

METRO *Life*

The Portland Observer

SECTION B

Community Calendar

Flood Preparedness

The U.S. Army Corps of Engineers has joined forces with the State of Oregon's Emergency Management Office in a state-wide road tour to inform local officials about what to do before, during and after a flood event. The tour will hit most of Oregon's 36 counties between now and Dec. 5. For more information about the exact location of the workshop in your county, please contact the County Emergency Manager for your area.

Fall leaves gathered soon

City crews plan to start collecting leaves in all City of Vancouver neighborhoods on a weekly basis starting the week of Oct. 14 (or later, if necessary) through Dec. 24. The City of Vancouver Public Works Departments requests resident cooperation in the following ways: *Leaves only--no pine needles, yard debris, etc. Leave room between leaf piles and vehicles (about 10 ft.). Keep leaves one foot away from curb toward street to allow rainwater to flow along curb. Help keep leaves out of storm drains. If a storm drain is flooding the street, pitch in and clear the drain with a pitchfork or similar tool.*

Portland holds walk-a-thon

The College Fund/UNCF will host its 7th Annual Portland "Walk A Mile To Save A Mind" fundraising walk-a-thon on Saturday, October 5, 1996 at Peninsula Park in North Portland. Registration for the Portland walk begins at 7:30 a.m. and the walk will start at 9:30 a.m. People can participate individually or in teams. Prizes will be awarded to individuals and groups who raise the most money. For registration information, please contact The College Fund/UNCF Portland Office at 223-8890.

Hospice training

Kaiser Permanente is offering a free training for people wanting to provide emotional support, physical care, and respite for hospice patients and their families. Training is from 6:30 to 9:30 p.m. on Tuesdays and Thursdays from Oct. 1 to Oct. 29. To register, please call Kilian Kuntz at (503) 499-5285 or Vancouver (360) 649-2210.

Harvest Festival

The 19th annual Harvest Festival will be held October 25th - 27th this year, just in time for Halloween. The venue will be in the Oregon Convention Center, located at 777 NE Martin Luther King Jr. Blvd. Hours for the show are Friday, noon to 9 pm; Saturday, 10 a.m. to 8 p.m. and Sunday, 10 a.m. to 6 p.m. Tickets cost \$6.00 for adults \$3.50 for children ages 6-12. Children under the age of 6 are admitted free. For more information, please contact Gill Campbell at 503/274-0019.

One-day Workshop

Providence Health System is offering a one-day workshop to instruct participants on how to deal with minor health problems at home. Tuesday, Nov. 5, 7 to 8 p.m. at Mercantile Medical Plaza 4015 S.W. Mercantile Drive, Lake Oswego, OR. Studies indicate that people manage eight out of 10 health problems such as sprains, minor cuts and burns at home. The Health Wise Handbook to enable participants to treat many everyday health-related problems at home. The cost is \$17. For more information or to register, please call 215-6595.

Haunted house

Terror on 52nd street will haunt you long after you leave! Located at our Lady Of Sorrows School, 5239 SE Woodstock Blvd, Portland. Hours Friday & Saturday 7 pm to 12 midnight, Sunday through Tuesday 6 pm to 10 pm. Admission \$5.00 each. Lights on performances Saturday 5 to 7 pm for 8 year olds and younger, accompanied with a parent only \$1.00 per person. Regular hours not recommended for children under eight. Covered waiting area with a full refreshment stand. Sponsored by our Lady Of Sorrows school association.

SUBMISSIONS: Community Calendar information will be given priority if dated two weeks before the event date.

Community "blazes a trail"



Last Saturday, the Community Treehouse Project put on the "Blazing a Trail" event at Albina Park. Students from nearby Vernon Elementary School joined in the service project with enthusiasm. To the far left stands Gail Shibley, and Joanne Hildreth, USDA Forest Service official energizes the kids at the far right. Smokey the Bear also made a special appearance.

Photo by Timothy Collins

On Saturday, September 28, 1996 neighbors, friends, families, business owners, and students joined efforts to build a 1/2 mile soft-surface walking trail in Alberta Park.

Parks & Rec prepared the site in advance by doing all the excavation work, and volunteers were asked to spread out bark chips for the trail.

The event began at 9:00 a.m. and ended with a barbecue lunch and a concert by Cultural Recreation Band. There was no charge for participants.

Invited guests include: Phil Keisling - Secretary of State, Vera Katz - Mayor, Charlie Hales - City Councilor, Charles Jordan - Director Portland Parks & Rec, Tom Mills -

Station Director Pacific Northwest Research Station USDA Forest Service, Barbara McDonald - Coordinator National Urban Treehouse Program.

"Blazing a Trail" is an experiment to explore how residents can be actively involved in the development of their neighborhood parks.

The trail event kicked off the renovation of Alberta Park, which will continue over the next few months with the construction of a new restroom, playground, and paved paths.

The "Blazing a Trail" is an event put on by Community Treehouse project, a non-profit organization whose mission is to increase a awareness of the environment and participation in environmental activities among

underrepresented populations in Northeast Portland. Currently the organization's focus is on Alberta Park.

Although the organization itself is a single entity, Community Treehouse Project is a partnership of organizations working together - Urban League of Portland, USDA Forest Service, Portland Parks and Recreation, Oregon Department of Forestry, World Forestry Center, Portland State University, Recreation Equipment Incorporated (REI), Wolfree, and Friends of Trees.

Together these organizations envision a sustainable neighborhood network of urban greenspaces that will build neighborhood unity and meet community needs through environmental awareness and education.

Cesaria coming to Portland

Singer Cesaria Evora born in Mindelo, on the Cape Verde island of Sao Vicente, off the coast of Senegal, is bringing her musical talents to Portland

With voice conveying power, vulnerability and an emotional affinity for this style, Evora quickly found a niche for herself in Mindelo's musical life and through committed performances gained a distinguished reputation as the "Queen of Morna." She and her musicians traveled from club to club to make a living, depending on the growing generosity of their fans. But with the decline of the



Cesaria Evora

port in the late 1950s and independence from Portugal in 1975, trade in Cape Verde rapidly diminished, and most musicians emigrated.

Evora, however, chose to stay. With a relaxed manner and palpable confidence, she was widely embraced as "The Barefoot Diva" -- in literal reference to her style on the stage, an ongoing sign of solidarity with the disadvantaged women and children of her country's streets. Fans worldwide were quickly smitten with her Morna, the Cape Verdean version of the Blues.

Don't miss this performance at the Aladdin on Tuesday, October 15, 1996.

Insurance reform takes effect

The 400,000 Oregonians who do not have health insurance, the 560,000 who change or lose their jobs each year, and thousands of small businesses across the state need to know that a new law went into effect yesterday October 1st, made it easier for them to get coverage and offer it to their employees.

"Despite the fact that Oregon is well ahead of the national curve on health insurance reform, too many Oregonians still don't have health insurance," Oregon Insurance Commissioner Kerry Barnett said. "The changes we're implementing on October 1st make real progress in three crucial areas: availability of coverage, whether you're healthy or sick; portability of coverage; and equitable premium rates."

S.B. 152, which the Oregon Legislature enacted and Governor Kitzhaber signed in 1995, implements a series of reforms for group and individual health insurance coverage, plus "portability" reforms for individuals who lose their eligibility for group coverage. The reforms in SB 152 are more extensive than those recently passed by Congress (the Kennedy-Kassebaum Act), and the federal reforms do not take effect until the middle of next year.

The new state law addresses four basic areas of reform:

- **Portability Reforms.** These are the most

talked-about reforms, and apply to anyone who loses health insurance coverage under a group plan--if they leave their job, for instance--as long as they have been covered for at least six months in Oregon. S.B. 152 requires insurance carriers to offer these Oregonians at least two options (low cost and average cost) for continued coverage for as long as they need it. This addresses the most common concern expressed by the 87 percent of Oregon residents who currently have health insurance: that they can be cut out of the system if they lose or leave their job.

- **Small Group Reforms.** These changes build on a small group reforms enacted by the legislature in 1991 by significantly expanding the availability of coverage to small employers (those with 2-25 employees). Carriers cannot reject a small employer for any health insurance plan they offer, and they must include a state-approved basic health care plan among their offerings. S.B. 152 also requires carriers to charge the same average premium to all small employers, adjusted only for differences in member age. These reforms make the small group market more like the large group market -- more choices and more stability in rates.

- **Group Reforms.** These reforms apply to all group policies with two or more members, and eliminate a range of discriminatory practices. Under S.B. 152, insurance carriers

cannot refuse to cover or impose different coverage terms on a group member based on that person's health status. Carriers also cannot exclude pre-existing medical conditions from coverage for more than six months, cannot exclude pre-existing conditions at all if the enrollee has had coverage for the past six months, and cannot treat pregnancy as a pre-existing condition.

- **Individual Market Reforms.** These reforms specify that insurance carriers must use a standardized health statement to determine whether they will accept or reject applicants, and they prohibit policy exclusions or limitations that are based on the health status of an enrollee. As with group plans, individual policies must use the standard six-month preexisting conditions clause, with credit for prior coverage. And, like small employer plans, all enrollees must be charged the same average premium rates, adjusted only for differences in age.

"The reforms put in place by S.B. 152 are particularly important for small employers who want to offer coverage to their workers but could not afford to in the past," Commissioner Barnett said. "but these reforms also offer critical support for women's health issues: the bill eliminates gender-based rating in setting premiums, and prohibits insurers from treating pregnancy as a pre-existing condition in all group policies."

Flu season is here

Federal health experts said Thursday there were unusual outbreaks of influenza in Alaska and Washington state this summer, which might signal an early beginning to the flu season.

The Centers for Disease Control and Prevention (CDC) said summer outbreaks such as those that occurred in the two states in June and July "are not common."

"It can be a potential warning that the season is going to come earlier, but it's not an exact science," said the CDC's Dr. Keiji Fukuda.

The CDC said the same three flu strains that prevailed last year were expected this winter and this year's vaccine should protect most people from the disease. "In this year's vaccine formulation ... there appears to be a good match," Fukuda said.

Flu vaccination is recommended for people aged 65 or older and residents of nursing homes or other chronic care facilities. It is also urged for adults and children with chronic pulmonary or cardiovascular disorders, including children with asthma.

Health officials said people who have suffered chronic metabolic diseases, renal dysfunction, haemoglobinopathies or immunosuppression in the past year should also get a shot. Children and teenagers who are receiving long-term aspirin therapy and may be at risk for developing Reye's syndrome after influenza should be vaccinated as well, the CDC said.

HISPANIC COMMUNITY CALENDER

Dolores Huerta

Dolores Huerta, Co-founder and Secretary-Treasurer of the United Farm Workers of America, AFL-CIO, will speak in Woodburn on Sunday, October 6. Ms Huerta's appearance headlines an event honoring the work of the late Cipriano Ferrel, former President of the *Pineros y Campesinos Unidos del Noroeste (PCUN)*, or --in English--the *Northwest Treeplanters and Farmworkers United*. This event is from 3:00 pm to 6:00 pm at PCUN's Risberg Hall, at 300 Young Street in Woodburn. call (503) 982-0243.

César Chávez Leadership Conference

Latino high school students are invited to attend the 6th annual César E. Chávez Leadership Conference, which is the largest student event in the Hispanic community in Oregon. The conference will be held at the University of Portland's Chiles Center on October 8. Sign up through your school.

Minority Business Opportunity Day

The 12th Annual Minority Business Opportunity Day Trade Fair is coming to the Oregon Convention Center on October 9. This event is a procurement conference designed to help Women- and Minority-owned businesses be more successful in this increasingly competitive economy. For information call (503) 326-5105 or 326-5102, or (503) 245-9253. The Oregon Convention Center is located at 777 NE MLK, Jr. Blvd. in Portland.

Amigos de las Americas

Amigos de las Americas provides summer service opportunities to young people who want to get to know another culture and improve living conditions in Latin America. Meet October 23 at the Metropolitan Learning Center, 2033 NW Glisan. For information call: 231-9355 or 234-7790.