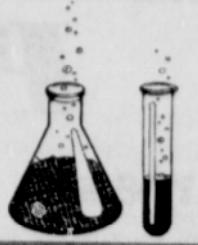


# Health & Science



## Blood Recipient Encourages African Americans To Roll Up Their Sleeves

Increasing the number of African American blood donors is a cause near to Everett Rice's heart. Rice, Director of American Red Cross Blood Services' Marrow Donor Services Department, has been on both the giving and receiving end of lifesaving blood donations.

In July 1994, Rice needed major surgery to repair organ damage caused by gall bladder disease and stomach complications. During and after the procedure, he received nine units of blood.

"Until then, I'd always known the importance of giving blood, but it had never personally impacted me," Rice said. "Blood donors are very special people. They helped me, someone they didn't even know, at a time when I really needed it."

For five years prior to his surgery, Rice donated blood once or twice a year. He first became

aware of the need for blood when he was ten years old and his mother needed blood as a result of a kidney disorder. Blood and blood components also played a key role in the recoveries of several relatives injured in car accidents.

Since Rice received his transfusions, he has been actively involved in increasing awareness of the critical need for blood.

"I'd like for people to realize the importance of giving blood without having to experience the need for blood first-hand," said Rice. "I don't want others to have to go through what I did, I want them to know how important an adequate blood supply is."

Rice feels fortunate to be able to forward his personal cause through his work. As Director for American Red Cross Blood Services' Marrow Donor Services Donor Department, actively recruiting people of color to give blood and join the National Mar-

row Donor Registry is one of his primary responsibilities.

Rice's involvement with marrow donor recruitment began several years before his work with Red Cross, when he volunteered for several blood and marrow donor drives dedicated to a friend with leukemia who needed a marrow transplant.

"My friend is always in my heart when I recruit," Rice said. "He's the driving force behind my efforts."

Rice's work is also an opportunity to pay back the volunteer blood donors who gave him another chance at life through their blood donations.

"I think that if you're a responsible person, you always remember where you come from," Rice said, "I want to make sure others are there for people who need blood and marrow. I guess I'm living testimony for why it's important to give blood for people you may never meet."

## Hollywood Senior Center Special Events

1820 NE 40th, Portland, OR 97212

**Arthritis**--Tuesday, January 16, 10:30 AM. Ms. Goodhue will discuss range of motion exercises and present slides and video tape of therapy to keep joints as flexible and pain free as possible.

**Memory Power**--Tuesday, January 23, 10:30 AM. Tips To Improve Your Memory will be presented by Judy Likavec Davis, MS, CCC-SLP. This practical and interactive workshop will provide information on memory, Causes of memory loss, and Strategies to improve everyday memory performance

Feel free to bring questions regarding normal aging memory loss to discuss and solve.

Ms. Davis is a local speech language pathologist as well as a researcher, published author, nationally known speaker, and senior citizen advocate.

**Slides--Tues.**, Jan. 16, 10:15 a.m. Don't miss this...Leonard Schoessler to show his own slides from his recent tour in Germany and Austria.

**Breakfast With Seniors**--Sat., Jan. 10, 9-11:30 AM. All-you-can-eat pancakes, w/ bacon & eggs, juice & coffee. Adults \$2.75, Children \$1.25

**Afternoon Van Trip: Thursday, Jan. 25 at 2 pm** -- The Portland Art Museum. We'll see an outstanding exhibit of master photographer Minor White. Exquisite black & white photographs of two of Portland's Victorian masterpieces--the Knapp and Dolph residences, both incredible buildings and works of art, are preserved in this remarkable collection. Cost is \$5. Call soon to sign up.

**Stroke Club** -- Tuesday, January 2 at 10:30 am. Living, Loving, And Laughing will be presented by Dan Miller, an individual who has overcome extreme physical handicaps and developed a positive attitude to life.

**Alzheimer's Support Group**, Jan. 10, 1-3 pm. A chance to meet with friends, old and new, who listen with understanding and compassion to your problems and frustrations, and share ideas for coping and caring.

**Alzheimer's Social Group (for patients)**...Every Wednesday, 1-4 pm. Our music and activity therapists and caring volunteers add zest to life for persons with memory loss and/or confusion. Fee is \$15 for 3 hours. Please call Pat for information or to register, 288-8303.

**Dancing....Every Tuesday at 7 pm.** Live Music....\$2.00

**Exercise:** Hi-Steppers Exercise Class--Every Tues, Wed & Thurs, 9-10 am

**Weekly Potlucks** - Bring a dish or make a donation (suggested--\$2)

- Tuesday Potluck at noon followed by Bunco
- Thursday Potluck at 11:45 am with live Entertainment

**Miscellaneous:** Bridge, Pinochle, Bingo, Square Dancing, Ceramics, Crafts, Quilting, Monthly book discussion group (the last Wednesday), and Monthly Movie Matinee (the last Monday). Call 288-8303 for times.

**Winter term classes begin week of Jan. 3.**

**PCC classes** -- Drawing & Watercolors, Drawing for Beginners, Conversational Spanish for Beginners, German Conversation for Beginners, and Better Home Video Movies.

**Other classes** -- Piano, Tai Chi, Creative Writing, Writing Your Life History, Billiards, and a new slide/lecture class on "forgotten Stories about the Greco-Roman Civilization."

Call HSC for times and fees.

# HOUSING

The Portland Observer

## GAP Helps Low-Income Families Stay Warm

To help low-income families stay warm this winter, Northwest Natural Gas Company is soliciting donations for the Gas Assistance Program (GAP). GAP funds are distributed throughout Northwest Natural's service area in northwest Oregon and Southwest Washington and are used to help low-income people pay their heating bills.

Since its inception in 1982, GAP has collected \$2,392,578 from Northwest Natural Gas customers, employees, shareholders and others. Last year 1,599 households received \$141,709 in assistance.

"Every dollar given to GAP goes to those who need help," said Robert L. Ridgley, president and chief executive officer of Northwest Natural

Gas Company. "Because of the generous support the program has received over the years, GAP has helped almost 31,000 households stay warm during the winter."

GAP funds are collected by the United Way and then dispersed to community action agencies throughout the company's service area. Each applicant is screened by an agency to determine eligibility. Northwest Natural customers should look for the red and green envelopes in their November gas bill in which to send in their tax-deductible donations. Others can send their donations to United Way/GAP, 619 S.W. Eleventh Avenue, Portland, OR 97205.

Anyone requiring assistance should contact their local community action agency.

## Former KPTV Reporter Catches Eye Of Met Home Editor

Former KPTV Reporter turned Interior Designer, Sharon Holland, is featured on the Editor's page in the January issue of Metropolitan Home Magazine.

Holland captured the editor's attention after entering an International Interior Design Talent Hunt.

The editor singled out Holland for "mixing natural materials, personal treasures, and a feast of textures to transform a tiny, dreary apartment."

Holland left KPTV last February after being charged with impersonating a Police Officer at a popular Portland Brew Pub.

"That experience changed my life. Professionally, personally and spiritually," says Holland.

Holland recently offered viewers interior design tips on KATU's Am

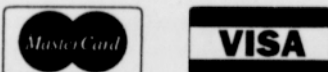


Sharon Holland

Northwest. Holland owns Castle Designs in Lake Oswego and is working to finish her first book, *The Spirit Of Home*, by the end of 1996.

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## CHRISTMAS TREE RECYCLING

Are you concerned about what to do with your old Christmas Tree? Boy Scout Troop 71 will be happy to recycle your tree for you.

Would you like to help the environment and get rid of that old Christmas tree at the same time?

There are two ways you can do it. You can bring your tree to the North Interstate and Lombard Fred Meyer on any Saturday or Sunday from 9:00 a.m. to 4:00 p.m. until from December 30th to January 14th. The cost is \$3.00.

If you live in North Portland or West of 82nd in Northeast Portland, just call and the Boys Scouts of Troop 71 will come get it. Cost for pickup is \$6. The phone number for more information or to arrange pickup is 285-1010

Christmas Tree Re-Cycling at Fred Meyer on N. Interstate & Lombard is to be done on the following weekend dates: December 30, December 31, January 6, January 7, January 13, and January 14, from 9:00 AM to 4:00 PM. Cost is \$3.00. No flocked trees, please! Benefits Boy Scout Troop 71. Help the Boy Scouts re-cycle your tree. They will also be happy to pick up your tree for \$6.00 on above days. (North & NE West Of 82nd Only). Call 285-1010 to arrange pickup or for more information.

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