pm

Maranatha Church
4222 NE 12th
(Enter Skidmore)
Sat. 9:30

Nationwide Insurance
919 NE 19th Ave.
Wed.
11:30am

East Stark Bldg.
12790 SE Stark
Mon. 7:00pm
Tues. 9:30am 7:00pm
Wed. 9:30am 7:00pm
Thurs. 9:30am 5:00pm
7:00pm
Sat. 9:30am

Emanuel Hospital
2600 NE Gantenbein
Monday
11:00pm

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Ad Prices Good September 23 Through September 29, 1992 At Safeway.

SAFEWAY

RACE For The CURE

5K and 1 Mile RUN / WALK

SUNDAY OCTOBER 11, 1992
8:30 AM - NOON, WATERFRONT PARK, PORTLAND, OREGON
A community event with a mission, The Cure & Control Of Breast Cancer.

This is an opportunity for women of all ages, sizes, shapes and colors to join together and make their voices heard for a cause that is truly personal, the 5K has been designated for women only. This race is being presented to benefit the Susan G. Komen Breast Cancer Foundation, which funds breast cancer research and promotes awareness, education and early detection of the disease. The Race 75% of the proceeds stays in the community to be used for local education & Mammography Programs. 25% of the proceeds will help ongoing national breast cancer research grants and the Breast Cancer Hotline 1-800-IM AWARE.

Registration and packet pickup from Sat. Sept. 26 thru Friday Oct. 9, 1992 noon at NORTHWEST FITNESS, PACE SETTER, ATHLETIC EAST, PHIDIPPIDES (Lake Oswego & Salem), GORDON STONES, EUGENE ATHLETIC, RUN PRO (Eugene), SUPER JACK & JILL (Seattle).

OR CONTACT: Race For The Cure, Greater Portland Chapter, Susan G. Komen Breast Cancer Foundation, P.O. Box 1961, Lake Oswego, OR. 97035 (503) 295-8226

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