



Tony Washington and Teresa Jenkins and The Behrens family, Sandra (from left), Alisha Marie, Jack and Lesa celebrate Father's Day on the sternwheeler The Portland Rose.

## A Day For Dad!

By TONY WASHINGTON

The sternwheeler Portland Rose has provided Oregonians with quiet and relaxing cruises for years.

But on Father's Day, I had the opportunity to enjoy the cruise

with four other families for two great hours of fun.

Catering was provided by Melody Maher (The Elegant Affair) which featured prime rib, salmon, wild rice pilaf, green beans with caraway, onion Caesar salad,

fresh fruit platter, rolls and butter, and chocolate raspberry truffle cheese cake.

The Portland Rose wanted the best food possible and chose Maher's catering service, which has been provid-

ing delicious formal dining meals for 4 years.

"That's what I'm here to do," Maher said.

Relaxing on the boat was more than exciting for me. It was a great Father's Day cruise!

## Africa In The Media

Professor Mohamed M. Wader announced the formation of a new organization called Africa in the Mass Media (AIMM) which will be based in Portland, Oregon. The organization's purpose is "to keep track of media and other information sources on the history, culture, tradition and people of Africa to update, elucidate or correct erroneous or misleading information related to the continent," emphasized Professor Wader, President of the organization.

The organization will serve as a clearing house for other organizations, institutions or individuals seeking information on Africa which will be provided by knowledgeable African residents in the United States. "The ultimate goal of Africa in the Mass Media is to present a authentic picture of Africa and its people by analyzing and responding to issues which appear in the media from time to time with an open mind in order to

educate the public and contribute to the debate," added Professor Kofi Agorsah, Vice President.

Often issues related to Africa are discussed by the media from Western perspective and this tends to ignore the roles culture and tradition bring to bear upon those issues. AIMM will strive to remind Western-educated non-African writers and commentators about biases in their coverage of African news and events. Incidentally, over time some of these biases have been accepted by the public as fact, and if unaddressed, future biases will probably be treated similarly.

One of the main thrusts of the organization is to work with news organizations to minimize these biases. However, the organization does not attempt to establish a franchise over this effort as other responsible groups and individual Africans are encouraged to continue their work in

the same areas targeted by AIMM. What is needed is coordination.

Several African countries are represented in the new organization including Ethiopia, Gambia, Ghana, Kenya, Nigeria, South Africa, Uganda, and Zimbabwe. The long term goal is to establish affiliates in other US and Canadian cities. Members are not only well educated in their academic fields but, they also have first hand knowledge of Africa and its people as native Africans.

Membership information can be obtained by contacting the Secretary, Krys Ochia, PhD. (503) 771-2004.

AIMM will establish contacts with selected research institutions and embassies of African countries and other existing bodies in its effort to gather and disseminate balanced information related to the continent.

To Advertise in  
The Portland  
Observer,  
call (503) 288-0033  
or Fax 288-0015.

### Labor Day Weekend, September 2-4, 1995

With Oregon's exceptionally beautiful weather for the Memorial Day holiday weekend in mind as an early summer kick off, get set for the Labor Day holiday weekend, September 2, 3 and 4 at Artquake to cap summer with a joyous celebration!

As Oregon's largest arts festival -- with an anticipated attendance of 300,000 people in downtown Portland - Artquake showcases visual, performing, literary, even culinary arts to broaden public awareness, appreciation and patronage.

Artquake is a family event. It is an opportunity for people of all ages to meet the artists along Artstreet, engage with demonstrating artists, participate in "Artsplay" Artmaking, and view the Oregon Biennial Exhibition in the Portland Art Museum's North Wing and the winning entries

in the City Parks' "Color My World" contest. Artquake is also an opportunity to delight in streetscape performances and larger-scale productions on the Pioneer Courthouse Square Main Stage. In other words, festival goers can experience in one festive weekend - the excitement of every art form imaginable.

Artquake also uniquely exposes the region's arts organizations, cultural institutions, and small press publishers to help expand their audiences and develop ongoing patronage. It is a bridge from summer's season of outdoor play to fall's introduction of the new cultural season and new opportunities for art in education.

The 1995 festival dates are Saturday, Sunday and Monday, September 2, 3 and 4. The hours are 10am to 11pm on Saturday and Sun-

day and 10am to 6pm on Monday. Artquake's site is Portland's southwest cultural district: six blocks along SW Broadway, between Morrison's Nordstrom, and Jefferson's Oregon history Center and three blocks along SW Park, between Salmon and Jefferson, bordered by the Portland Center for Performing Arts and the Portland Art Museum. The main performance stage is in Pioneer Courthouse Square, the amphitheater bordered by Morrison, Broadway, Yamhill and Fifthe Avenue. The suggested, voluntary, adult admission fee is \$3 per day.

For more information, or if you wish to be included on our database for future programming, call Arts Celebration Inc, the non-profit producer of Artquake, at (503) 227-2787 or fac (503) 274-7898.

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## Did You Know?...

BY ROBERT N. TAYLOR

...that during her life time the typical black woman will become pregnant 5.1 times while the typical white woman becomes pregnant 2.8 times. And according to the National Center for Health Statistics, about half of all black pregnancies end in abortion while one-third of white pregnancies are ended by an abortion.

...that heart disease is the number one killer in America. The disease primarily results from stress, diets with too much fat and a lack of exercise. Interestingly, the disease plays itself out differently among blacks and whites. Among whites, clogged arteries are the biggest problem while among blacks enlargement of the heart is the deadliest problem. In both instances the ability of the heart to pump blood through the system is reduced.

...that according to a recent study, the times of the day you are most likely to be hit by a car driven by a sleepy driver are 2 a.m., 6a.m. and 4p.m.

...that according to an article in Men's health magazine, the average American has a circle of four close friends. But, as a nation, we appear to be getting less friendly. In 1983, for example, the average American had 5.4 close friends.

...that a health practice most American should adopt is to periodically check your pulse, especially shortly after getting up in the morning. The rule of thumb is that the lower your heart rate the better, because a rapid pulse means the heart is having to work too hard to pump blood through your body. If your pulse is 70 beats per minute or less, that's good. If it is higher than that on a consistent basis, that's bad.

...that there is a new, self-help financial publication in town - Better Life News. Twice-a-month it details how to enhance your income, secure loans, repair credit, save money and a host of other financial items. You can subscribe to this unique journal by sending \$39 to Better Life News, P.O. Box 28422, Washington, D.C., 20038

...that this week's favorite quote comes from Mae West: "When I'm good, I'm good. But when I'm bad, I'm even better."